



FOUR PARTS OF WORKING MEMORY

The central executive system is the pool of mental resources for such cognitive activities as allocating and focusing attention, reasoning, and comprehension. The phonological loop holds perceived speech-based and sound information, and the visuo-spatial sketchpad holds perceived visual, spatial, and tactile information. The episodic buffer integrates information from the phonological loop, visuo-spatial sketchpad, and long-term memory. The system is limited and can be overwhelmed if there is too much information or it is too difficult.