MULTI-TASKING

Numbers	Alphabet
Time to count 1-26: _____	Time to recite alphabet: _____
Combined time to count and recite the alphabet: _____	
Time in multitasking mode (1A, 2B, 3C, etc.) : _____	

Instructions:

This simple exercise will clearly show that multi-tasking is not as effective as we would like to think. For the exercise, use a stop watch, the timer on your smart phone or any other device that enables you to track time in seconds.

When you are ready to begin, start the timer.
- Start counting out loud as fast as you can and record the amount of time it took for you to count to 26.
- Reset the timer and say the alphabet out loud. Again, record the time it took to execute this simple task.

The total time for both task should be between 10 and 15 seconds.

Now let's try to disprove the long-standing myth about being more effective by multitasking.
- Reset the timer
- Count to 26 and A to Z in multitasking mode, i.e. 1A, 2B, 3C and so on.

Most people quit before making it to 8H and by then, the time has already exceeded the total they have previously recorded by doing the tasks separately. Keep in mind that this task is very simple, just imagine when the task is complex and you have to go back and reread multiple pages or even documents to get back on track.

The reason multitasking is much less efficient than most people believe is that we cannot efficiently process more than one data set at once. Furthermore, our cognitive processor can only deal with a limited amount of variables at once. Our brain is powerful, but there are certain limitations we have to live with.