

Summary debate 1 Multitasking

Multitasking is part of everyone's everyday life, but what exactly is multitasking? According to the Cambridge dictionary, multitasking is 'a person's ability to do more than one thing at a time'. Since everyone uses multitasking, it is important to know if multitasking is actually effective.

To find out if multitasking is effective we need to explore the several down- and upsides. Even though multitasking may seem effective there are several negative aspects, for example; being less accurate when doing a task, which may result in spelling mistakes or forgetting to do a certain task. Furthermore, if you're multitasking in a meeting it can also come across as rude and less personal if you're doing several things at once and you'll most likely be less active.

But since everyone is multitasking every day there must be a few positive aspects to it. It may create the illusion that you're getting more tasks done. Also, the study 'Minds and brains of media multitaskers: Current findings and future directions' claim that multitasking can be better for your brain as multiple parts of your brain are used. Nowadays, friends and bosses also tend to expect you to always be reachable to stay up to date on any changes that might be made and multitasking is sometimes required.

So is multitasking effective? It really depends on the situation. Sometimes multitasking is required if for example, you need to stay reachable for any changes that occur which are important for you to do your work properly. However, in my opinion, in many other situations, multitasking just leads to more errors and can come across as rude. So I think it's safe to conclude that most of the time multitasking just means screwing up several things at once.

- Cambridge Dictionary. (2021c, June 2). multitasking definition: 1. a person's ability to do more than one thing at a time: 2. the ability of a computer to operate. . . . Learn more. Cambridge University. <https://dictionary.cambridge.org/dictionary/english/multitasking>

- Uncapher, M. R., & Wagner, A. D. (2018). Minds and brains of media multitaskers: Current findings - and future directions. *Proceedings of the National Academy of Sciences*, 115(40), 9889–9896. <https://doi.org/10.1073/pnas.1611612115>