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:

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

We are less efficient:	
Multi-tasking inhibits creativity:	
Multi-tasking causes stress:	
Multi-tasking may be addictive:	

Your Homework:

In 150 words, define what is meant by multitasking and explain why 98% of humans are not good at it. In your answer, describe what happens in the brain when people try to text while driving a car, and how this affects performance.

Exit Slip:

One thing that I learned today that I found interesting:

One thing I'm still wondering after today:

One thing I'm going to share with my family/friend that I learned today: