

The Myth of **MULTITASKING**



of people who multitask feel like they're accomplishing more but are actually harming their performance.

Multitasking and divided attention impair memory and diminish our ability to recall information.

When we attempt to multitask, we don't actually do more than one activity at once, but quickly switch between them. And this switching is exhausting. It uses up oxygenated glucose in the brain, running down the same fuel that's needed to focus on a task.



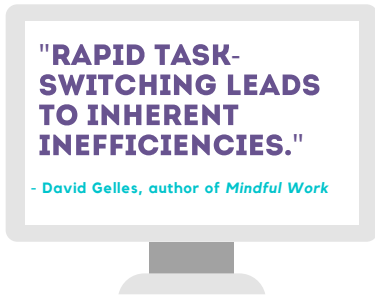
Focusing on more than one thing decreases productivity by 40%.



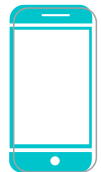
Research shows that using devices during class reduces learning, lowers quiz scores, and drops GPAs.



Multitasking can lead to increased levels of stress.



A 2010 study found that students who had their phones turned off during lecture scored significantly higher on a quiz.



THE SOLUTION

Give up on multitasking and set aside dedicated chunks of time for each separate activity. For example, check your email first thing in the morning and again at midday, or set aside 10 minutes per afternoon for Twitter. [Read more here.](#)



Created by the Center for Educational Excellence from these sources:

- The Teaching Professor. "[Students Think They Can Multitask. Here's Proof They Can't.](#)"
- BBC "[How to cut phone time at work](#)"
- UCSD Center for Mindfulness "[Our brains are evolving to multitask, 'not! The illusion of multitasking'](#)"
- University of California "[What do we lose when we multitask?](#)"
- Mashable "[Only 2% of people can multitask successfully](#)"