Thynk's 13 Cognitive Skills

Overview of how these skills are practiced in Skylar's Run

Skylar's run includes a highly curated cognitive skills curriculum that is embedded in a series of 15 missions. Skylar's run dynamically adapts the challenge level within each mission according to the player's current ability level. There are 13 cognitive skills targeted in Skylar's Run. Below we define each of the 13 cognitive skills, how they are applied to real life, examples of how the skills are practiced within the game, and the missions that target each skill (some skills are targeted across all missions).

	Cognitive Skill	Real Life Application	Game Experience	Mission
01	**Focused Attention** Increasing one's attention and focusing it on a stimulus	Focus faster, read a passage	Push away distractions and focus on getting Skylar to run.	All 15 missions
02	**Sustained Attention** Maintaining attention on a stimulus for a prolonged period	Focus at length in class, sit through an entire meal	Maintain attention on Skylar to keep him running at the desired speed	All 15 missions
03	**Cognitive Inhibition** Suppressing distraction from irrelevant thoughts	Minimize daydreaming, especially when completing a mundane task	Maintain steady focus for the first 15 seconds in order to hold speed when there is nothing else to do	All 15 missions
04	**Inner Voice** Use of an inner monologue to motivation and guide actions	Self motivation, reminding oneself to read all answers while taking a test	Peer character in the game helps the player to develop an inner voice; guidance decreases over time	All 15 missions
05	**Behavioral Inhibition** Suppressing pre-potent/impulsive responses	Minimize calling out in class	Tap for targets and pass for non-targets; be able to stop tapping when instructed	Missions 4-15

	Cognitive Skill	Real Life Application	Game Experience	Mission
06	**Motivational Inhibition** Modify behavior in response to punishments or rewards	Taking another test right after failing the first one	Correctly tap a target after incorrectly tapping a previous one	Missions 4-15
07	**Delay of Gratification** Suppress immediate desire for a greater long- term reward	Sacrifice TV now in order to go to the movies later	Tap a target while also being confronted with an obstacle	Missions 4-6, 13
08	**Self-Regulation** Modify behavior in response to future goals and past outcomes	After receiving a bad grade, make a plan to study	Tap a target while also being confronted with an obstacle and a crystal	Missions 4-6, 13
09	**Selective Attention** Direct attention toward specific stimuli and ignore irrelevant stimuli	Complete a test focusing on one question a time	Zero in on a target within a group while ignoring the others	Missions 7-9, 14
10	**Interference Control** Suppress distraction from irrelevant stimuli	Ignore a classmate when they are bothering you and instead focus on school work	Minimize tapping on non-targets	Missions 7-9, 14
11	**Alternating Attention** Switch focus between important tasks or bits of information	Ability to flexibly switch gears; ability to stop reading/playing video games and go to dinner	Switch focus between targets based on shape to targets based on symbol	Missions 10-12, 15
12	**Divided Attention** Focus on two or more tasks at once	Watch a lesson while taking notes	Respond to groups of targets with one or more matching attributes	Missions 10-12, 15
13	**Novelty Inhibition** Minimize distraction from new stimuli or information	Focus in class even when a new student is present	Missions are a repeat of previous missions combined with new stimuli to elicit distraction	Missions 13, 14, and 15