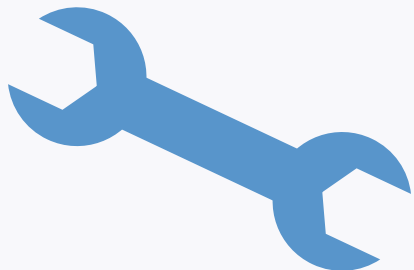


ACADEMIC ADJUSTMENT

Now that you know about how the brain processes information in a “one-at-a-time” way, you can try to avoid multitasking. Strive to create a learning and studying environment where your distractions are minimized. Try **some of these tips**:

- ⚙ Give yourself a work/study time limit: Work for 50 minutes then take a break
- ⚙ When working on your computer, turn off your internet connection
- ⚙ Put your phone in another room and turn off the TV and music
- ⚙ Reward yourself with something fun!
- ⚙ Build an underground study bunker that includes a door, which can only be opened from the outside (optional)



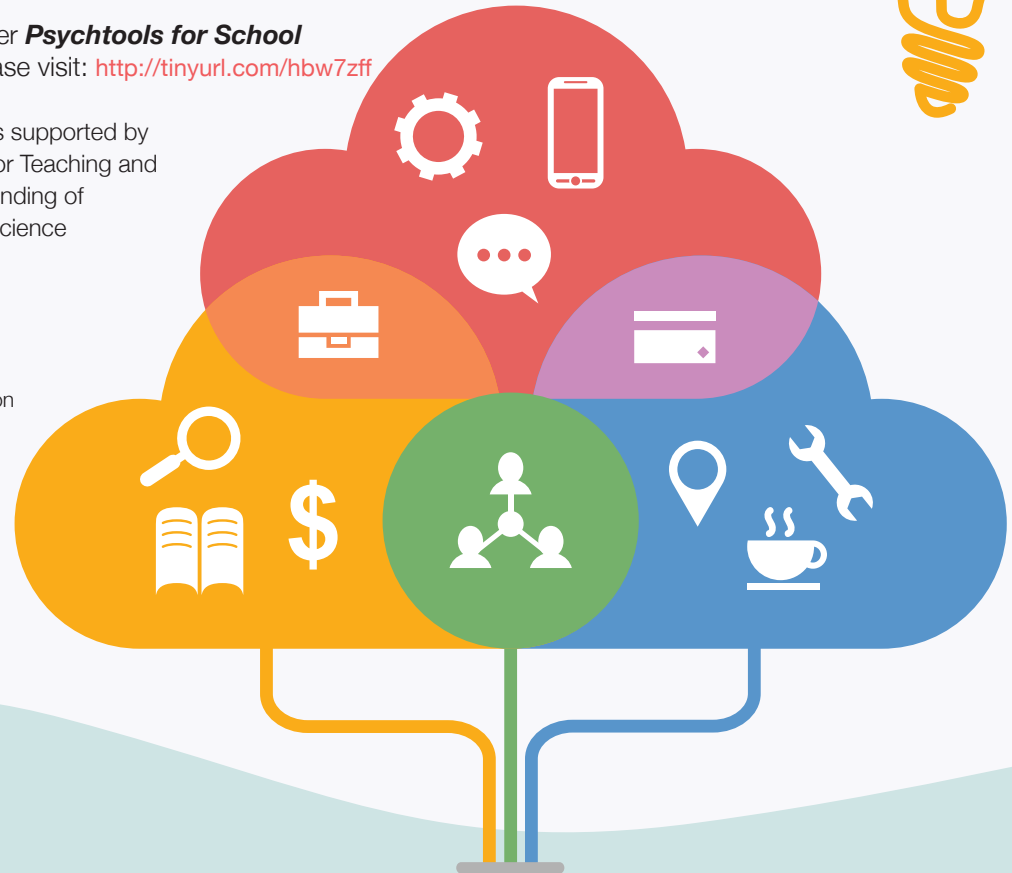
STAY CONNECTED

To access other **Psychtools for School** resources please visit: <http://tinyurl.com/hbw7zff>

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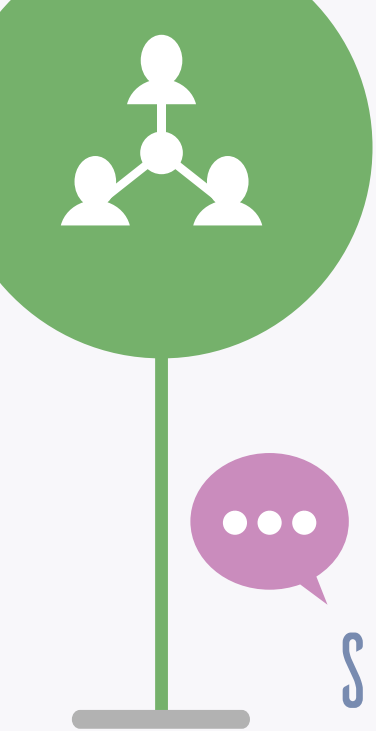
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The Downside
of Multitasking
at School

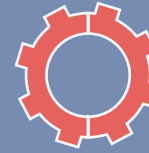
The Downside
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at School



SITUATION

Dina is a very distracted student. She studies regularly, she reads the assigned material before class, and she has a remarkable attendance record. She even came to school during that crazy blizzard last winter and was forced to lecture to herself. That's dedication. Despite this, Dina isn't doing as well in her classes as she could be.

PSYCHOLOGY CAN EXPLAIN THAT



Most of us feel like there just aren't enough hours in the day to do all things we need to do. We want to connect with friends, watch our favourite shows, and exercise. Also, that comparative study of grocery store pizza brands isn't going to plan itself. Balancing these desires while maintaining good grades can be a difficult balancing act. To compensate, many of us try to multitask: we chat with friends while organizing class notes or listen to music while reading a textbook.

However, researchers have found that we actually cannot do more than one thing at a time. Studies have revealed that when we try to multitask, like listening to music while reading, our brains shift attention between tasks, making it difficult to do either well, decreasing our ability to learn and remember. In fact, many studies have shown that our ability to learn and remember declines when we try to listen to music at the same time as we study.



If you didn't know these research findings about multitasking and distractions, you might be tempted to:

- ⚙ Watch television while you study for a test
- ⚙ Listen to music while reading a textbook
- ⚙ Scroll through websites while sitting in a lecture
- ⚙ Text while doing homework



TRYING TO MULTITASK DISTRACTS YOU FROM GIVING YOUR BEST TO YOUR WORK ACTIVITIES AS WELL AS YOUR LEISURE ACTIVITIES. INSTEAD, FOCUS ON ONE TASK AT A TIME.

