How you can train

Mental Processing Speed

Here are a few procedures you can use to train mental processing speed using a regular deck of cards. For each level below, try to beat your own personal best time. A metronome is required for some procedures.

Activity 1
Shuffle the cards thoroughly, then sort the cards into four piles as fast as you can. Note: no need to put the cards in order, focus on speed.

Pile 1: RED cards Ace through 10
Pile 2: BLACK cards Ace through 10
Pile 3: BLACK face cards
Pile 4: RED face cards

Add difficulty level 1: Next time count by 2’s out loud as you sort the cards.

Add difficulty level 2: This time count by 3’s out loud as you sort the cards.

Add difficulty level 3: Each time a face card is added to a pile, call out the name of the card (Ace, King, Queen, Jack). Do not say anything when adding other cards.

Add difficulty level 4: Each time an even numbered card is added to a pile, call out the number of the card (2, 4, 6, 8, 10). Do not say anything when adding other cards.

Activity 2
Shuffle the deck thoroughly, then sort the cards into two stacks as fast as you can. While sorting, count out loud on every other beat by 2’s to the beat of a metronome set at 120 beats per minute.

Pile 1: RED cards
Pile 2: BLACK cards

Add difficulty level 1: This time sort the cards into four piles by suits; hearts, diamonds, spades and clubs while counting on every other beat by 2’s to the beat of a metronome set at 120 beats per minute.

Activity 3
Shuffle the cards and then stack them into these eight piles as fast as possible, again, not in any particular order:

Pile 1: Ace through 10 of HEARTS
Pile 2: Ace through 10 of SPADES
Pile 3: Ace through 10 of CLUBS
Pile 4: Ace through 10 of DIAMONDS
Pile 5: Face cards that are HEARTS
Pile 6: Face cards that are SPADES
Pile 7: Face cards that are CLUBS
Pile 8: Face cards that are DIAMONDS

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