Reflection Activity: Multitasking

Read each statement and select the option that best reflects your perspective: Strongly Agree, Agree, Disagree, or Strongly Disagree.

- Listening music helps me to study more effectively.

| Agree ☐ | Disagree ☐ |
| Strongly Agree ☐ | Strongly Disagree ☐ |

- I like to have many tabs open when I am surfing the web.

| Agree ☐ | Disagree ☐ |
| Strongly Agree ☐ | Strongly Disagree ☐ |

- I can easily do two things at the same time.

| Agree ☐ | Disagree ☐ |
| Strongly Agree ☐ | Strongly Disagree ☐ |

- I can watch TV and fold laundry at the same time.

| Agree ☐ | Disagree ☐ |
| Strongly Agree ☐ | Strongly Disagree ☐ |

- I can complete my math home-work while talking on the phone.

Agree ☐   Disagree ☐

Strongly Agree ☐   Strongly Disagree ☐

- I can read and follow a recipe while updating my Instagram profile and texting friends.

Agree ☐   Disagree ☐

Strongly Agree ☐   Strongly Disagree ☐

- I can study for my Spanish test while watching *Dancing With the Stars*.

Agree ☐   Disagree ☐

Strongly Agree ☐   Strongly Disagree ☐

- I can safely text and walk down a city sidewalk at the same time.

Agree ☐   Disagree ☐

Strongly Agree ☐   Strongly Disagree ☐

- Younger people are better than older people at multitasking.

Agree ☐   Disagree ☐

Strongly Agree ☐   Strongly Disagree ☐

Multitasking Experiment

Part 1: Write "Is Multitasking a Myth?" in the Phrase box and write the numbers 1 through 19 in the Numbers box. Record the time you take to finish this exercise.

Phrases	Numbers

Part 2: You will multitask now. Write the phrase and the numbers while singing the Happy Birthday song. Record the time you took to finish this exercise.

Phrases	Numbers

Your Perspective on Multitasking

What ideas do you agree with and why? Hint: Multitasking can be harmful—every year, a lot of people get injured or killed from texting while driving!	What ideas do you disagree with and why? Hint: "Kids that are instant messaging while doing homework, playing games online and watching TV, I predict, aren't going to do well in the long run."—I often do these things and I get good grades!