Strategies and options

What happens when multi-tasking doesn’t work?
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  • Research assistant for S.A.L.T. center for learning disabilities.
  • Research topics: self determination and motivation in students with learning disabilities.

Introduction
• #1 Fear of college students – “Will I succeed?”
  Alexander Astin, “What Matters in College?” (pub 78 & rev 97)
• Changing the experience of incoming first year students; gap is closing.
• Most first year students– second nature.
• Can be productive (day-to-day)
• …but what happens when it isn’t?
Evils of technology?
Balanced approach

• Options!

I AM A Multi-tasker

(I have to be)
• 2006 – 2010
• Stanford, UCLA, Boston College, Henry J. Kaiser Family Foundation.
• Brain capacity is finite, multi-tasking reduces attention, (distracted) which can reduce your cognitive abilities.
  • Looked between a TV and computer. Subjects indicated they believed they were looking between 12 and 15 times total: (in a 27 minute period)
  • They were actually looking 120 times in 27.5 minutes -- or approximately once every 14 seconds.

Research
Hypothesis

Anxiety

- Reduced Academic Performance
- Multi-Tasking w/ no option
- Distraction & Lack of focus
- Reduced mental capacity
Plan

- Awareness
- Strategies (i.e. single task)
- Practice

There’s a mismatch between what science knows and what business does, students do.
• Increase awareness: Multi-tasking leads to distraction.
• Presented into workshops, implemented in semester strategy plans one on one students.
• Implement in existing topics (study skills, learning strategies, etc)
• Goal is not to eliminate, but to prioritize tasks.
• Awareness allows students to understand their choices.

Awareness
“Simplicity is the ultimate sophistication.”
- Leonardo da Vinci

- Re-think the philosophy of what it takes to complete tasks.
- **Single Task/Mental strength** – empowering and building. Break down large tasks into small ones
- Encourage inquiry about existing technology.
• Engage students in conversations about technology.
• Remind them about “low tech” options. “Try it.”
• Try it for yourself. Nothing speaks better than personal experience.
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Thank You