



The Myth of Multitasking

Albert Einstein is purported to have said...

“Any man who can drive safely while kissing a pretty girl is simply not giving the kiss the attention it deserves.”



Why didn't I think of that?!

Exercise – Letters & Numbers

SP

SIMPLY PLACED

Third-Grade Problems

ROUND I

$3 + 8 = \underline{\quad}$

$16 \div 4 = \underline{\quad}$

$6 + 7 = \underline{\quad}$

$10 \times 3 = \underline{\quad}$

$5 + 7 = \underline{\quad}$

$\underline{\quad} + 60 = 80$

$14 - 8 = \underline{\quad}$

$25 \div 5 = \underline{\quad}$

$12 - 5 = \underline{\quad}$

$\underline{\quad} + 30 = 90$

$14 - 6 = \underline{\quad}$

$10 \times 2 = \underline{\quad}$

$8 + 6 = \underline{\quad}$

$10 - 6 = \underline{\quad}$

$80 + \underline{\quad} = 130$

$13 - 7 = \underline{\quad}$

$7 \times 2 = \underline{\quad}$

$45 \div 5 = \underline{\quad}$

$2 \times 5 = \underline{\quad}$

$9 + 3 = \underline{\quad}$

$50 + \underline{\quad} = 140$

$2 \times 3 = \underline{\quad}$

$28 \div 4 = \underline{\quad}$

$\underline{\quad} + 60 = 140$

$32 \div 4 = \underline{\quad}$

$7 + 7 = \underline{\quad}$

$\underline{\quad} + 50 = 120$

$30 \div 5 = \underline{\quad}$

$5 \times 7 = \underline{\quad}$

$13 - 9 = \underline{\quad}$

Letters & Numbers

ROUND I

Multitasking makes you stupid

Time

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26

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Productive habits and systems that work ©2010

- Don't start until I say "go".
- When it *is* time, you'll alternate the letters in the phrase with the numbers 1-26, so you'll write M, then 1, then U, then 2, then L, then 3, etc until you finish through all the letters and numbers
- Please note the time on the counter when you're done.



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mul·ti·task·ing:

trying to do two or more things
at once, or in quick succession

(It allows one to mess up two or
more things at the same time.)



Exercise – Third Grade Math



Third-Grade Problems
ROUND I

$3 + 8 = \underline{\quad}$	$14 - 6 = \underline{\quad}$	$50 + \underline{\quad} = 140$
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$6 + 7 = \underline{\quad}$	$8 + 6 = \underline{\quad}$	$28 \div 4 = \underline{\quad}$
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$12 - 5 = \underline{\quad}$	$2 \times 5 = \underline{\quad}$	$5 \times 7 = \underline{\quad}$
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Letters & Numbers
ROUND I

Multitasking makes you stupid	Time
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- Don't start until I say "go".
- When it *is* time, work on the math problems to the best of your ability ...
- while, also listening to what I'm saying, trying to remember four or five of the things I'm talking about, without writing them down
- If you finish your math, please note the time on the counter when you're done.



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Exercise – Third Grade Math



Third-Grade Problems
ROUND 1

$3 + 8 = \underline{\quad}$	$14 - 6 = \underline{\quad}$	$50 + \underline{\quad} = 140$
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Letters & Numbers
ROUND 1

Multitasking makes you stupid	Time
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Productive habits and systems that work ©2010

- Don't start until I say "go".
- When it *is* time, flip your paper over and work on the math problems (Round 2) to the best of your ability ...
- In peace
- When you finish your math, please note the time on the counter when you're done.



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Why?

Why
not?



“The man who
chases two rabbits
catches neither”

--Confucius

Drop that BlackBerry! Multitasking may be harmful

August 25, 2009 — Updated 2058 GMT (0458 HKT)

By Theresa Tamkins

Health

Ever find yourself chatting via instant messaging while checking your e-mail and surfing the Web? Don't pat yourself on the back for your super-productive behavior.

A new study suggests that people who perform multiple tasks in a variety of media, such as instant messaging, online video

- STORY HIGHLIGHTS
- Study: Heavy multitaskers
 - They also
 - Expert: Th
- Next Article

News Guides Reviews

Nobel Intent: Ars covers the world of science

Multitaskers beware: your divided attention comes at a price

In tests where they were asked to perform tasks that required working memory and focus, multitaskers were more prone to consuming multiple streams of information at once failed relative to their more focused peers.

By John Timmer | Last updated August 26, 2009 8:09 AM CT

A lot of the Ars readership would probably fit this description: TV on in the background, computer screen in front of them, and various windows—mail, chat, browser—vying for attention. Although most people find themselves multitasking, we're remarkably bad at it. Humans actually switch attention rapidly rather than truly



WIRED SCIENCE

NEWS FOR YOUR NEURONS



Multitasking Muddles Brains, Even When the Computer

By Brandon Keim | August 24, 2009 | 3:00 pm | Categories: Brains and Behavior



Stanford Report, August 24, 2009

Media multitaskers pay mental price, Stanford study shows

Think you can talk on the phone, send an instant message and read your e-mail all at once? Stanford researchers say even trying may impair your cognitive control.



Multitasking works? Not really, Stanford study shows

Adam Gorlick and Jack Hubbard

You might think a lot gets done when you multitask, but a study conducted by Stanford researchers Eyal Ophir, Clifford Nass and Anthony Wagner says it isn't so.



Rapid-fire switching



Decreases accuracy
Increases stress
Slows you down



40% slower

A large firework explodes in the night sky, creating a massive, starburst-like pattern of white and yellow light trails. Below it, several smaller fireworks are visible, including one with a long, vertical trail of sparks. The background is a dark night sky with silhouettes of hills or mountains at the bottom. A semi-transparent red rectangular box is centered over the image, containing the text "8-hour day" and "~~11-hour day~~".

8-hour day
~~11-hour day~~



4pts



10pts



10pts



10pts



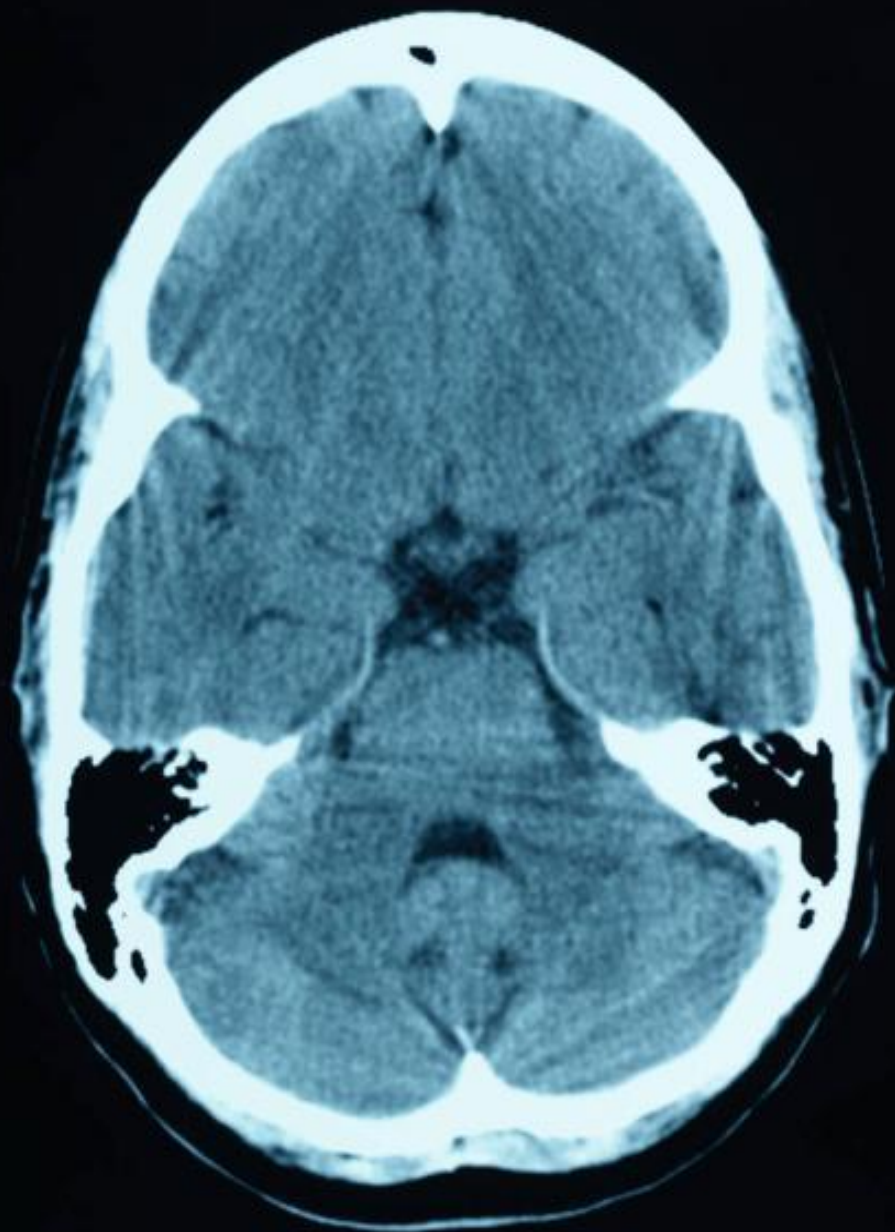
10pts



4pts



Crash Risk:
Text/Talk $\geq$ Alcohol



Magnetic Resonance Imaging

Brain Bottleneck

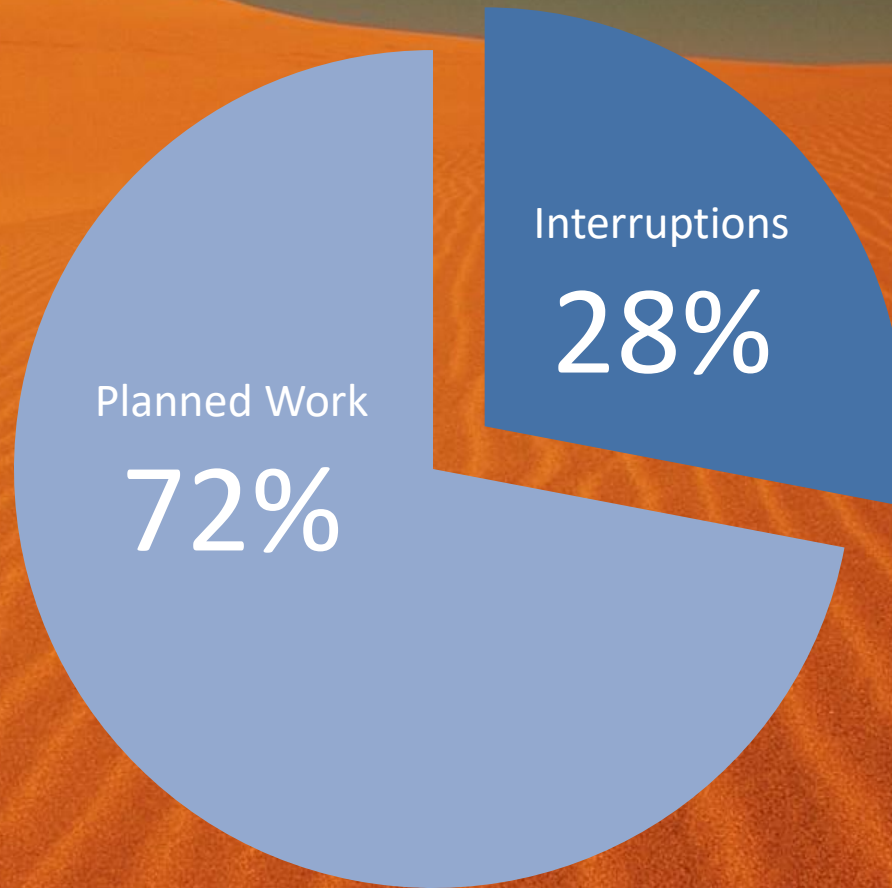




:15-:25

to return to
planned task

We Get Lost



We Get Lost

Alternatives



Focus:
doing something
and thinking
about what you
are doing at the
same time





just breathe...









Right Now...

Optimize Your Schedule



Prioritization

“When everything is a priority, nothing is a priority.”





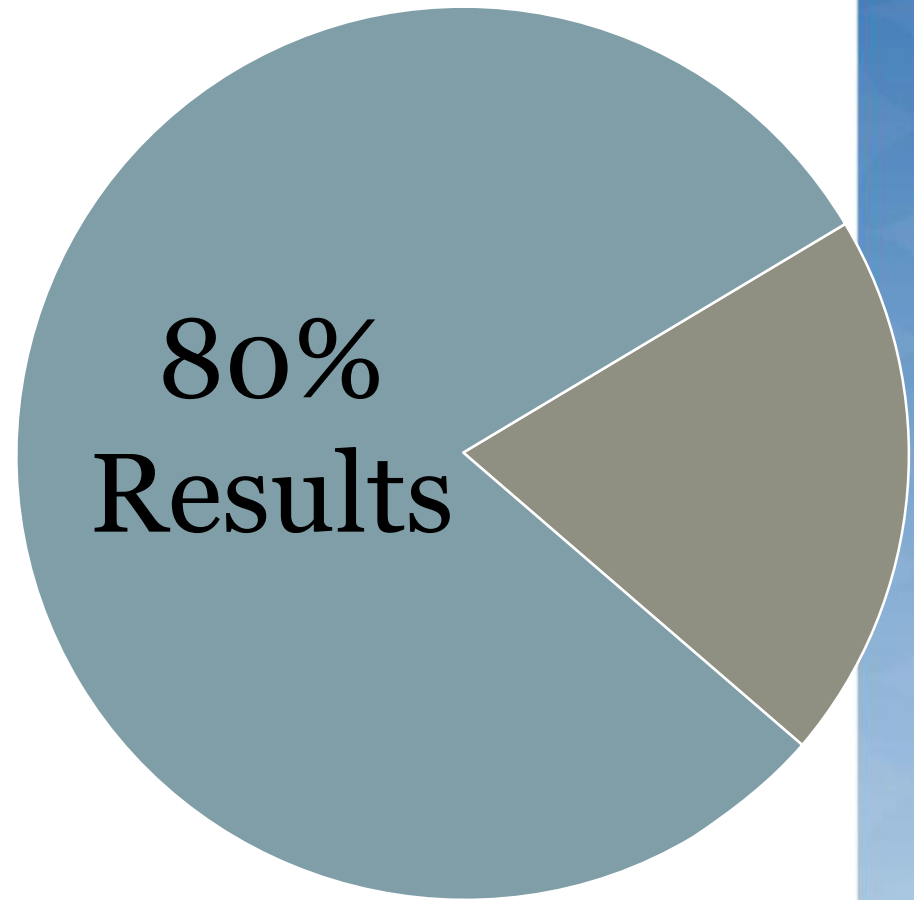
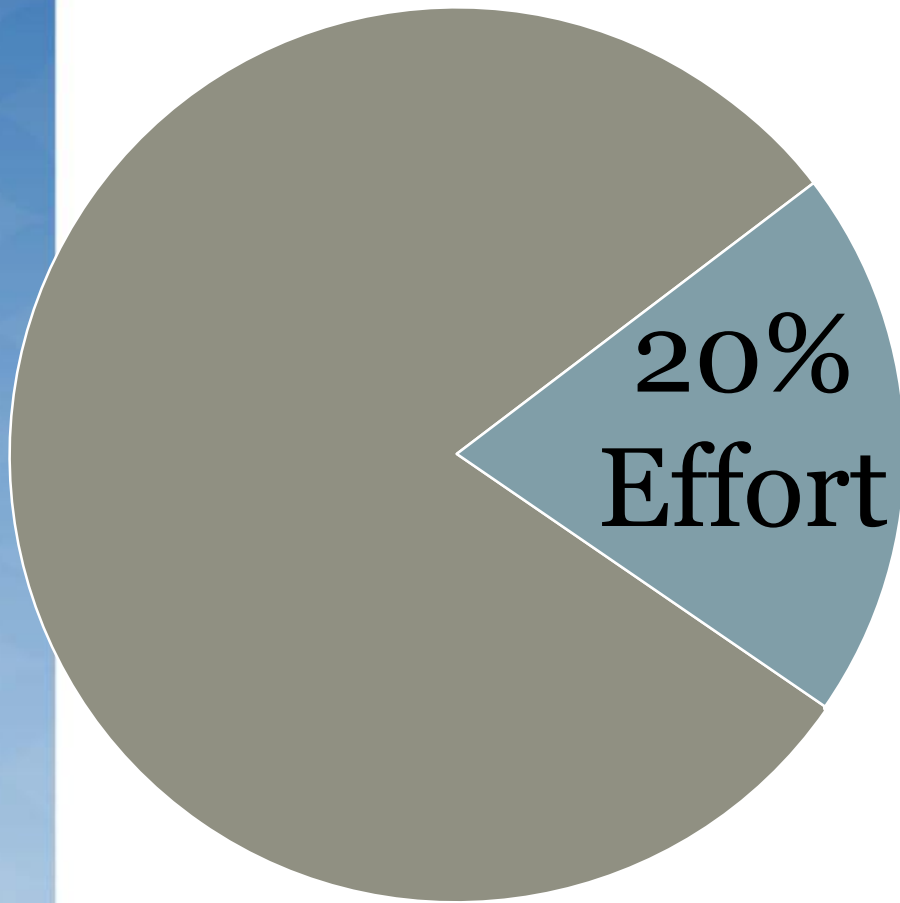
Prioritizing Time for Priority Tasks



Time is a
limited
resource.
Treat it like a
container
and fill it
with
important
things

Vilfredo Pareto



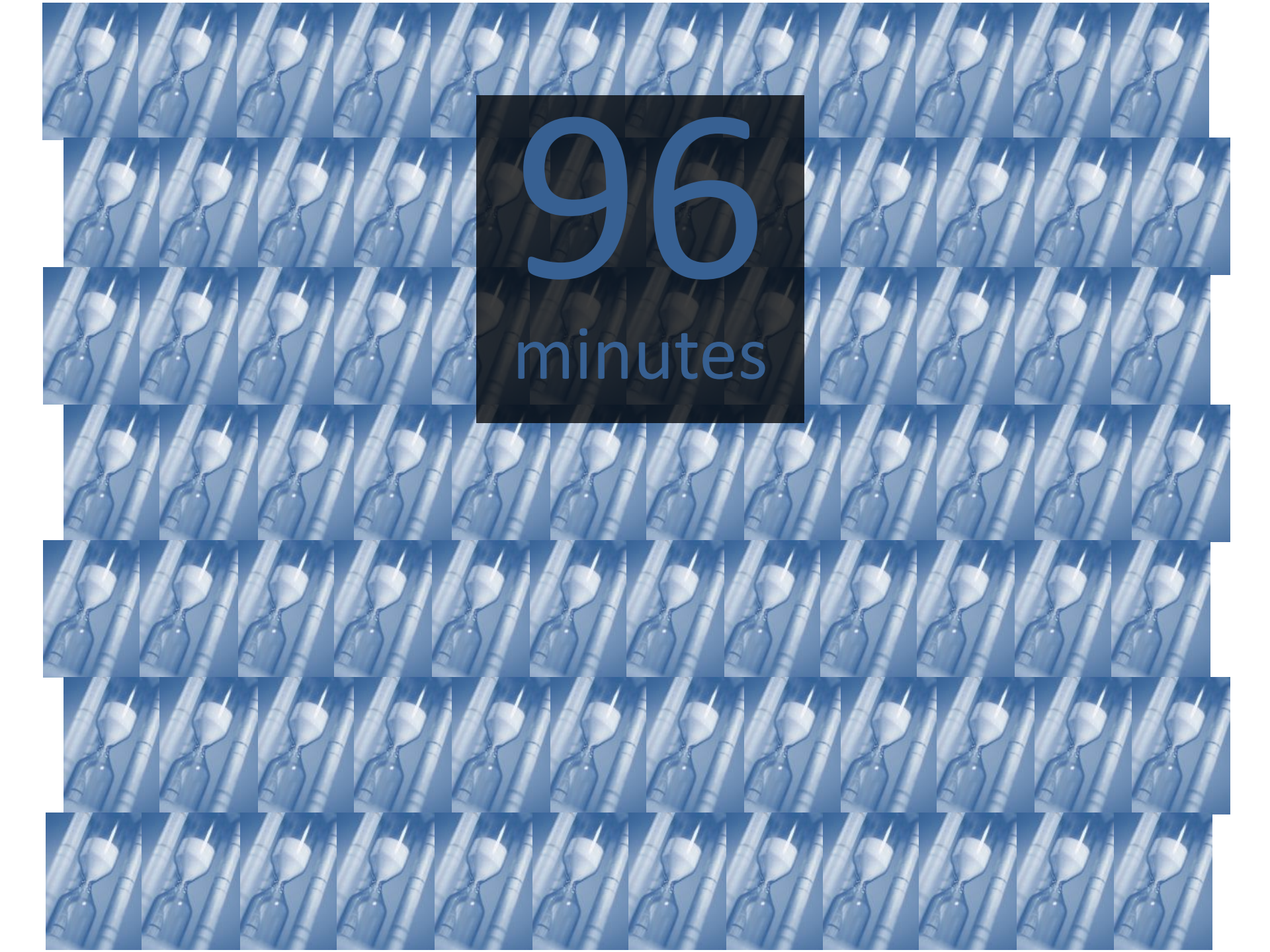


Weekly Review

Take 30-45 minutes at the end of each week:

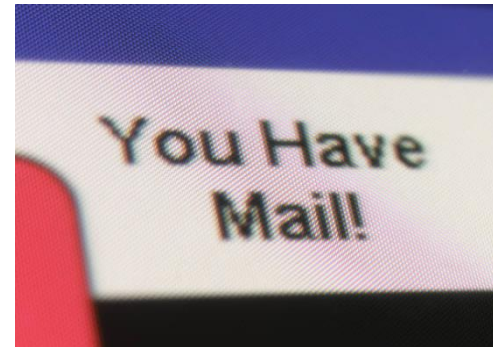
1. Clear the decks (desk, email, tasks)
2. Review:
 - a) Key deliverables, projects, priorities, delegation, task list
 - b) Calendar for next week
3. Block time on calendar for priority work
4. Over the weekend consider a personal/family weekly review & meal planning/prep for the week ahead



The background of the image is a repeating pattern of hourglasses and medical syringes, all rendered in a monochromatic blue color. The pattern is arranged in a grid-like fashion, with the elements slightly offset to create a sense of depth and movement. In the center of the image, there is a dark blue rectangular area containing the text "96 minutes" in a light blue, sans-serif font. The number "96" is significantly larger than the word "minutes".

96
minutes

Minimize Distraction



Manage Interruptions





Say **NO!**

(yes more slowly)

Exercise – Letters & Numbers



Third-Grade Problems
ROUND 1

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Letters & Numbers
ROUND 1

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Productive habits and systems that work ©2010

- Don't start until I say "go".
- On the Letters & Numbers Round 2, when it *is* time, simply write out the phrase "Multitasking Makes Your Stupid" and then drop down and write your numbers 1-26
- Please note the time on the counter when you're done.



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**"It doesn't mean you can't do
several things at the same
time. But we're kidding
ourselves if we think we can
do so without cost."**

Dr. Marcel Just, Carnegie Mellon University

the challenge is on!

You can do it!





Resist!



organized systems and productive habits

Want More Time for What Matters Most to You?

<https://SimplyPlaced.as.me/DiscoveryCall>

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