



Expert Insights: Best Use of Your Valuable Time with Barbara Bruno

Pitfalls

of Multitasking

- The term multitasking was never meant to be applied to people.
- Several studies exist that conclude that no one is good at multitasking, or that multitasking is just switching between activities quickly and inefficiently.
- Multitasking can shut down your higher cognitive activity.
 - It can also cause you to miss essential details and waste time.
- When you give your undivided attention to completing a task, you will gain a sense of accomplishment, and motivation.
- Observing your own actions and results will help you discover that multitasking is not the best use of your valuable time.

Multitasking can cause you to be distracted and make mistakes. Can you assess how multitasking costs you?