

MULTI-TASKING AND YOUR BRAIN

1. I pledge allegiance to the flag of the United States of America, and to the republic for which it stands,
2. This land is your land, this land is my land, from California to the New York Islands. From the redwood

3. I pledge allegiance to the flag of the United States of America, and to the republic for which it stands,
4. This land is your land, this land is my land, from California to the New York Islands. From the redwood

5. We are tough, we are great, we are Wright State. We will defeat every foe. They will know we are here
6. Wright State stands above the valley, Glorious banner green and gold! Helping build Ohio's future with a vision grand and bold!

Time:

Single Task

Time:

Multi-task

Time:

Multi-task New Info

Directions:

- Time yourself writing the single task selections (1) and then (2) in the boxes below each selection. Copy the selection “I pledge allegiance...” right beneath it in box (1), then copy the selection “This land is...” right beneath it in box (2). Write the total time it took to write them both.
- Time yourself multi-tasking – switching back and forth between two tasks – the same two excerpts. This time, however, switch back and forth after every word. Write “I” next to (3) then write “This” next to (4). Then go back up to (3) and write “pledge,” and then switch down to (4) and write “land.” Keep switching back and forth until you have both selections written in (3) and (4), then write the time it took to write them both.
- Compare your single-tasking time to your multi-tasking time. Notice differences in handwriting, error rates, and stress level for single versus multi. How often did you say, “Wait, where was I?”
- Now you will time multi-tasking with new information. Most of college learning will be new information, not review of material you are already familiar with from high school. Time yourself multi-tasking (5) and (6), again switching back and forth after each word.
- Try the multi-tasking exercise verbally with a friend listening. How often did you make mistakes without knowing it?

Exercise by Joanne Cantor, Ph.D. www.yourmindonmedia.com

Conquer Cyber Overload: Get More Done, Boost Your Creativity, and Reduce Stress

Adapted for Wright State University by Catherine Queener