

# THE Myth OF Multitasking

## EXERCISE

Are you really multitasking . . . or are you switchtasking? The following exercise will help you quickly understand the negative impact in efficiency caused by switchtasking.

Multitasking is worse than a lie	
M	
1	
M	
1	

### STEPS

#### FIRST PASS

1. Have the worksheet ready.
2. Have a timer with a second hand ready.  
For best results have another person time you.
3. In the first row, copy the phrase "*Multitasking is Worse Than a Lie*". For every letter you write in the "M" row, switch to the second row (labeled "1") and write the corresponding number.

Like this:

***Multitasking is worse than a lie.***

123456789 10 11 12 13 14 15 16 17 18 19 20 21 22 23  
24 25 26 27

4. Ready, Set, Go! (After you have completed the last number (27), write down your total time to completion.)

#### SECOND PASS

5. Have a timer with a second hand ready again.
6. In the third row, re-copy the phrase "*Multitasking is Worse Than a Lie*". After copying the entire phrase in the third row, then switch to the fourth row and write the numbers 1-27.
7. Ready, Set, Go! (After you have completed the last number (27), write down your total time to completion.)
8. Compare the time to completion between the first and second pass. Typically, a person will take twice as long to complete this exercise when switchtasking (first pass) vs. focusing on one task at a time (second pass).

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