

Introduction

The authors who have created this book have varied backgrounds, but they have one thing in common: each is committed to building and enhancing cognitive skills. The abilities to reason, to think critically, and to problem solve not only enhance our ability to survive, they also enhance our lives. Someone who has temporarily lost these skills due to a brain trauma will benefit from the activities in these pages in a variety of ways. Not only will your clients begin to relearn the cognitive survival skills they have lost, but they may eventually enhance their previous skills by systematically rebuilding them on a stronger foundation.

The activities in *Walc 3* are split into two sections. The first section (Units 1-7) includes isolated practice in the following skills:

- Identifying Problems & Generating Solutions
- Analyzing Problems
- Understanding & Applying Information
- Paraphrasing & Summarizing
- Making Inferences
- Empathizing
- Evaluating

In addition to the breakdown of skill areas, the situations are also separated by interest areas: Money, Work, Family & Social Relationships, Health & Safety, and Sports & Leisure. Each page of the first section of the book is coded with a symbol in the upper left-hand corner of the page to guide you. You might find that matching these interest areas with those of your clients will produce even more successful results.

The second section of the book (Unit 8) includes practice in integrating the cognitive and problem-solving skills included in the first section. Each situation includes a photograph and brief story, much like you'd find in a newspaper, followed by several questions about the passage. This type of practice allows your clients to use the isolated skills they've already practiced in the book along with their own experiences to respond to a real-life situation.

We hope this book will help your clients rebuild their problem-solving and cognitive skills and enhance their quality of life in the process. Good luck!