TIME SENSE

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Time Sense: A Review of the Literature

Abstract

Time sense is the ability to perceive, process, and respond to the passage of time. It is a fundamental cognitive skill related to perception, memory, and executive functioning. The current literature review aims to provide an overview of what is known about time sense and its implications for cognitive functioning. The review will discuss the components of time sense, its development, and its role in different cognitive tasks. Additionally, potential implications for interventions with individuals with deficits in time sense will be discussed.

Introduction

Time sense is an important cognitive skill that allows individuals to perceive, process, and respond to the passage of time. It is a fundamental skill related to perception, memory, and executive functioning, and it is thought to be essential for everyday functioning (Curtis, 2010; Wearden, 2016). This review aims to provide an overview of what is known about time sense and its implications for cognitive functioning.

Components of Time Sense

Time sense is composed of several components, including time perception, time estimation, and time discrimination (Repp, 2005). Time perception refers to the ability to accurately perceive the passage of time. Time estimation is the ability to estimate the amount of time that has passed or will pass. Time discrimination is the ability to differentiate between two intervals of time.

Development of Time Sense

Time sense is thought to develop over the course of childhood, with major advances occurring during early adolescence (Wearden, 2016). Development is thought to be influenced by maturation of the brain, as well as experiences in the environment (Rouse & Morris, 2007).

Role of Time Sense in Cognitive Tasks

Time sense is thought to be important for a variety of cognitive tasks, including memory, attention, and decision-making (Curtis, 2010). For example, time perception is thought to be important for accurately remembering events and for making decisions within a reasonable amount of time. Additionally, time estimation is thought to be important for making predictions about the future and for setting goals.

Implications for Interventions

Individuals with deficits in time sense may benefit from interventions designed to improve their time sense skills. These interventions may focus on improving perception, estimation, and discrimination of time. Additionally, interventions may focus on teaching strategies to compensate for deficits in time sense, such as using calendars or timers (Rouse & Morris, 2007).

Conclusion

Time sense is an important cognitive skill related to perception, memory, and executive functioning. The current review has provided an overview of what is known about time sense, including its components, its development, and its role in cognitive tasks. Additionally, potential implications for interventions with individuals with deficits in time sense have been discussed.

References

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