

Find Your Focus

Assess your multitasking knowledge with this activity. Work with several other students to discuss each of these multitasking statements. Then, based on your group's personal experiences with multitasking, decide which statements are true and which are false. When finished, share your responses with the class. Your instructor will fill you in on the 'finding focus' facts.

1. Younger workers are much more likely to multitask than older employees.

**True
or
False**

**True
or
False**

2. Multitasking allows workers to be more productive.

3. Multitasking causes errors that could cost you your job.

**True
or
False**

**True
or
False**

4. People who think they are high in multitasking ability are usually accurate in their self-assessment.

5. About 10% of the population are considered supertaskers (able to do more than one task at a time with no deterioration in performance).

**True
or
False**

How frequently do you multitask?

How would you rate your ability to multitask?
