

 **University of New Brunswick**
The Department of Psychology
is pleased to present,



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The Cognitive Consequences of Multitasking

Friday, November 24th, 2017, at 3:30 pm
Snodgrass Lounge, Keirstead Hall Room 105

People regularly attempt to multitask, despite an abundance of research from cognitive psychology demonstrating that we are not very good at doing two things at once. This failure is most likely due to a processing bottleneck that limits our ability to effectively respond to multiple streams of information simultaneously. My research investigates the basic cognitive mechanisms underlying dual-task processing in order to better understand this limitation in human performance. In this talk I will discuss recent work examining whether frequent multitasking in everyday life is associated with improved or impaired ability to concurrently process multiple streams of information. We surveyed undergraduates about their media multitasking habits and compared the performance of self-reported heavy and light media multitaskers on a series of cognitive tasks. I will also present a complementary line of research examining the impact of multitasking on memory. Previous research has demonstrated that imposing certain processing difficulties during encoding (or retrieval) are ‘desirable’, in that they improve rather than impair long-term retention of information. We assessed whether the task difficulties associated with multitasking could be considered desirable for learning.

All are welcome and encouraged to attend!