

# CAREER COUNSELLING



# PRACTICAL APPROACH

## Lesson Plan

### Multitasking - helps or hinders the execution of scheduled Tasks?

<b>Level, age of the students:</b>	14-19 years
<b>Subject:</b>	<i>Biology</i>
<b>Subjects involved:</b>	All subjects, including professional.
<b>Aims:</b>	<ol style="list-style-type: none"><li>1. Introducing students to the concept of multitasking (multitasking) and switchtasking (switching between tasks.)</li><li>2. Proving to students that multitasking does not work (test results, multitasking tests).</li><li>3. An indication of the problems that multitasking generates (actually switchtasking).</li></ol>
<b>Suggested # of students per group:</b>	Individual work.
<b>Time of the main activity:</b>	20 min
<b>Material:</b>	Media board, computer, speakers, sheets of paper, pens.
<b>Competences:</b>	Social competence. Learning ability.
<b>Preparatory actions if any:</b>	Introduce students to the concept of multitasking (multitasking) and switchtasking (switching between tasks).



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<b>Expected results:</b>	Students understand what multitasking is. It can indicate the adverse side effects of multitasking. I understand the cost of multitasking. Gradually eliminates multitasking during learning and other activities that require concentration. He cares about the health of his nervous system.	
<b>Expected difficulties:</b>	Difficulty breaking long-standing habits.	
<b>Follow up if any:</b>	Exercises to reduce multitasking. Elimination of factors that impede the maintenance of concentration.	
TIME	ACTION STRATEGY, PROCEDURE	METHOD, TOOLS
5 MIN	Introduction: the teacher checks what students know about multitasking, whether they use multitasking (in what situations) and whether they think it is a good solution.	Discussion.
2 MIN	The teacher explains what happens in the brain when you perform several actions at the same time. Introduces the concept of switchtasking (switching between tasks).	Talk.
5 MIN	<ol style="list-style-type: none"> <li>1. Multitasking tests:</li> <li>2. Writing letters and numbers on time (in turn and alternately).</li> <li>3. Counting 2 different geometric figures appearing on the screen at the same time ( based on the movie).</li> <li>4. Listen to 2 different short recordings played at the same time.</li> </ol>	Multitasking exercise; multimedia board, laptop, speakers, sheets of paper, pens
3 MIN	Multitasking Test: counting balls bouncing off the wheel (based on the video) Has anyone noticed: a dinosaur, a change in The Shape of a circle, a "smiling" ball?	Multitasking exercise; multimedia board, laptop, speakers



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<b>5 MIN</b>	Making a list of side effects of doing several tasks together with students at the same time. Encourage students to attempt elimination multitasking w czasie activities that require focus, such as learning.	Discussion, multimedia board.
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