

PSY 324
Assignment 1

In Module 2, you learned about the myth of multitasking and the problem with divided attention. For this assignment, you are being asked to do a study on yourself. First, you will read a popular press article entitled, “[The Magic of Doing One Thing at a Time](#).” Then, I would like for you to embark on the following study – *to actually practice only doing one thing at a time*:

- 1) Educate yourself. Find one scholarly article on multi-tasking and write a synopsis of the article. A quick search of “multitasking” on <https://scholar.google.com/> will offer you a plethora of options. If you see one you like, go to the ASU library system to find the full text.
- 2) Select a timeframe for your self-study. For some of you, this may be only a couple of hours. But, I hope you will consider attempting this practice for a full day.
- 3) Once you have your timeframe, write a plan of how you will engage in only one activity at a time during your allotted time. For example, you might allot certain times in the day to read e-mail, you might indicate how you plan to iron with the TV off, you might commit to putting your phone away during a meeting, or you might drive with the radio off.
- 4) Enact your plan and take notes as you go along on what you are experiencing. But, take a separate moment to jot notes – don’t take notes while doing something else! Remember, *one thing at a time*, for whatever time frame you indicated.
- 5) At the end of the timeframe, while your memories are fresh, write a summary of what it was like to have focused attention on one thing at a time for a period of time.

The written product you submit will contain the following sections:

- 1) **Pre-assessment:** Summarize your current multitasking habits before you embark on the self-study.
- 2) **Scholarly article summary:** In one paragraph, summarize the findings of the scholarly article you chose *in your own words*. Do not use any direct quotes in this section.
- 3) **Your plan:** Indicate the details of the plan you set out for yourself, including the timeframe and a basic description of the setting in which your self-study occurred.
- 4) **Analysis:** Report on the results of your attempt to do one thing at a time. (This will likely be 2-3 paragraphs.)
- 5) **Reflection:** Reflect on both what you learned in Chapter 3 about multitasking and divided attention, as well as this self-study, and indicate if your views on multitasking have changed as a result.
- 6) **Reference:** Include an APA style reference for the scholarly article you chose and a reference for the textbook if you chose to cite it.

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Your paper will be scored using the following rubric:

Criteria	Complete	Partial or incorrect	Missing
Content			
Pre-assessment	5	2.5	0
Scholarly article summary	10	5	0
Summary of your plan	5	2.5	0
Analysis of your self-study	10	5	0
Reflection	5	2.5	0
Writing mechanics			
No excessive spelling/grammar errors, no direct quote	3	1.5	0
Full reference(s) in APA style	2	1	0