

**QUESTION: What is the Biggest
Hindrance to Learning?**

MULTITASKING!

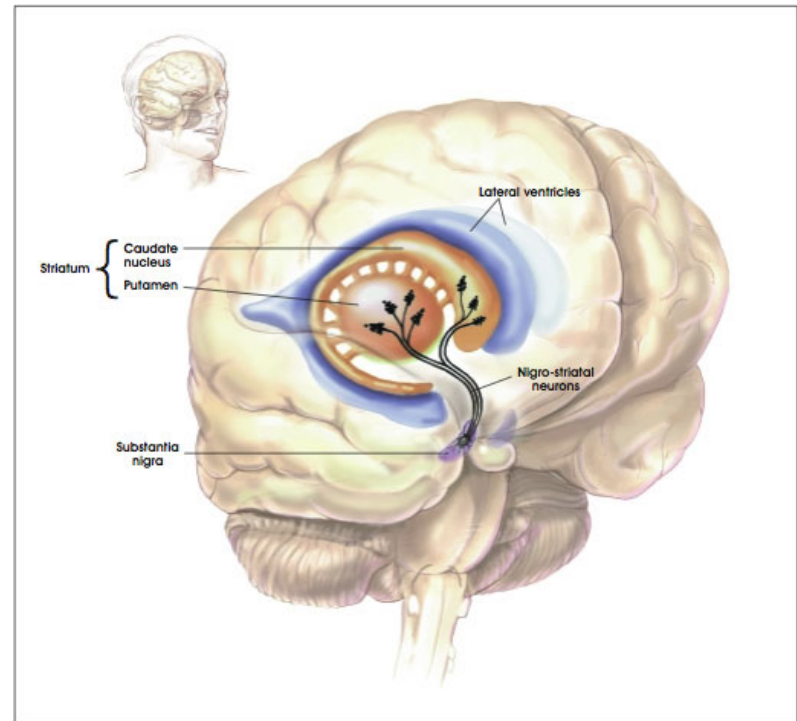
The Two Circuits in Brain

Circuit 1 This one is for reactive attention

Circuit 2 This one sets our mind to concentrate on something

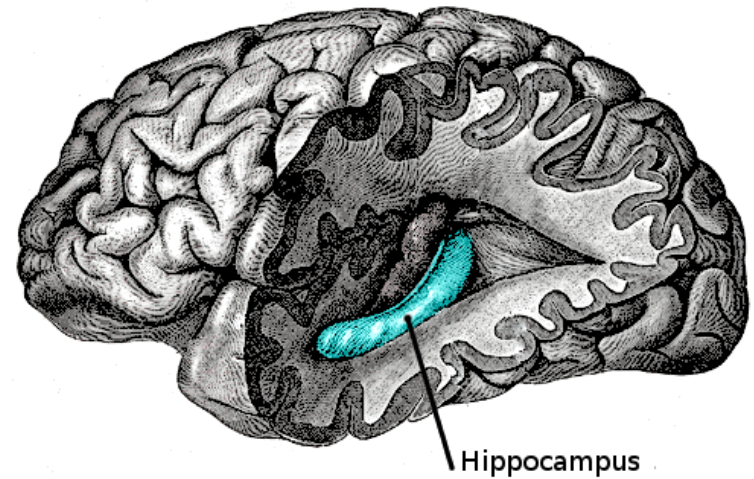
Multitask Learners (Circuit 1)

- Multitaskers fire up striatum needed for routine learning. Not bad if you want to be on an assembly line.



Focused Learners (Circuit 2)

- Focused learners rely on hippocampus that is needed for learning abstract rules to novel problems. Needed for learning mathematics and programming based work.



Negative Consequences of Multitasking While Doing College Work

- Time Spent
- Mental Fatigue
- Memory Failure
- Inept Deep Learning



Moral of the Story

- Multitasking is important for “doing”
- NOT multitasking is important for “learning”



END