

## Switchtasking is a Thief

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

### Step 1

1. Have a timer with a second hand ready. For best results have another person time you.
2. In the first row, re-copy the phrase "Switchtasking is a Thief." After copying the entire phrase in the first row, then switch to the second row and write the numbers 1-21.

Like This: **S** Switchtasking is a Thief

**1** 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21

3. Ready, Set, Go! (After you have completed the last number (21), write down your total time to completion.)

<b>S</b>	
<b>1</b>	
<b>Time to complete</b>	

### Step 2

1. Have a timer with a second hand ready again.
2. In the first row, copy the phrase "Switchtasking is a Thief." For every letter you write in the "S" row, switch to the second row (labeled "1") and write the corresponding number.
3. Ready, Set, Go! (After you have completed the last number (21), write down your total time to completion.)

<b>S</b>	
<b>1</b>	
<b>Time to complete</b>	

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 (second pass) vs. focusing on one task at a time (first pass).

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