

Slow Processing Speed

is real.

Having slow processing speed means the brain needs more time to take in and respond to information. But having slow processing speed doesn't mean someone isn't smart.

can be a hidden struggle.

People with slow processing speed might feel blindsided when they suddenly can't keep up. It can make them "freeze up" with anxiety.

is a hot topic.

Scientists are still learning how differences in the brain affect processing speed. They're also researching ways to help improve processing speed.

 **Slow processing speed isn't a problem of intelligence or laziness.**

Trouble areas

- ▶ Finishing tests and assignments
- ▶ Making decisions
- ▶ Keeping information in mind long enough to use it
- ▶ Following multi-step directions
- ▶ Taking notes
- ▶ Keeping up with conversations
- ▶ Daily routines and transitions
- ▶ Anxiety

Ways to help

1. Starting routines early to avoid rushing and feeling anxious
2. Practicing a specific skill or task over and over to get faster at it
3. Having more time for assignments and tests