Attention practice with arrows and signals

Compare two practice settings, ignore distracting arrows and count changes in a short signal sequence.

01 Set up a fair week-to-week focus comparison

A sample score was taken in a quiet room on Monday morning. Which repeat session changes fewer conditions?

- ▢ A noisy station late at night
- ▢ The same quiet room around the same time

02 Ignore the outside arrows and read the middle one

Read the five symbols from left to right: □ □ □ □ □. Which way does the middle arrow point?

- ▢ Left
- ▢ Right

03 Count a target only when a signal changes

Read A A B B A B B. How many times does the letter change from A to B as you move one place at a time?

Answer in changes

Worked answers
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