

COMPLEX SPAN INSTRUCTIONS

DETAILED INSTRUCTIONS FOR USING THE TOOL

01 Set Up

- Start the Game:
  a. Launch Complex Span
  b. Letters (or simple words) will appear one by one on the screen.
- Memorize the Sequence:
  a. Focus carefully as each letter flashes.
  b. Your goal is to remember them in order, while also performing quick logic or judgment tasks between flashes (e.g., deciding whether a number is even, or identifying letter colors).
- Interference Phase: Between each new letter, you'll complete a small distractor task — forcing you to hold the sequence in your mind while processing new information.
- Recall Phase:
  a. After the sequence ends, reproduce the letters in the exact order shown.
  b. As you progress, the number of letters increases, and the interference tasks get more complex.
- Scoring:
  a. Each correctly recalled sequence earns points.
  b. Bonus points are given for completing both the recall and processing parts accurately.
- Level Progression:
  a. Advanced rounds test your ability to handle longer sequences and faster switches between memory and logic tasks.
  b. Accuracy and consistency determine your mastery level.

02 Masterclasses

- The Attention Architect: Design The Day for Deep Work
- The Sprint Mindset: Managing Cognitive Energy
- Challenge–Skill Matching: Finding Your Flow Zone

03 More Tools

- Working Memory
- Digit Catch
- Alpha Span