

Myth of Multitasking Activity*

Everybody talks about multitasking...the ability to do more than one thing at a time. The truth is, our brains work sequentially and we can only successfully do one thing at a time. Believe it or not, multitasking is a myth. What we are really doing when we think we are multitasking is switch-tasking. We are quickly moving from one task to another at a high rate of speed. And when we do this, it causes more errors and takes us longer. To give you a better idea of switch-tasking and the impact it makes on your efficiency, try this exercise.

Multitasking is worse than a lie

1st Try

M
1

In the first row copy the phrase, multitasking is worse than a lie. For every letter you write in the M row, **switch** to the second row and write the corresponding number. (Example: M 1 u 2 l 3 t 4...) You will **write one letter and then one number**, till you complete the phrase.

Write down the **total time it takes you** to complete this: _____

Multitasking is worse than a lie

2nd Try

M
1

This time copy the **entire** phrase, multitasking is worse than a lie, in the box on top. **Then** in the box below write the numbers 1-27.

Write down the total time it takes you to complete this activity: _____

Compare the time it took you to complete the 1st try and the 2nd try. Typically, a person will take twice as long to complete this exercise when switching between the letters and the numbers.

How do you think trying to multitask affects your life? _____

*This activity adapted from *The Myth of Multitasking: How Doing It All Gets Nothing Done* by Dave Crenshaw