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Working Memory: Grid Challenge Method

The usual task shows an ordered set of positions, then makes you perform another short operation before recalling the original sequence/pattern. It measures holding one stream of information while processing another.

Compact encoding

Rather than trying to preserve a fading picture, convert the pattern to a compact code:

- label grid locations by row/column where possible;
- group positions into chunks of two or three;
- notice a shape: diagonal, corner, zigzag, square;
- rehearse order, not only location, if order is asked.

Example concept: instead of nine separate dots, remember "top-left → centre → bottom-right" as a diagonal chunk.

During the distractor task

1. Complete the current task accurately.
2. Keep only the compact chunks in mind.
3. Do not panic if the image fades; retrieve the code, then reconstruct the visual sequence.

If transformation is required

Some variants may ask about mirrored/rotated/inverted information. First recall the original pattern, then apply one transformation deliberately.

Do not apply transformations repeatedly in your head. One clean transform is safer:

- mirror left/right: same row, opposite column;
- mirror top/bottom: same column, opposite row;
- rotate 180 degrees: both row and column reverse.

Training drill

For five minutes:

1. Look at a 3–6 item sequence.
2. Hide it.
3. Do a five-second arithmetic task.
4. Recall in order.

Increase length only after accurate recall at shorter length.

[[06_Gamified_Assessment/Game_Playbook|Game playbook]]