



Training Color Words and Color Arrows

On Color Words and Color Arrows, the trainer is required to input whether the trainee's response is correct or incorrect. On these modules, it is important that the trainer input the responses as soon as they're given so that the box advances to the next training item. If the trainer does not do so, the trainee can be thrown offbeat.

The trainee must respond "on beat" with the metronome. The purpose of the metronome is to push the skills to a level of proficiency that it can be performed without hesitation. On these modules, it is up to the trainer's judgment whether the individual responded on beat with the metronome, which is one of the requirements for passing a level. This needs to be strictly enforced.

On these training modules, the person may make an error which is corrected by the computer. This will interrupt performance briefly for the error correction. The trainee will need to restart where they left off and get themselves back on beat. A simple strategy is for the trainee to count down "3, 2, 1" with the metronome and then begin responding on beat again, starting with the item that was missed. As long as the trainee continues on beat then they can be allowed to pass that level.

Some people prefer to respond "offbeat" so that they are not talking over the metronome. This is acceptable if it is easier for the individual.

Sometimes, the metronome is a problem because some individuals have a very poor sense of rhythm. If this is the case, you should log into the website and go to the References page where there are audio recordings of the metronome at various speeds. These audio recordings should be played and have the trainee clap or tap on the table along with the metronome. They should practice doing this until they are able to tap/clap on beat without error.