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Multitasking Equals Multi-Fails

Upon reading Mangan’s article, I found several valuable insights regarding the “get-it-done” personality. First of all, the author discusses useful self-regulation, stating “[people] get… caught up in trivia, and… complain they were asked to do too much” (Mangan). Also, the author discussed being conscientious students. She describes them as “people that… tend to be more organized and responsible,” and she went on to say that these people are “more likely to follow through on their obligations, and more likely to follow rules” (Mangan). The author also says that “multi-tasking doesn’t work for anyone” (Mangan). Some people believe that it does, but the author backs up her claim, saying “switching back and forth between ideas breaks up concentration and eats up valuable time” (Mangan). That valuable time would likely have been better spent with a single focus on a specific task.

The author is attempting to say that even though you think you’re multitasking, you’re really not because your mind is actually just rapidly switching from one thing to another, *not* doing two things at one time. This wastes mental energy and therefore isn’t in anyone’s best interests. Self-regulation and conscientiousness are skills I want to develop in myself on my way to success, and multitasking is something I want to stop pretending my brain can do. Too often, we fool ourselves into thinking that multitasking makes us more efficient. We do it to ourselves as an effort to not feel guilty for the time we wasted previously. This attempt to multitask and split our attention on several things at once only guarantees our failure.