**Can a person raise their IQ? If yes, How?**

A number of intelligence researchers have attempted to determine if skill training ([**practicing IQ tests online**](http://www.puzznbuzz.com/online-iq-test) ) can result in increases to general (or more specific) intelligence or other constructs (e.g., Redick, Shipstead, Harrison, Hicks, Fried, Hambrick, Kane, & Engle). Indeed, these researchers found via a RCT that those individuals who had the training did not significantly increase in fluid intelligence, crystallized intelligence, or processing speed. More interestingly, when alternative working memory tasks were used, their working memory scores didn't even increase!

The issue is that "intellectual plasticity" beyond early childhood is highly contentious. However, a meta-analysis found a very small effect of WM training on gF. No mention was made regarding whether an impact on IQ was present. (Au, Sheehan, Tsai, Duncan, Buschlkuehl, & Jaeggi, 2015;Improving fluid intelligence with training on working memory: a meta-analysis).

Additionally, large-scale educational reform initially was designed to see increases in cognitive ability for children. While I would love to report to you that this program was effective at this goal, it was not (Spitz, 1986). That said, I am not arguing that IQ is a "fixed trait" with no environmental influence. Certainly, the impact of education on IQ has been well-documented (Reschly & Grimes, 2002), and cultural experiences has shown to impact a person's performance on [**IQ tests**](http://www.puzznbuzz.com/online-iq-test) -- especially those components related to language and facts.

You make a couple of points that I'm overgeneralizing, and failing to identify constructs. However, I'll point you to the question I'm answering: The user asked about raising IQ, which is currently measured in a very specific way (Flanagan & Harrison, 2012). What we know is that a person can complete training exercises for vocabulary, matrix reasoning, and so forth. Their scores in those domains may very well increase! However, when alternative methods are used to measure those domains, then the impact is minimal (see Harrison, Shipstead, & Hicks, 2013)I know, I know. I'm saying the same thing. But bear with me for just a moment.

Go to a dictionary and study the word "casuistry" and it's definition: the use of clever but unsound reasoning, especially in relation to moral questions; sophistry.

Did it? Great! You have definitely increased your vocabulary by learning the word casuistry and its meaning. Now, I'd like you to answer this question: How are "skeptical" and "philosophic doubt" the same?

Now, you may well be able to answer this question. However, it's likely that your knowledge of casuistry did not, in anyway, aid your ability to do so. Learning a word here or a word there does not boost your overall IQ -- it may boost your crystallized intelligence a small amount. But, it will only show up as a change in your IQ if the test you're taking asks you about that specific term. And even then, you'll likely need to do more than just quote the definition. You'll need to manipulate or apply the meaning in some way.

As we age, we do learn words and terms, we develop new skills... and yes, our actual intelligence increases as a result (to a point, but that's an entirely different post). However, our relative intelligence (as measured by IQ) does not seem to substantially change over time. I'm not even going into measurement reliability here, but that could also result in a person obtaining different IQs over time.

That said... I have acknowledged two things previously. 1) IQ can change under certain circumstances (i.e., it's not a fixed-trait) and 2) environmental factors matter in terms of IQ. Additionally, 3) the constructs for IQ nor intelligence are perfect. However, as brain training programs go, they are only minimally effective, at best, and have never been shown to increase IQ a significant amount (though a very small effect was found for other constructs -- though, the only RCT to date has found no evidence of change). Thus, my conclusion in my previous comment.

My last point regarding IQ and raising one's IQ. There are a thousand things a person can do with his or her time. They can learn a new skill, develop their vocabulary, develop expertise in mathematics, read a book, or even study intelligence theory. All of these things will improve your skills and abilities -- and they may, inadvertently, impact your IQ. But if you're only working to increase your number on a test with limited utility, then you're wasting your time. Do something that will truly benefit you. Do something that will advance your career. Don't spend hours of your time (across weeks, according to those who found significant results) doing meaningless tasks that may or may not result in you performing more highly on a test of cognitive ability.