

Module 2

Understanding Cognitive Differences

How attention, processing, memory, and sensory systems vary across brains.

REFLECTION JOURNAL & WORKBOOK

Self-paced reflection space. Print or fill digitally.

How to use this workbook

Move through the prompts in order, but at your own pace. There are no right answers. Observation is the assignment.

Part 1 — Map your own profile

Attention — In what conditions does this system run well for you? In what conditions does it tax out?

Sensory processing — In what conditions does this system run well for you? In what conditions does it tax out?

Working memory — In what conditions does this system run well for you? In what conditions does it tax out?

Processing speed — In what conditions does this system run well for you? In what conditions does it tax out?

Regulation — In what conditions does this system run well for you? In what conditions does it tax out?

Part 2 — Reflection questions

Spend ten minutes journaling. The goal is observation, not judgment.

- Which of the five systems (attention, sensory, working memory, processing speed, regulation) is the most variable in you across a normal week? What conditions help it; what conditions tax it?
- Think of someone close to you whose behavior you have judged. Re-read it through the lens of cognitive load. What changes?
- Name one environmental variable you control — light, sound, scheduling, meeting design — that you could adjust this week to reduce load for yourself or someone else.

Part 3 — What I'm taking with me

One belief I am updating:

One language change I am making:

One environmental adjustment I am piloting:

One person I am going to learn from directly: