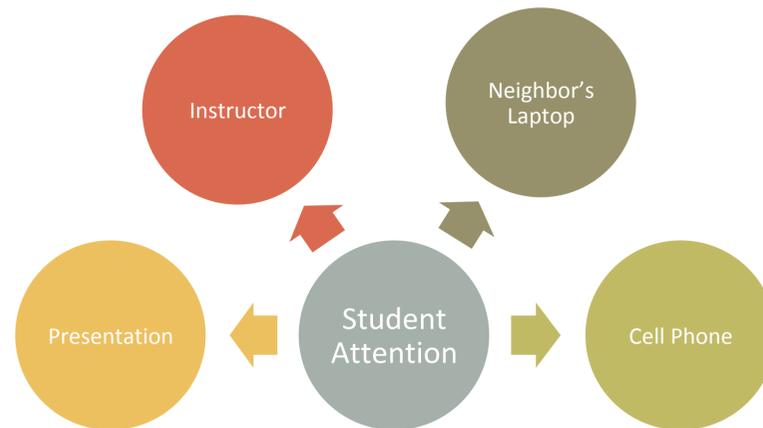


Myth of Multitasking

Myth: Multitasking allows us to do several things at once!



Reality: "Multitasking" requires us to rapidly switch between tasks



... and there is a cost to each switch leading to mistakes and poor memory

How to Minimize Multitasking in the Classroom

Don't talk over slides

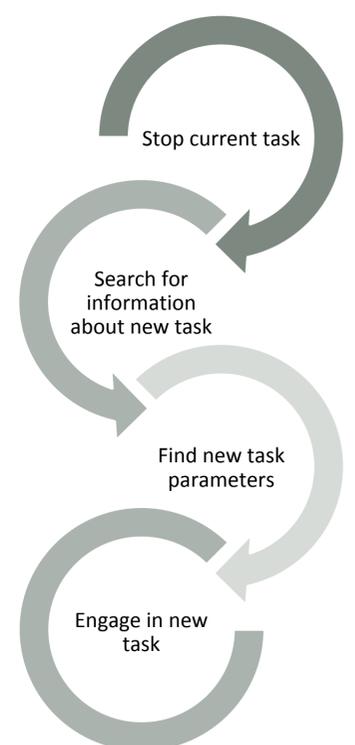
- Allow time for students to take notes on slides
- Use minimal text on slides
- Use pictures in place of and addition to text where possible

Discourage or ban cell phone use during class

- Work with students to create a cell phone policy that is reasonable in your classroom
- Often students recognize that other cell phones ringing or going off in class are distracting and prefer that their peers not use them during class

Discourage or ban laptops during class

- Work with students to create a laptop policy that is reasonable in your classroom
- Explain how distracting it is to others when they can see laptop screens
- Encourage laptop users to sit in the back of class to minimize distractions



Process of Task Switching