

Terms and Definitions

By Michael Katz

Attention — (from CogniFit Research) five types:

- **Arousal:** Refers to our activation level and level of alertness, whether we are tired or energized.
- **Focused Attention:** Refers to our ability to focus attention on a stimulus.
- **Sustained Attention:** The ability to attend to a stimulus or activity over a long period of time.
- **Selective Attention:** The ability to attend to a specific stimulus or activity in the presence of other distracting stimuli.
- **Alternating Attention:** The ability to change focus attention between two or more stimuli.
- **Divided Attention:** The ability to attend different stimuli or attention at the same time.
- **Facilities-based CLEC** — A Competitive Local Exchange Carrier, known as a CLEC, is a mini telephone company. IT establishes a local network connection with Incumbent Local Exchange Carriers and other LECS to ensure local exchange telecommunications services can happen
- **Karma** — spiritual principle of cause and effect; like causes produce like effects; that is, a good deed will lead to a future beneficial effect, while a bad deed will lead to a future harmful effect.
- **Momentum** — a force that keeps an object moving or keeps an event developing after it has started. Individuals need momentum in their thought and action to move forward and achieve results.
- **PB** — Petabyte is a multiple of a byte, which is the unit of storage size for digital information. Since Peta indicates multiplication by the fifth power of 1,000, a petabyte is equal to one quadrillion (1,000,000,000,000,000) bytes or 1,000 TBs.

- **SAN** — Storage Area Network — A storage area network or storage network is a computer network which provides access to consolidated, block-level data storage. SANs are primarily used to access data storage devices, such as disk arrays and tape libraries from servers so that the devices appear to the operating system as direct-attached storage – **from Wikipedia**
- **TB** — A Terabyte equals 1,000 Gigabytes or 1,000,000 megabytes (MB).
- **VoIP** — Voice over Internet Protocol, also called IP telephony, is a method and group of technologies for the delivery of voice communications and multimedia sessions over Internet Protocol networks, such as the Internet – **from Wikipedia**