USEFUL VOCABULARY

hectic | cope | spotlight | simultaneously | aware of | conscious
irrelevant | capacity | cognitive | inefficient

1. She wasn't ..... of the time and ended up missing her flight.
2. The ..... nature of her job made it difficult to find a work-life balance.
3. The new report ..... the issue of income inequality in the United States.
4. After the accident, he was more ..... of the risks associated with reckless driving.
5. The company is looking for a candidate with the ..... to handle multiple projects at once.
6. John struggled to ..... with the sudden loss of his best friend.
7. Her comments about his outfit were completely ..... to the topic of discussion.
8. The old computer system at the office was slow and difficult to use, making work processes ..... and time-consuming.
9. The human brain has incredible ..... skills, can process and retain vast amounts of information.
10. The chef was able to cook three different dishes ....., thanks to his exceptional time management skills.

LIVEWORKSHEETS

Question 1:
What is the main idea of the video regarding multitasking and the brain's ability to focus?
A) The brain can easily complete multiple complex tasks simultaneously.
B) The brain can only focus on one complex task at a time, though some simple tasks can be done simultaneously.
C) The brain improves in efficiency when multitasking with several activities.
D) The brain is naturally wired to handle multitasking with no negative effects.

Question 2:
What term from the 1960s is mentioned in the video to describe how the brain focuses attention on a task?
A) Spotlight of awareness
B) Narrow focus theory
C) Spotlight of attention
D) Focus funnel theory

LIVEWORKSHEETS

1. How does the brain process information when it is multitasking?

a. It focuses on each task separately.

b. It combines the tasks into one.

c. It switches back and forth between the tasks.

d. It ignores some of the tasks.

2. In which situation it is truly possible to do 2 things at once?

a. When the two things require the same sets of cognitive resources.

b. When one of the two things is automatic or habitual.

c. When the two things are completely unrelated.

d. It's only truly possible to do two things at once if they require different sets of cognitive resources.

3. What is the difference between multitasking and doing multiple tasks in a sequence?

a. Multitasking is more efficient.

b. Doing multiple tasks in a sequence is more efficient.

c. They are equally efficient.

d. There is no difference.

4.What is inattention blindness?

a. Being unable to see anything at all

b. Failing to notice important details because of distractions

c. Losing focus on a task

d. Being unable to switch tasks quickly

5.What is the main problem with multitasking, according to the video?

a. It is inefficient.

b. It causes inattention blindness.

c. It requires too much cognitive capacity.

d. It leads to irrelevant thoughts.

LIVEWORKSHEETS

WORD ASSOCIATION

M U L T I T A S K I N G

LIVEWORKSHEETS

WHAT MULTITASKING DOES TO YOUR BRAIN

1. **"People who multitask regularly are proven to be more efficient at handling complex tasks."**
   True / False
   (Is multitasking really the key to efficiency, or does it come with hidden costs?)
2. **"When you try to multitask, your brain can switch between tasks quickly enough that you don't lose focus."**
   True / False
   (Think about how you feel when switching between work and social media. Does it feel smooth or distracting?)
3. **"Multitasking is more effective when you combine an easy task, like listening to music, with a difficult one, like studying."**
   True / False
   (Can music boost focus, or does it pull your attention away?)
4. **"Studies show that multitasking can lead to more mistakes and lower productivity."**
   True / False
   (Have you ever tried doing too many things at once and ended up missing important details?)
5. **"In a digital world, multitasking is a necessary skill for success, and trying to focus on one task at a time is outdated."**
   True / False
   (Is single-tasking really an old-fashioned approach, or does it still have value today?)

LIVEWORKSHEETS

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