

MULTITASKING EXERCISE

	<i>Oh, say can you see, by the dawn's early light, what so proudly we hailed at the twilight's last gleaming.</i>
S i n g l e - t a s k	(1)
	<i>Hickory dickory dock. The mouse ran up the clock. The clock struck one, the mouse ran down. Hickory dickory dock.</i>
	(2)
M u l t i - t a s k	<i>Oh, say can you see, by the dawn's early light, what so proudly we hailed at the twilight's last gleaming.</i>
	(3)
	<i>Hickory dickory dock. The mouse ran up the clock. The clock struck one, the mouse ran down. Hickory dickory dock.</i>
	(4)

Instructions: 1. Time yourself while writing the top two excerpts, one after another, in the spaces beneath them [spaces (1) and (2)]. Write down the total time elapsed. _____.

2. Time yourself while multitasking (task-switching) the same two excerpts, but this time, switch tasks after every word. In other words, write "Oh" in line 3, then write "Hickory" in line 4; then go back to line 3 and write "say," return to line 4 and write "dickory"; return to line 3 and write "can," and so on until the end. Write down your time. _____. Compare it to your single-tasking time; look at your handwriting; compare your error rates. How many times did you say to yourself, "where was I?" Compare your stress levels.

3. Try repeating the multitasking exercise without pencil or paper, just reciting the two expressions from memory. **WARNING:** Don't try this while driving a car or operating heavy machinery!