



# Multitasking Quiz

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## Answer Yes or No

Tempted to multitask to get more done? It's true, we can multitask but the tasks we pair up must be the right kind. Take this quiz to practice getting the pairing right. Which of the following pairs of activities can be successfully multitasked by a human?

1. Writing an email while talking to your spouse.
2. Painting a room while listening to an audiobook.
3. Jogging a familiar route while consoling a baby in the stroller.
4. Counting to sixty while looking up an appointment on the calendar.
5. Measuring the replacement windows while chatting up the client.
6. Figuring quantities on a woodworking project while listening to a radio talk show.
7. Doing two simple thinking tasks at once.
8. Troubleshooting some programming code while attending a zoom meeting.
9. Playing one song on the piano while humming another.
10. Playing with your children while checking social media.
11. Walking while crossing the road while talking on the phone.
12. One thinking task and one automatic physical task.
13. Trying out needlepoint for the first time while watching an interesting movie.
14. Carving Donald Trump's likeness into your 12<sup>th</sup> avocado pit while arguing foreign policy.
15. Doing this quiz while telling your friend how important it is to multitask the right way.

Answers: 1-N, 2-Y, 3-Y, 4-N, 5-N, 6-N, 7-N, 8-N, 9-N, 10-N, 11-  
absolutely No, at best we can do two tasks, not three, 12-Y,  
13-N, 14-Y, 15-N.  
Remember, our brains can only be attentive to one thing at a  
time so the most we can do is one thinking task with one  
automatic physical task, that's it.