Introduction – ask will to say a sentence about himself and introduce the topic of multitasking

Question 1 – In what ways do you find yourself multitasking?

Converse about the widespread multitasking among people these days, especially people from our generation

* Ask will questions about the extent to which he multitasks, why he thinks it happens, and whether he is more productive because of it

CLIP 4

Discuss research that shows that people who multitask on small tasks are actually less efficient on tasks than when done sequentially

* ***Quote 1 –*** ““In experiments published in 2001, Joshua Rubinstein, PhD, Jeffrey Evans, PhD, and David Meyer, PhD, conducted four experiments in which young adults switched between different tasks, such as solving math problems or classifying geometric objects. For all tasks, the participants lost time when they had to switch from one task to another. As tasks got more complex, participants lost more time. As a result, people took significantly longer to switch between more complex tasks. Time costs were also greater when the participants switched to tasks that were relatively unfamiliar. They got up to speed faster when they switched to tasks they knew better.”

CLIP 1

Question 2 – Did you find anything at particularly surprising about this quotation?

Tell Will that 75% of people who multitask actually think they are more productive because of it

CLIP 2

***Quote 2*** - **“**Doing more than one task at a time, especially more than one complex task, takes a toll on productivity. Although that shouldn't surprise anyone who has talked on the phone while checking E-mail or talked on a cell phone while driving, the extent of the problem might come as a shock. Psychologists who study what happens to cognition (mental processes) when people try to perform more than one task at a time have found that the mind and brain were not designed for heavy-duty multitasking. Psychologists tend to liken the job to choreography or air-traffic control, noting that in these operations, as in others, mental overload can result in catastrophe.”

Discuss reset time needed between taking on task

CLIP 3

Discuss legitimate long-term side effects from multitasking

Ask Will how he would go about limiting the amount of time he spends multitasking

Clip 1 – Lee Health: “multitasking and finite amount of attention”

Clip 2 – Fox 11 News: “Multitasking is less productive”

Clip 3- The Economist: “Why the Human Brain cant multitask”

Clip 4 – PBS NewsHour: “Most teens think they can multitask while doing homework”