

Think you can multitask?

Do you find yourself using your e-mail, YouTube and Facebook at the same time as trying to complete your school work??

Scientists at the University of California showed that it takes an employee 25 minutes to recover from an interruption by phone or email. From a mind, body, emotion perspective when a task requires a lot of concentration (like learning a new concept) it is wise to focus on one activity alone.

Here is an activity that demonstrates this to you.

Go to:

<http://www.kongregate.com/games/IcyLime/multitask>

and click *play*.



How did you go multi tasking??