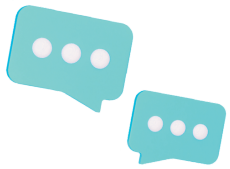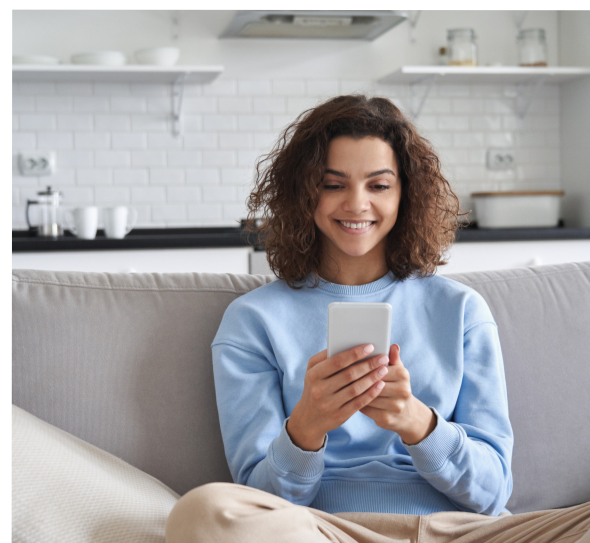# Digital Distraction Workbook

Name: _____

Helping you to build your FQ (focus quotient) and thrive in the digital world.

DR KRISTY
GOODWIN

# MODULE SUMMARY

# MODULE 3 - MULTITASKING MYTH

Let's be honest, do you think you can multitask?

☐ Yes
☐ No

## EXPERIMENT 1

Trial 1: How long did it take you to monotask (i.e. write all the words and then all the numbers from 23-0)?

Trial 2: How long did it take you to multitask (i.e. write one word and one number. Round, 23, and, 22)?

What did you observe between Trial 1 and Trial 2? Was it easier/harder, longer/shorter, did you make more/less mistakes?

_____
_____
_____
_____

## EXPERIMENT 2

What did you notice from trying to have a thumb war on one hand and play scissor-paper-rocks on your other hand?

_____
_____

What are two things that happen in your brain when you multitask?
1.
2.

What have you learned or discovered about multitasking in this video?

_____
_____
_____
_____

# Digital Distraction Masterclass Discussion Starters

# DISCUSSION STARTERS

The following questions are designed to be a catalyst for class conversation. It is important that we don't 'shame' or make students feel guilty' for their digital habits, as this will discourage them from talking to you and/or other adults about their digital dilemmas. It's suggested, if you're happy to be vulnerable too, to share how you struggle with digital distractions too. This is a universal human struggle that we're all grappling with. The following questions are designed to be used after you've watched specific modules and a more general conversation for after all modules have been completed.

# MODULE 3 - MULTITASKING MYTH

- What happens inside our brains when we try to do more than one thing at a time?

- What are some of the consequences of multitasking? (increased error rates, increased duration, poorer retention of information)

- What are some actions you can take to monotask instead of multitasking? (e.g. closing tabs, disabling notifications, turning the device to greyscale, using the First app, using Screen Time or Digital Wellbeing features)