



MULTITASKING is a natural everyday occurrence. We can cook dinner while watching TV and we can talk to a friend while
 1. _____ down the street without bumping into anybody or getting run over. However, research suggests that there is an enormous difference between how the brain can deal 2. _____ what are referred to as 'highly practised tasks', such as cooking or walking, and how it responds when, for example, you think about adding another ingredient or you 3. _____ to change the direction you are walking in. In this case, our brains require us to concentrate on the activity at hand.

Problems also arise when we try to carry out two or more tasks that are in some way related. Most people feel they are perfectly capable of
 4. _____ and having a conversation at the same time. This is fine until they need to process language while driving, for example, read a road sign. Then the language channel of the brain gets clogged and the brain can no longer cope. A similar thing occurs if the conversation is about something visual, for example your friend describing what his new flat looks like. In this case, as you try to 5. _____ what he is describing, the visual channel of the brain is overloaded and you can no longer concentrate on the road.

Reading Comprehension

Answer questions 1-5 according to the text about multitasking.

Read the article and select the correct word for each space.

1. A. walk
B. walking
C. walked
D. to walk
2. A. with
B. of
C. about
D. at
3. A. think
B. thinking
C. decide
D. deciding
4. A. to drive
B. drove
C. drives
D. driving
5. A. imagines
B. imagining
C. imagined
D. imagine

Answer questions 6-10 according to the text about Mindfulness.

Read this article from a science website and select the correct option to answer the questions.



SPACE TECHNOLOGY ENVIRONMENT HEALTH SCIENCE IN SOCIETY

B

MINDFULNESS refers to moment-by-moment awareness of thoughts, feelings, bodily sensations, and the surrounding environment. It focuses the brain on the present moment, instead of on the past or the future, and is gaining popularity as a practice in daily life.

A recent experiment conducted by psychologists in the USA looked at the effects of mindfulness training on the multitasking behaviour of workers in high-stress environments. They found that when asked to do multiple tasks in a short period of time, those who had been trained in mindfulness had a better memory for details and were able to maintain more focus on each task. They did not get distracted by worrying about the other tasks that still needed doing. This may well be because mindfulness training helps us to become more aware of where we are focusing our attention, so it makes sense that we are then better equipped to deal with a demanding work environment.

According to another study, mindfulness training can help improve people's attitudes towards work. Let's say you are faced with a large pile of invoices to process. If your mind starts to look for more interesting things to do, it is going to take you longer and you will probably make mistakes. If you can look at this task with a calm, clear, and engaged mind, you will be more efficient and you might even find some enjoyment in the process.

Comment Print

6. What are the effects of mindfulness on multitasking?

- A. It causes high stress.
- B. It allows you to have a better memory for details.
- C. It keeps you out of focus.
- D. You get distracted by worrying.

7. How can mindfulness help us?

- A. It is gaining popularity.
- B. It keeps us thinking about the tasks that we need to do.
- C. It helps us avoid our tasks.
- D. It makes us more aware of our environment.

8. What do people **usually** do when faced with a long task?

- A. Our mind starts to look for other things to do.
- B. They make mistakes.
- C. They start to work on it early.
- D. They enjoy the process.

9. What should you do to find satisfaction in doing long tasks?

- A. Multitask
- B. Leave them for the last minute.
- C. Look at your tasks with a calm, clear and engaged mind.
- D. Pay someone to do them for you.

10. What is the writer trying to do in this article?

- A. Inform people about mindfulness.
- B. Convince people to practice mindfulness.
- C. Contrast multitasking and mindfulness.
- D. Tell his personal experience on mindfulness.