



## Stop interrupting yourself!

A Microsoft executive, while teaching a class of students working on laptops at NYU, noticed that the students had several applications tiled across their screens during the class session rather than focusing on the one thing she hoped would be happening—listening and learning in the classroom. She called the phenomenon of this brand of multi-tasking “continuous partial attention.”

The need to be connected to everything all of the time, for fear of missing something, creates constant stress, and if it continues, experts say it will undermine your ability to learn, think deeply, and remember.

The brain is quite miraculous, but it is a limited organ. It can't take in, analyze, organize and decide what matters most from overwhelming amounts of information. The presence of E-mail & cell phones, which have been described as “interruption mechanisms on steroids”, add to the overload.

You may call it multitasking, but in fact you are constantly interrupting yourself. Do yourself a favor...to produce more effective learning and have a successful academic year, let yourself (your brain) do ONE THING AT A TIME.