Quick and Easy Processing Speed Tips

**Stay alert and energetic!** Get started quickly ... Try scanning and reviewing **Overlearn** a task ... **Practice, Practice, Practice** ... Try a sport or instrument **Everything doesn't have to be perfect!** 

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# **PROCESSING SPEED TIPS**

# For Elementary School Children

South County Child & Family Consultants





## **Processing Speed Tips for Elementary School Children**

Students with slow processing speed often find themselves falling behind in class while learning new things. They may not understand how to use strategies to improve their processing speed. Processing speed tips such as keeping track of your time or becoming good at typing can make a big difference. Try these tips and watch your processing speed become faster!

Here are some of our favorite memory tips for students just like

### Become good at typing

It's much faster to get your thoughts out of your head and onto paper by typing.

Take the time and practice becoming the fastest typist you can.

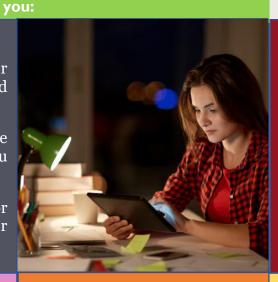
This also makes it easier for others to help you edit your work.

### Find games to help you!

Many games can help you process information faster.

<u>Racing</u> or shooting games are great games that practice processing information.

However, remember to play them for only a little while each day.



# Keep track of your time

It is important to keep track of how much time you spend on your homework.

Time yourself on an app such as "30/30" and record your times in a diary.

This will help you to know how much time you need to complete your homework.



## Try doing puzzles!

Puzzles are a great way to get better at processing what you see around you.

Try real puzzles or puzzle games such as "Puzzle Craft 2."

These can teach you great thinking skills to help you with faster processing.

#### Learn dictation skills

Dictation skills are powerful tools if you are slow at writing tasks.

Learn to dictate by brainstorming ideas, speaking in prose rather than conversationally.

Dictation may take months to master but can transform writing into a strength rather than a burden.

#### Ask for more time

If it takes you longer to work through an activity, ask for more time.

Your teacher is there to help you!

If you take notes slowly and miss information, ask a friend to help you take notes.

## Challenge yourself to go faster

If you process information slowly, remember that it's not your fault!

You could practice timed activities to see how long they take you to do.

Then you could find shortcuts to these activities that help you do them faster!