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| Component | Purpose | Capacity | Coding |
| Central Executive |  |  |  |
| Phonological loop |  |  |  |
| Visuo-spatial sketchpad |  |  |  |
| Episodic buffer |  |  |  |

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| Component | Purpose | Capacity | Coding |
| Central Executive | Allocate resources (PL or VSS)  Reasoning / problem solving  Allocate attention (PL, VSS or both) | Limited | Modality free (any sense) |
| Phonological loop | Phonological store (store what we hear)  Articulatory control loop (rehearse information in phono store) | 2 seconds’ worth of information | Acoustic |
| Visuo-spatial sketchpad |  | 3-4 objects | Visual |
| Episodic buffer |  | Limited – about 4 chunks | Modality free (any sense) |