Multitasking and music

Focus while you study:
You can spend less time and learn more

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Multitasking

Students who texted or multitasked during lecture got lower grades on homework, projects, quizzes, exams, and GPA

Students under-reported use of distractive windows (games, pictures, email, IM, web) during lecture; those who used distractive windows got lower grades on homework, projects, quizzes, final exams

Using IM while reading slowed the task by 22-50%, discounting the IM time

- Barak, L. (2012). Multitasking in the university classroom. International Journal for the Scholarship of Teaching and Learning, 6 (2)
Music and background noise

Performance was significantly higher in silence than any type/intensity of music


Music interferes with short-term memory (regardless of whether liked or disliked); liked music or other activities are valuable before starting studying to improve affect


Music makes repetitive, clearly-defined tasks more enjoyable


Moderate music and background noise may improve creativity while reducing recall