

Exercise Description: Trog Walkers

Trog Walkers helps participants develop organization and focus skills by presenting tonal sweeps using different frequency ranges, different sequences of multiple sounds, and different time durations. The frequencies and durations of the sound sweeps correspond to the rapid transitions in the sounds of the English language.

Trog Walkers begins by presenting two sweep sounds that the participant identifies by clicking arrow buttons that correspond to either an upward sweeping sound or a downward sweeping sound. For example, if Trog Walkers presents an up sweep and then a down sweep, the participant clicks the up arrow once, and then clicks the down arrow once. As the participant progresses, Trog Walkers then presents three, four and five sound sweeps.

Trog Walkers first uses sounds with durations longer than those typically found in natural speech. As the participant progresses, Trog Walkers decreases the duration of the sound sweeps, eventually using sounds with durations shorter than typically found in natural speech. This challenges the participant and helps prepare the participant for processing natural speech sounds. As the participant progresses, Trog Walkers also decreases the length of time between sound sweeps.

Trog Walkers also improves working memory by challenging the participant to remember the number and order of sweep sounds while indicating the pattern just heard.