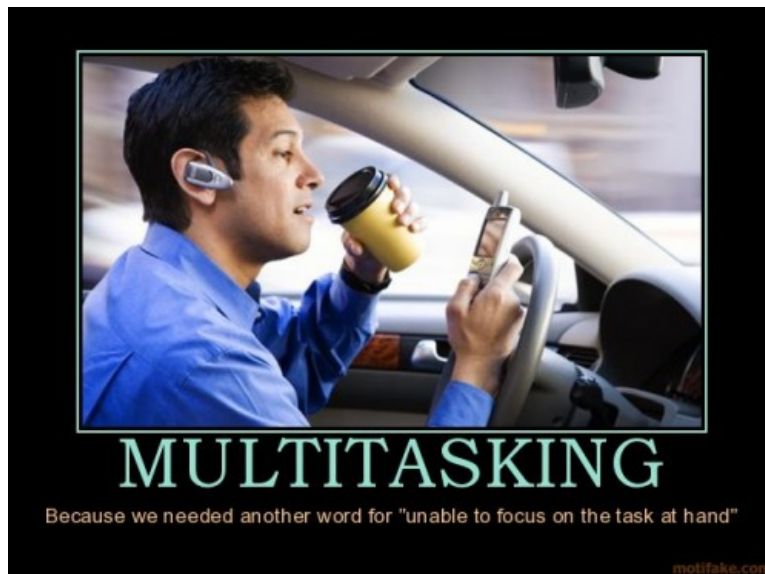


Understanding Multi-Tasking



QUIZ:

True or False

1. People get better at multi-tasking if they practice.
2. Women are better at multi-tasking than men.
3. Digital natives are better at multi-tasking than digital tourists.
4. People who multi-task have better memories.
5. People who multi-task are more efficient.
6. People who multi-task are more stressed.

NOTES:

<i>Written Notes</i>	<i>Non-Linguistic Representation</i>
<p><i>Multi-tasking:</i></p> <p><i>There is no such thing as multi-tasking... instead, we:</i></p> <p><i>Cell phone distractions:</i></p> <p><i>The brain cannot multi-task:</i></p> <p><i>A person who is interrupted:</i></p> <p><i>And makes up to ____% more errors</i></p> <p><i>Task-Switching:</i></p>	

