

A close-up photograph of a man with dark skin and short dark hair, wearing black-rimmed glasses and a light beige turtleneck sweater. He is smiling broadly while holding a white smartphone to his ear with his right hand. His left hand is raised, with his index finger pointing forward. He is wearing a dark blue wristwatch on his left wrist. The background is a bright, out-of-focus indoor setting with large windows.

cognassist

Product sheet

# Introducing Cognassist.

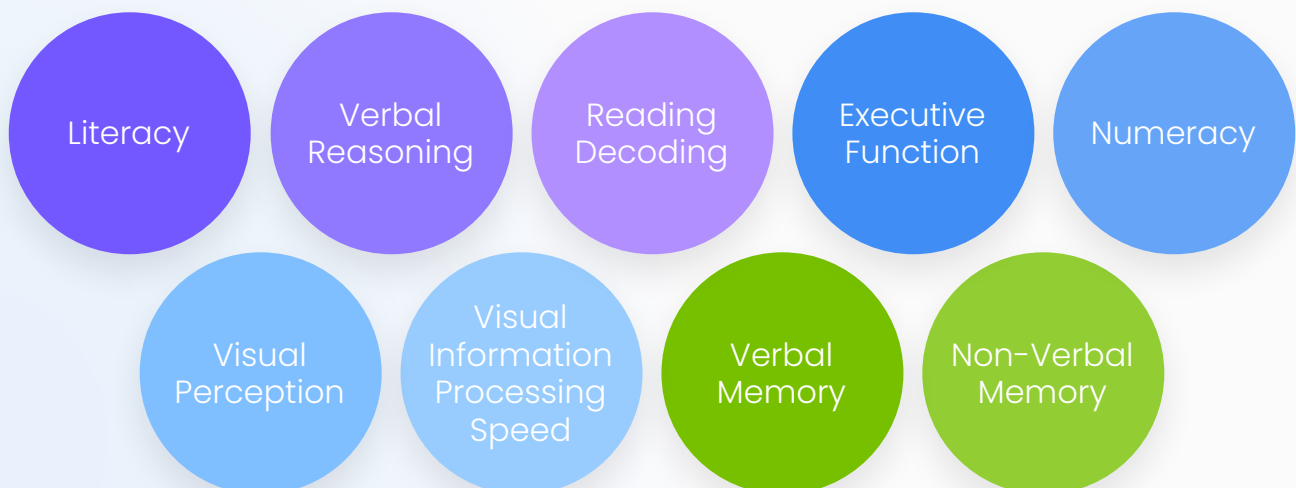
Each of our brains is unique and we  
all think differently.

Have you ever been curious about how your brain functions in different situations? Have you noticed that some tasks seem straightforward, while others pose more of a challenge?

By taking the cognitive diversity assessment you can find out more about you best learn and process information. You will get information about where your strengths lie, and also areas that could be developed further.

## What is the Cognassist cognitive diversity assessment?

**Our online assessment takes about 35 minutes to complete.** Developed in conjunction with experts in the fields of neuroscience and cognitive psychology, the Cognassist tool is designed to measure diversity in **nine cognitive domains of thinking and learning**.



Using the assessment, we can understand more about how you think and then deliver the right learning resources at the right time. This helps you develop new ways of coping and supports you at work, in your education and in your personal life.



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We have mapped the cognitive profiles of over 200,000 people using the Cognassist assessment, and more are discovering their profiles every day!

## How to get the most out of my assessment

If you can, it's best to complete the assessment in a quiet area with no interruptions.

Answers to the questions are averaged, so don't be deterred if you think you made a mistake. Carry on with the assessment as usual. However, it is important that you read the instructions carefully before each section so you know how to answer each part.

## What happens next?



If the assessment finds any areas of development, you will be given access to the Cognassist programme via a personalised dashboard.



The resources contain engaging videos and interactive tasks and are delivered monthly to suit your needs. You will receive 4 short resources every month.



Each resource comes with an accompanying task designed to help you to use the strategy during your work and personal life.



Cognassist has helped me improve my organisational skills. I now use effective planning techniques that I wouldn't have used at all otherwise.

**Amy**, Learner



Watching the videos on Cognassist interventions has really helped improve my memory since I did the assessment.

**Brendon**, Learner