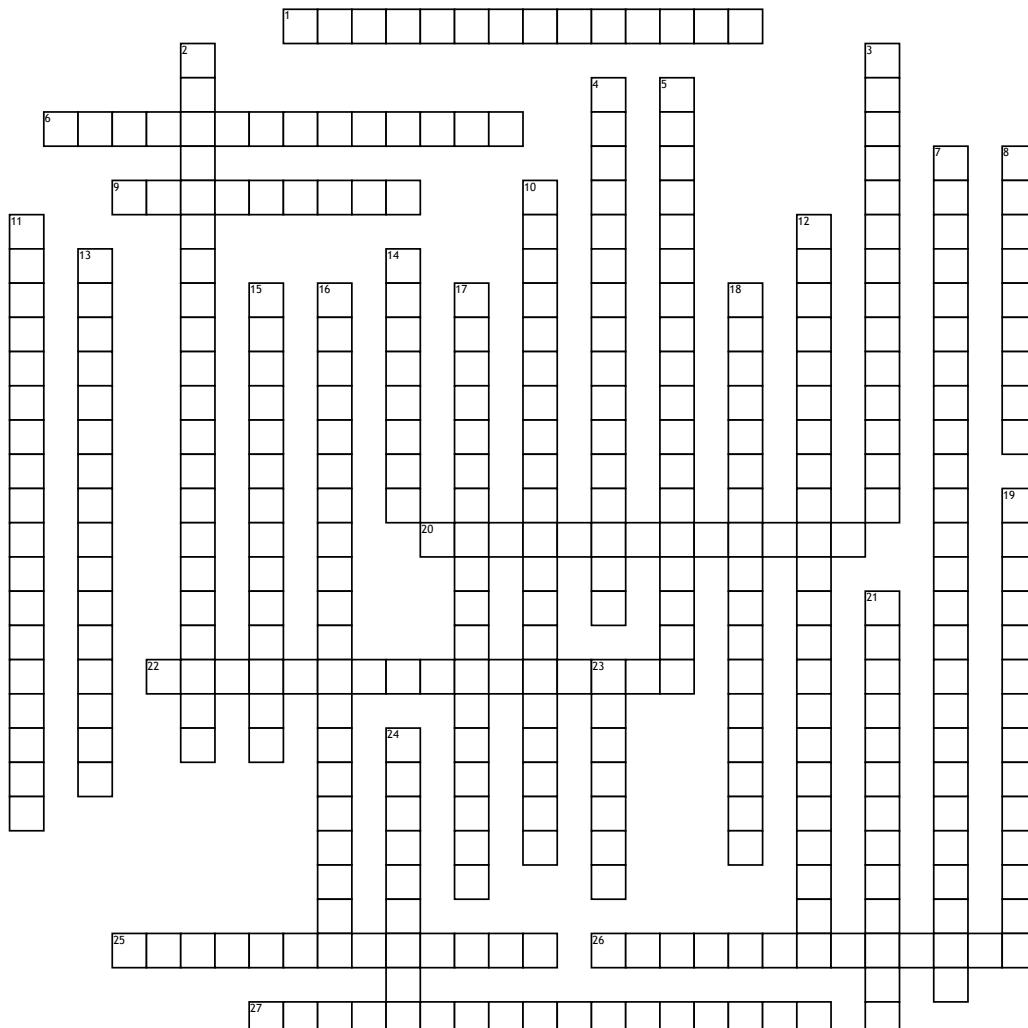


OTPF Terms: Mental Functions

**Across**

- refers to skills and performance in identifying and organizing solutions to difficulties
- being able to handle several things at one time
- effortful deployment of cognitive resources with a holding capacity of seven plus or minus two chunks of information
- awareness of one's own cognitive process and the ability to manipulate and control one's own cognition.
- ability to do several things at once (multitasking)
- when information from the environment is briefly (milliseconds) held in stores specific to the human senses
- retains information while using it during a task
- attend to one task at a time, but for limited amounts of time, refocusing our concentration on one stimulus and then shifting over to another

Down

- relationships among objects related in time, duration
- knowledge of personal info and events
- holds information related to knowing how to do things; allows us to learn and perform skilled motor actions

Word Bank

insight
 decision making
 temporal relationships
 procedural memory
 multisensory processing
 executive functions
 divided attention

shifting attention
 cognitive flexibility
 short term
 self-awareness
 sustained attention
 metacognition
 attention

sensory memory
 long term
 semantic memory
 declarative memory
 concept formation
 problem solving
 spatial relationships

episodic memory
 working memory
 judgement
 discrimination of sensation
 selective attention
 time management

- individual's ability to concentrate on one set of stimuli while ignoring competing stimuli
- being able to determine one sensation from another
- means by which one can orient in order to receive incoming information; deployment of mental resources for concentration
- refers to skill and performance in perceiving distances between and relationships among objects, including self
- complex goal oriented behaviors such as decision making, abstract thinking, planning and carrying out plans, mental flexibility, and deciding which actions are appropriate in certain circumstances
- taking input from various types of sensations at one time
- the ability to organize info and develop ideas based on the common qualities of objects or situations. Linking pieces of information or sensory experiences to form an understanding of something that is not concrete.
- the storage of info for long periods of time up to an individual's lifetime
- process of selecting a logical choice from the available options

- changing strategies in confronting a problem or changing a set of thoughts
- vigilance; maintaining attention for a long time
- storage of factual info
- knowledge of facts about the world
- ability to process information about the self and compare it to a longstanding self-evaluation, including (1) appreciation of personal attributes; and (2) initiation of compensatory strategies in response to known personal attributes
- having a realistic concept of one's own physical and mental capabilities
- mentally examining the aspects of different options and discriminating the variation in order to form an opinion or belief