

Before you begin: Note the time that you began reading the syllabus/article and working on the assignment. _____
As you work on this assignment, try to resist any urge to divert from the assignment. This would include checking your phone/social media/computer/singing along to music/watching TV, etc.

During/after the assignment: Note the times that you are distracted from the task at hand. If you can make it all the way through the assignment without diverting your attention, check here. _____ (Hooray!!) 😊 If you were unable to resist, note the time that you were 1st distracted here. _____ If applicable, note the total number of times that your attention was diverted from the assignment. _____ times.

Syllabus

1. What is the policy on late work in AP Psychology class? _____

2. Why are two notebooks required for this class? _____

3. What did past AP Psychology students who met with success have in common? _____

Psychology tidbit break: "The only major personality trait that consistently leads to success is conscientiousness." - Angela Duckworth, University of Pennsylvania

You'll Never Learn

1. How long did it take before multi-tasking diverted students' attention away from studying?

2. In **exactly 5 words** each, summarize the 4 negative outcomes that result from multi-tasking while doing homework.
 - a. _____
 - b. _____
 - c. _____
 - d. _____
3. What is a "tech break?" _____

4. What are two specific actions that **you** will try out this year to reduce the temptation to use electronic devices that will distract you while you are completing schoolwork or studying at home?
 - a. _____
 - b. _____



5. What are two **specific** steps you plan to take to ensure that the county policy that allows phones in school will not result in decreased academic performance in the classroom? _____

