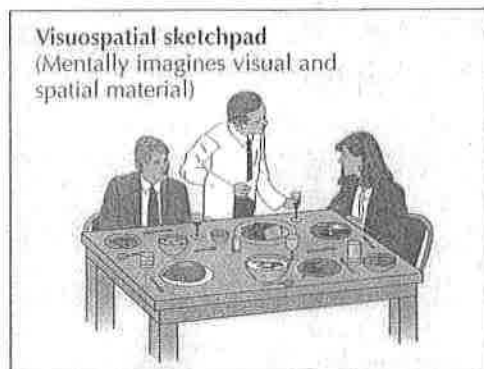
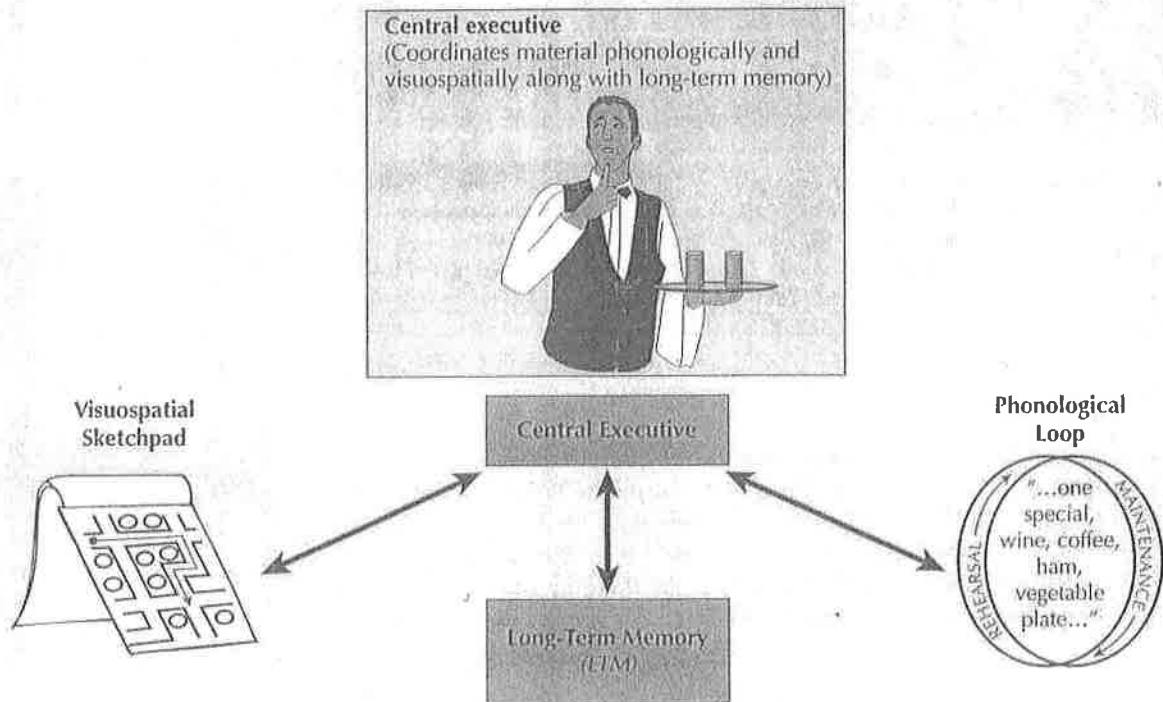


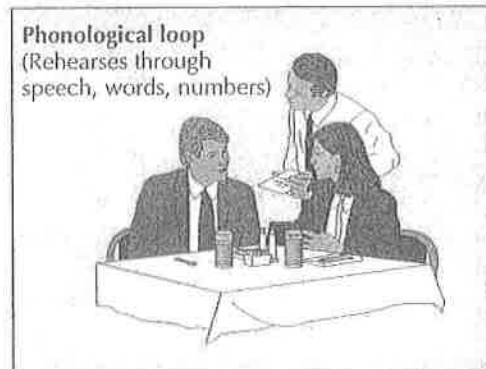
## Process Diagram 7.2 Working Memory as a Central Executive

The *central executive* supervises and coordinates two subsystems, the *phonological rehearsal loop* and the *visuospatial sketchpad*, while also sending and retrieving information to and from LTM. Picture yourself as a food server in a busy restaurant, and a couple has just given you a complicated food order. When you mentally rehearse the food order (the phonological loop) and combine it with a mental picture of the layout of plates on the customer's table (the visuospatial sketchpad), you're using your central executive.



**Visuospatial sketchpad**  
(Mentally imagines visual and spatial material)

The *visuospatial sketchpad* holds and manipulates visual images and spatial information (Baddeley & Jarrold, 2007; Lehnert & Zimmer, 2008). Again, imagine yourself as the food server who's delivering the food to the same customers. Using your mind's visuospatial sketchpad, you can mentally visualize where to fit all the entrees, side dishes, and dinnerware on their table.



**Phonological loop**  
(Rehearses through speech, words, numbers)

The working memory's *phonological rehearsal loop* holds and manipulates verbal (phonological) information (Dasi et al., 2008; Jonides et al., 2008). Your phonological loop allows you to subvocally repeat all your customers' specific requests while you write a brief description on your order pad.