## Cognitive Areas

### Memory
- **Your Ability:** Good ability to store and use information when needed.
- **How it Impacts You:** You most likely have no problem remembering events, dates and how to get places. You generally remember conversations, to take your medications, and where you placed your keys, eyeglasses and your phone.

### Visuospatial
- **Your Ability:** Good ability to process and interpret visual information about yourself and your surroundings.
- **How it Impacts You:** You most likely have no problems walking around, getting dressed, using your phone, or driving a car.

### Executive Function
- **Your Ability:** Moderate ability to concentrate and problem solve.
- **How it Impacts You:** You may be experiencing more difficulty concentrating on tasks and solving problems; you are probably finding it harder to finish tasks. It could be more challenging making appropriate decisions and you could occasionally be demonstrating impulsive behaviors.

## Speed Performance Areas

### Reaction Time
- **Your Ability:** Good ability to physically react to situations.
- **How Reaction Time + Processing Speed Impacts You:** You likely are able to quickly react, in an appropriate and safe manner, to situations as they occur. You most likely are able to stop or change directions to avoid people, bicycles or cars coming toward you. While driving, you are likely able to stop at a crosswalk or when a traffic light suddenly turns red.

### Processing Speed
- **Your Ability:** Good ability to mentally process a task.
- **How Reaction Time + Processing Speed Impacts You:** For athletes, you most likely have no difficulty avoiding players by stopping or changing directions. You generally are able to catch the ball and quickly determine what to do with it or where to throw it, based on the game situation.