



The Hill School
of Wilmington
May 2022



Success is the sum
of small efforts,
repeated day in
and day out.

— Robert Collier

Resources & Links*

Learning Disabilities Association of America

Learning Disabilities Association of NC

National Center for Learning Disabilities

International Dyslexia Association

Learning Disabilities Online

Understood.org

For more resources visit our website at
www.hillschoolofwilmington.org/resources

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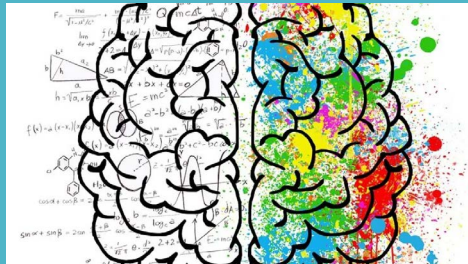


*“Working Memory vs. Short-Term Memory:
What’s the Difference?”*

“Is working memory the same as short-term memory?”

While there’s some debate in the field about this, it’s generally held that short-term memory is super quick: It stores information briefly. Working memory is related to short-term memory, but it lasts slightly longer and is involved in the manipulation of information. Read more of the article from ADDitude [HERE](#).

Your Brain’s GPS Is Glitchy: Why Working Memory Fails and How to Bolster It

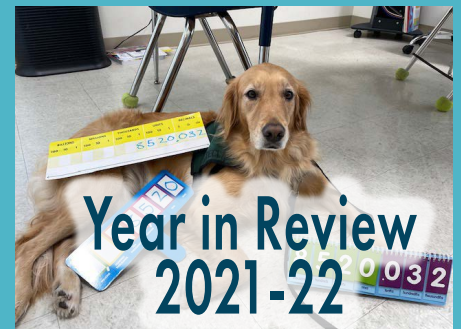


Many experts today argue that attention deficit/hyperactivity disorder is not, at its core, an attention problem, but rather a self-regulation problem exacerbated by weak working memory. Read about the brain’s GPS [HERE](#).

Working Memory Additional Resources

[Self Test: Do you have a working memory deficit?](#)

[How to help children with working memory deficits.](#)



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