

# Cognitive Training to Enhance MEMORY, IQ & ACADEMIC PERFORMANCE

Many think of IQ as a fixed indicator of one's intelligence, but one's IQ score can change over time, if you know how.

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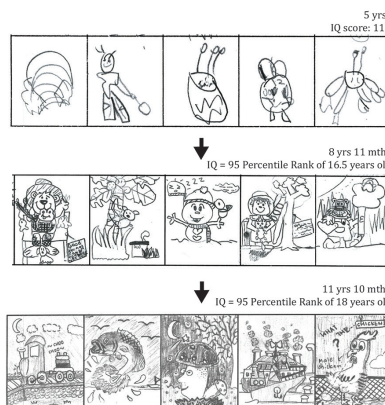
Singapore's rigorous education system places a substantial amount of pressure on parents and children. Students are required to remember vast amounts of information but are rarely taught the proper method to execute such tasks. Despite allocating ample time and effort for their academic studies, many students are unable to achieve their full potential at school. The majority of these children face challenges in their memory capacity. Overcoming this issue requires proper learning methods that help them to retain the information learnt, and this can be done through cognitive training.

Cognitive training can benefit students of all calibre by improving their working memory and IQ, which in turn enhances their learning ability and performance in school. After all, memory plays a vital role in children's learning and is essential for all activities. We rely on memory to retain knowledge, keep track of ideas, and more. It is important to keep in mind that memory is often the foundation for more advanced skills. In cognitive training, students are trained to encode information such as model essays, scientific and mathematical concepts into their short-term memory. Thereafter, they are encouraged to recall and apply the information in their studies using their working memory.

## Case Study

Roxanne started cognitive training since she was five. After a year of cognitive training, her IQ score improved from 110 to above 140. Three years later, her IQ is equivalent to the 95th percentile rank of individuals aged 18 years old. Her drawings (as shown below) also demonstrated significant intellectual advancement following cognitive training, adding credence to the transfer effect.

Her working memory and learning ability have also improved



significantly after cognitive training. Roxanne was able to memorize a 292-word essay in 20 minutes with 98.6% accuracy. Using the cognitive approach and without additional tuition, she scored 4 A\*s in her PSLE with an aggregate score of 263. Her academic performance after years of cognitive training is reflected in the table below:

	Primary 4	Primary 5	Primary 6
English	91%	86%	91%
Chinese	92%	85%	86%
Mathematics	96%	88%	96%
Science	87%	74%	90%

The transfer effect from cognitive training can aid memory, IQ and academic performance in children. With proper guidance and cognitive training, all children can have the opportunity to excel.

*Adapted from Cognitive Training to Enhance Memory, IQ and Academic Performance and 《如何以认知训练加强记忆、智商、与学业成绩》*



Ric Chong is a cognitive psychologist and founded Ric Cognitive Approach® in 2005. He graduated from The University of Manchester, UK with a Master of Education in Psychology of Education. During his studies of Doctorate in Education (Ed.D) at University of Leicester in 2005, he developed a unique "Multiple Coding Theory" and invented "Imagery Drawing Test". Ric also published two books, *Cognitive Training To Enhance Memory, IQ and Academic Performance* and 《如何以认知训练加强记忆、智商、与学业成绩》, in 2018 and 2019 respectively. Visit [riccognitive.com](http://riccognitive.com) or [ricpsy.sg](http://ricpsy.sg) for more information.

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