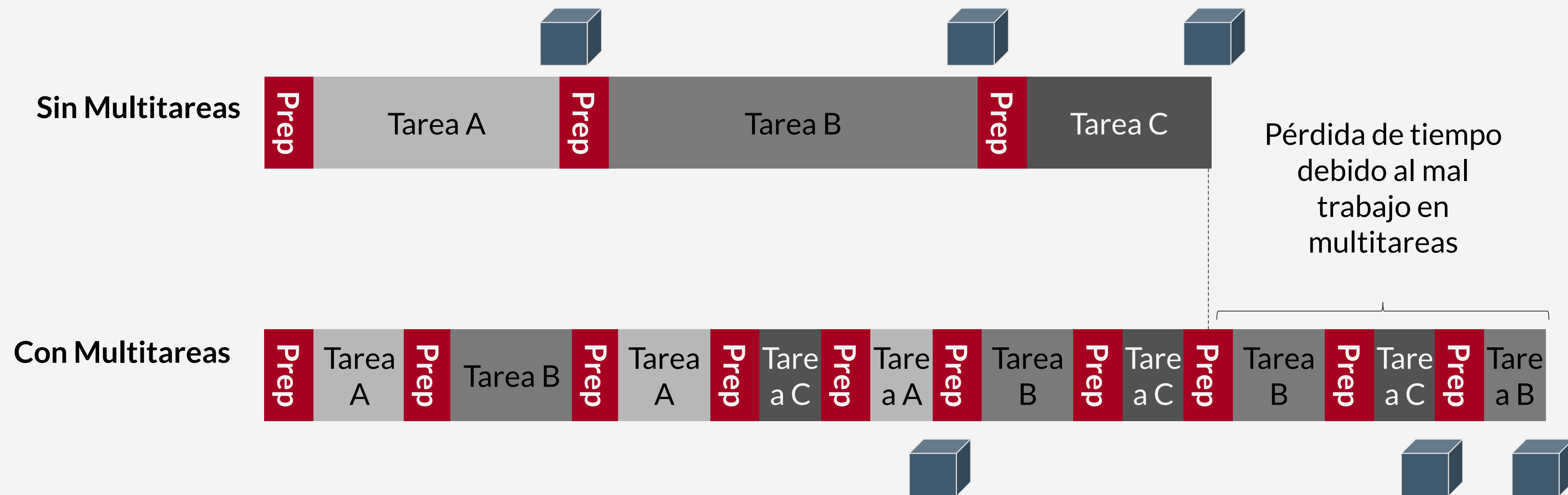


Multitareas resulta en tiempo de administración pobre



Multitareas tiene un impacto negativo en el desempeño



Multitasking can hurt social skills

Stanford University



Multitasking Hurts Your Academic Performance

University of Vermont



Multitasking puts your brain on overload

University of California, San Francisco and California State University



Multitasking Makes You Interrupt Yourself More

University of California



Emails and Texts Hinder High-Level Thinking

Microsoft



Multitasking lowers your IQ, similar to smoke marijuana or stay up all night. IQ drops to that of an 8-year-old child

University of London

Multitareas entre proyectos

Proyectos simultáneos

Disponibilidad por proyecto

Deficiencias causadas por cambio de contexto

1

100%

0%

2

40%

20%

3

20%

40%

4

10%

60%

5

5%

75%