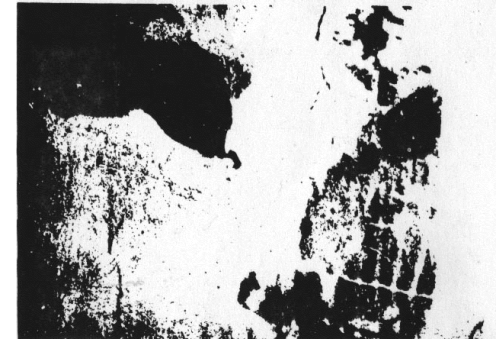


Beliefs Affect Perception

Beliefs affect your perception in

- what you perceive,
- what you don't perceive and
- your ability to have alternative interpretations of reality.



We have narratives and beliefs that improving student's study skills will help them. Improving one's study skills is part of improving student success, but doing well in school is a complex tapestry with many threads one can pull on. If you don't understand the nature of the problem, you are not likely to solve the problem, and possibly take the wrong action and get nowhere.

An accurate narrative will facilitate progress and the pursuit of useful strategies, and an inaccurate narrative will hinder that progress and pursue strategies that are not useful, and perhaps lead to learned helplessness.

Weight Loss and Narratives

As an analogy, if you are planning on losing weight, you should know what actions are likely to move you toward that goal, and what actions are likely to move you away from that goal.



Moving toward from
losing weight

Moving away from
losing weight

If you only focus on exercises and not avoiding junk food and sedentary behavior, you won't make progress

Student Success Narratives

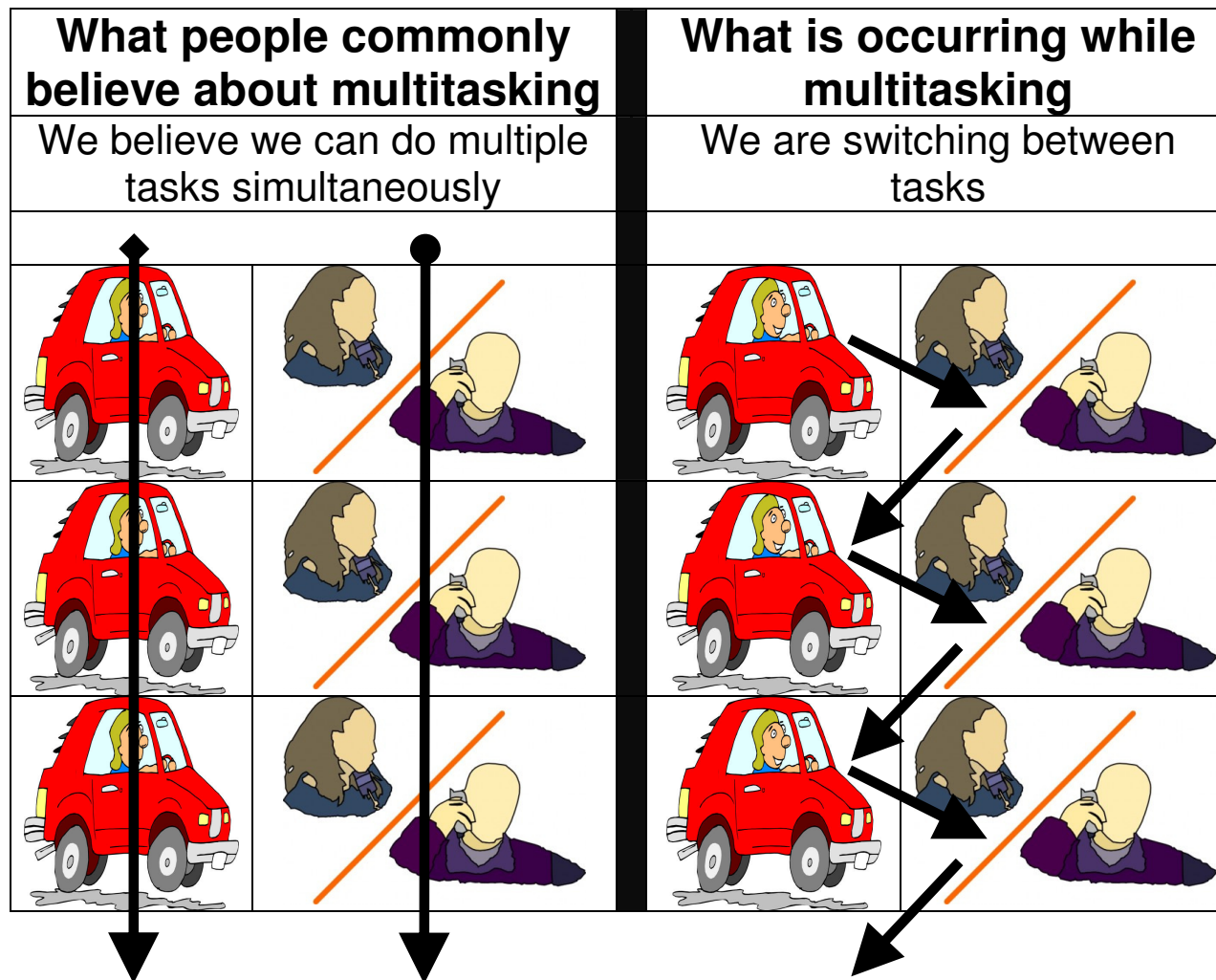
There are narratives that are rarely addressed outside of psychology in a college or university setting--in addition, the narrative affects the solutions you will seek—sleep deprivation and multitasking factors that influence performance, but rarely are talked about. We need to start talking about it if we want our students to be successful.



If you only focus on improving study skills and not avoiding multitasking and sleep deprivation, you won't make progress

What is the Psychology of Multitasking and Divided Attention?

When people are multitasking, they are switching between tasks. You really aren't doing two things simultaneously.



Task Switching and Dividing Attention

	First Set: Serial	Second Set: Task Switching
It takes your brain some time to switch between two tasks.	A	A
	B	B
	C	C
	D	D
	E	E
	F	F
	G	G
	H	H
	I	I
	J	J
As a simple demonstration of the loss of efficiency of multitasking,	1	1
	2	2
	3	3
	4	4
	5	5
	6	6
	7	7
	8	8
	9	9
	10	10
<ul style="list-style-type: none"> • Recite the letters A through J as fast as possible • Recite the numbers 1 through 10 as fast as possible Next, interweave these two tasks as fast as you can <ul style="list-style-type: none"> • A, 1, B, 2, C, 3... 	A	A
	B	B
	C	C
	D	D
	E	E
	F	F
	G	G
	H	H
	I	I
	J	J
1	1	
2	2	
3	3	
4	4	
5	5	
6	6	
7	7	
8	8	
9	9	
10	10	

*this is not an activity I developed, but read it from the Chronicle of Higher Education. <http://chronicle.com/article/Scholars-Turn-Their-Attention/63746/>, (retrieved 2/6/2014).

Task Switching

- (1) Ask your partner their first name
- (2) Have them perform the task switching task (A, 1, B, 2, etc.) without visually reading it.
- (3) When they are 25%-75% done, ask them one of the following questions
 - (a) What is your last name?
 - (b) What is today's date?
 - (c) What is your next class?
 - (d) What was the last thing you ate?
- (4) After they answer, ask them to continue where they left off.

Task Switching

- (1) Ask your partner their first name
- (2) Have them perform the task switching task (A, 1, B, 2, etc.) without visually reading it.
- (3) When they are 25%-75% done, ask them one of the following questions
 - (a) What is the color of your shirt?
 - (b) What time does class start?
 - (c) What is day of the week is it?
 - (d) What was the last thing you drank?
- (4) After they answer, ask them to continue where they left off.



Female software engineer slammed for being 'too pretty' and 'not real' fights back with online campaign proving nerds can be attractive too

- OneLogin engineer Isis Wenger, 22, received backlash when people thought she was a model and not a 'real' coder
- People commented that she had a 'sexy smirk' and that it wasn't 'remotely plausible' that an engineer could look like her

Movie Theater Plays Wrong *Guardians* Movie Three Times In a Row



Fans eager to see *Guardians of the Galaxy* got a disappointing surprise at a Regal Cinemas this week. The debut-seeking crowd watched in horror as the screen before them played the open scene not of [the badass comic-based movie](#), but of 2012's Dreamworks kids flick, *Rise of the Guardians*. Not the same!

[According to irate tweeters](#), the mixup at the Virginia theater didn't just happen once: after management figured out the mistake, audiences sat through a *second* round of previews, followed by the wrong *Guardians* flick, followed by a *third* mixed-up movie. Yeesh.

For those unfamiliar with the difference between the two (a group which apparently includes the projectionists employed by at least one Regal Cinema), *Guardians of the Galaxy* is [a hilarious, action-packed flick](#) that debuted on August 1st. *Rise of the Guardians* is a PG-rated kids' animated movie from 2012. It earned a 74% fresh rating on Rotten Tomatoes! But it's not the debut movie that theater-goers were looking for, though they were subjected to it three times in a row.

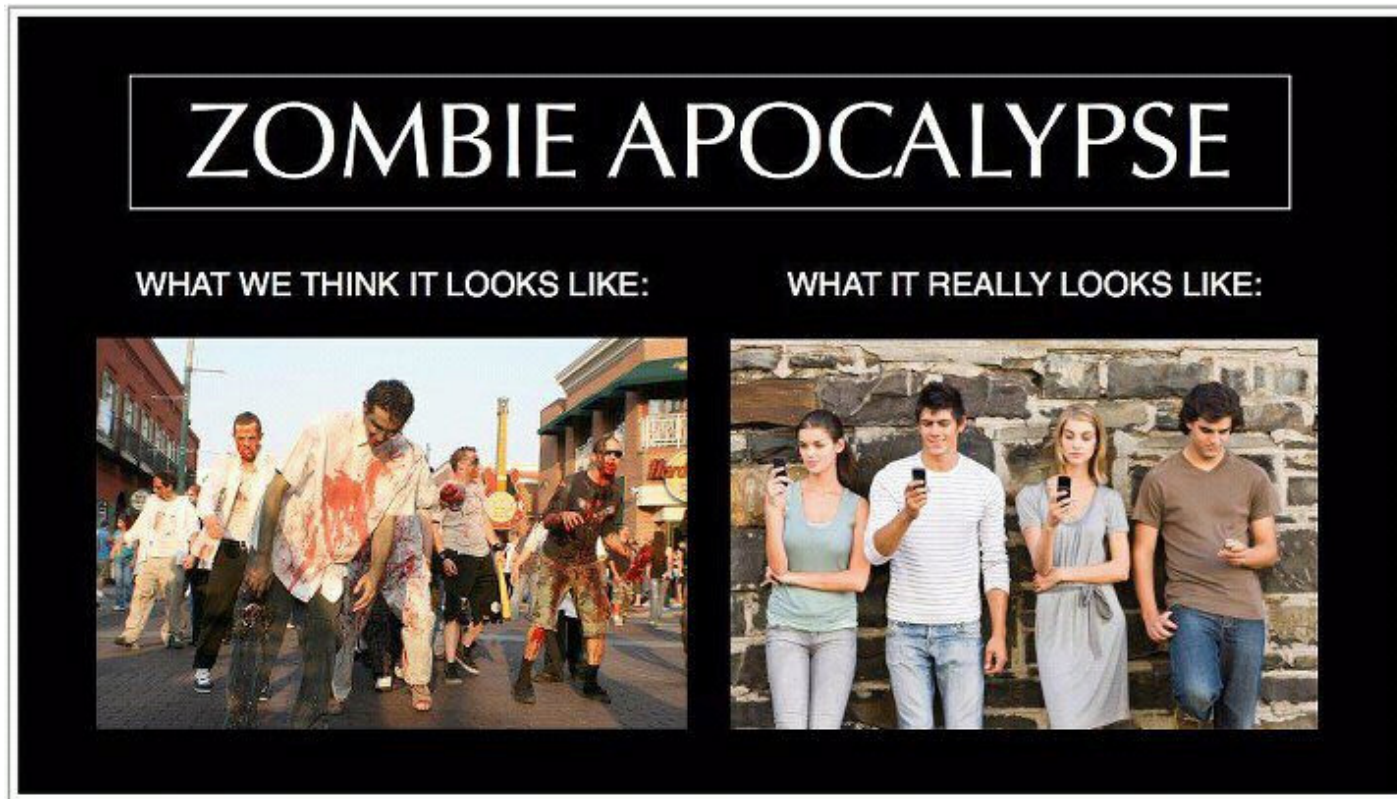
[Hollywood Reporter says](#) that Virginia wasn't the only place where theaters made the mix-up—tweeters in New Jersey also reported unintended screenings of *Rise*. [CinemaBlend theorizes](#) that the theaters where the mix-ups occurred had labeled the 2012 movie simply as *Guardians*, and played it at kiddie matinees, leading projectionists to mistakenly cue up the animated flick for opening night crowds.

Multi-Tasking and Divided Attention at Work



Multitasking and Divided Attention

If you don't understand the nature of the problem, you are unlikely to recognize it, and unlikely to be able to solve the problem.



Beliefs affect us unconsciously and automatically without our awareness (see “Naked Man”).









Do attitudes predict helping behavior or are there situational factors that interfere with helping?

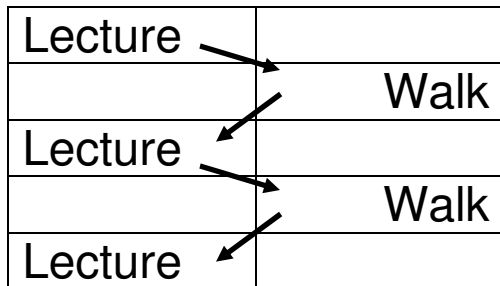
Seminary students are asked to give a lecture on the how to get a job as a seminary student **OR** the Good Samaritan parable. Due to scheduling constraints, they are told to give the lecture in five minutes **OR** 30 minutes across campus.

As each student crosses campus, he encounters a slumped man coughing, groaning and head down. Does he offer help?

Darley, J.M., & Batson, C.D. (1973). From Jerusalem to Jericho: A study of situational and dispositional variables in helping behavior. Journal of Personality and Social Psychology, **27**, 100-108.

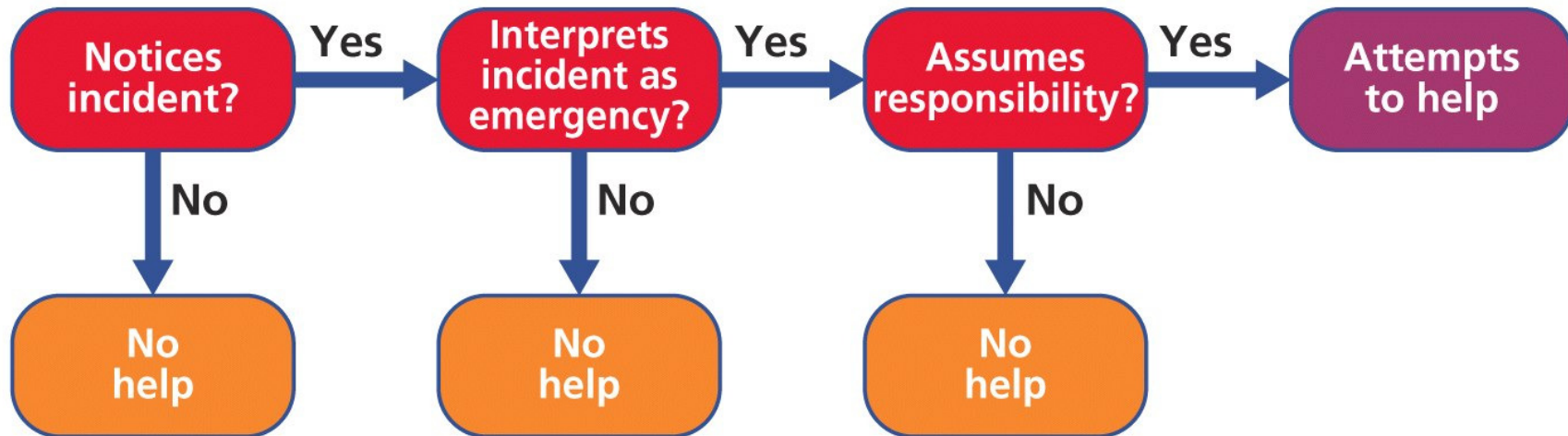
Which condition(s) had the highest rate of helping behavior?

		Time to give lecture	
		5 minutes	30 minutes
Topic of lecture	How to get a job	<p>(a) You have 5 minutes to give the lecture on <u>how to get a job</u></p>  	<p>(b) You have 30 minutes to give the lecture on <u>how to get a job</u></p>  
	Good Samaritan parable	<p>(c) You have 5 minutes to give the lecture on the <u>Good Samaritan parable</u></p>  	<p>(d) You have 30 minutes to give the lecture on the <u>Good Samaritan parable</u></p>  



Latané and Darley's Model of Helping Behavior

In order to provide help, one must:





Psychology Saves the Day!

Why is learning about multi-tasking and divided attention important?

(1) Improved student performance



(2) Fewer accidents



(3) Improved relationships with others (which is positively correlated with happiness)

a. "My husband never remembers anything!"



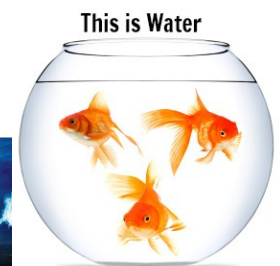
(4) Noticed nuanced and subtle behavior or cues,
a. Become a less annoying driver by noticing when the light has changed or when someone yields the right of way.

(5) Reduced use of stereotypes and automatic behavior.

(6) Fewer workplace errors



(7) More likely to receive and give help (which is associated with happiness)



American culture embraces multi-tasking and dividing our attention. This narrative affects us unconsciously and automatically—just like the “Naked Man” clip.

Your knowledge of psychology is what will “save the day”, not technology. As psychologists, it is up to us to counter this narrative and convince students to understand the benefits of not multitasking, be aware of when they are multitasking and reduce it in their lives.