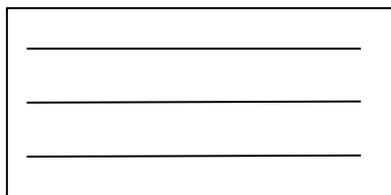


Topic: Multitasking-helps or hinders the performance of scheduled tasks?

1. **Introduction:** The teacher checks what the students know about multitasking and asks if they think this way of working helps to save time. Students give examples of situations in which they perform several tasks at the same time. The teacher introduces another concept that better illustrates how the brain works while doing several classes at the same time-switchtasking.

2. Performing multitasking tests

Task 1. Students draw 3 horizontal lines on the sheet, thus marking 4 lines on it.



The first part of the exercise is to write, in the shortest possible time, the letters that make up the words: "Switchtasking is a thief", and then the next numbers from 1 to 27. The teacher turns on the stopwatch and measures 35 seconds.

The whole thing should look like this:

S w i t c h t a s k i n g is a thief

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 27

Then the students write the same text and the same numbers again, but alternately, i.e. s, 1, w, 2, i, 3, etc. The teacher again measures the time with a stopwatch. This time, students have 60 seconds to complete the task.

After 60 seconds, we check who managed to complete the task within the allotted time. Have students experienced 3 side effects of switchtasking?

Three side effects of switching between tasks:

- Waste of time
- Multiplication of errors
- Increasing stress

More under the link:

<https://www.youtube.com/watch?v=5eQyfix2HA>

Try the Myth of Multitasking Exercise! | Updated Version of Multitask Test

Task 2. Students are asked to count two different symbols appearing on the screen at the same time: blue circles and red crosses. We count each symbol separately.

Task 3. Students listen to two overlapping recordings. Then they solve a test to see what they remember from both heard texts..

<https://www.youtube.com/watch?v=z-8JdsNWZiM>

Can You Pass This Multitasking Test? | Psychology of Attention

We're discussing the results.

Task 4. Students watch the balls on film, and count the ones that bounce into the circle. After the movie, we check the results. I asked if anyone noticed anything unusual in the video. Most likely, the students missed the dinosaur, the change in The Shape of the circle and the "smiling ball".

<https://www.youtube.com/watch?v=tMiyzuO1qMs>

What multitasking does to your brain | BBC Ideas

(You can show students an excerpt of a video explaining why talking on the phone while driving is dangerous, even with a handset.)

3. **Summary:** The Teacher together with students makes a list of side effects of switchtasking:

- Errors

- Deconcentration

Waste of time - the brain needs time to refocus on a task.

- Lack of attention to detail

- Lower efficiency - execution of tasks takes more time than if we were to perform them one by one; the quality of execution of tasks is worse

- Stress

- Tiredness

Encourage students to try to focus on one task at a time and eliminate distractions.