Executive Function Word Card Protocols

Supplemental Use Guide

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1. Alphabet Sequencing Protocol

Target Skills:
Processing speed, working memory, cognitive flexibility, divided attention

Level 1 – Visual Sequencing

- Lay out 5 word cards randomly.
- Patient taps the words in alphabetical order.
- Focus on accuracy and rhythmic consistency.

Level 2 – Verbal + Motor Synchronization

- Patient taps the words in alphabetical order.
- Patient says each word aloud in synchrony with the tap.
- Maintain timing accuracy.

Level 3 – Same-Letter Discrimination

Use words that share the same first letter (e.g., cat, coat, cent, cut, city).

- Patient taps in alphabetical order.
- Add verbal output and rhythmic synchronization.

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2. Reverse Alphabet Protocol

Target Skills: Inhibition, cognitive flexibility

- Lay out 5–8 cards.
- Patient taps in reverse alphabetical order.
- Advanced: Add verbalization while maintaining rhythm.

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3. Category Suppression Protocol

Target Skills: Selective attention, inhibitory control

- Lay out 8–12 mixed word cards.
- Patient taps all words *except* a specified category (e.g., animals, food, vehicles).
- Advanced: Maintain metronome synchronization while filtering.

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4. Alternating Category Protocol

Target Skills: Task switching

- Lay out 8–10 cards.
- Patient alternates tapping between two categories (e.g., animal → object → animal → object).
- Maintain timing accuracy.

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5. Syllable Timing Protocol

Target Skills: Phonological processing, motor coordination

- Patient taps once per syllable of each word.

    - Example: banana (3 taps), umbrella (3 taps), violin (3 taps).
- Maintain rhythmic consistency.

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6. Working Memory Challenge

Target Skills: Short-term memory, sequencing

- Present 5 cards.
- Remove 1–2 cards.
- Patient taps remaining cards in alphabetical order from memory.
- Advanced: Patient verbally identifies removed words before tapping.