

Name _____

The Impact of Technology on Attention Span and Learning

Short Answer Key

1. Constant access to screens can make it challenging to focus on a single task due to constant notifications, social media updates, and the lure of new content.
2. The multitasking dilemma is the belief that people can effectively perform multiple tasks simultaneously. It's a problem because research suggests that true multitasking is a myth, and our brains switch rapidly between tasks, reducing overall efficiency and comprehension.
3. Technology can enhance learning by providing access to educational apps, interactive websites, and online resources that make learning fun and engaging.
4. Creating a distraction-free zone for studying is important because it minimizes interruptions and allows for focused learning.
5. Practicing single-tasking when studying or working is essential because it helps you concentrate on one task at a time, avoiding distractions and improving productivity.

