



# Multitasking May Affect Memory

by Coach Jeff

Researchers are worried about the **use** of devices such as smartphones, tablets, and other **similar** gadgets by young people. Psychologists are **interested in** the way young people **switch** between many **different** devices throughout the day. Youngsters using **multiple** devices at the same time are especially **interesting to** researchers. Dividing attention between two or more things is called "multitasking." Studies now show that multitasking is related to poor memory and attention. One study showed that when **teenagers** switch between multiple devices, their brains catch up **slowly**. They **forget** what they just saw on the first device and are slower to focus on the new information on the second device. The study also showed teenagers who multitask the most suffer the same memory and attention problems even when they are not multitasking. One researcher warned that "our attention has limits" and that we should be careful about how we use our devices.

## 多工處理影響記憶

文／林育如

研究學者很擔心年輕人對於一些電子裝置的使用，像是智慧手機、平板和其他類似的物品。心理學家對於年輕人一整天下來在不同裝置間轉換的方式很感興趣，特別是在同一時間使用多種裝置的年輕人。將注意力分散給兩項甚至更多項事物上的行為被稱為「多工處理」，目前的研究顯示多工處理與記憶和注意力的缺乏有關。

一項研究顯示，當青少年在多種裝置間轉換時，他們的大腦跟上的速度會減緩。他們會忘記剛剛在第一個裝置上看到的東西，且對於專注於第二個裝置上的新訊息反應較慢。研究同時指出，處於多工的青少年當不進行多工作業時，仍然遭受記憶及專注力不佳的問題。一位研究學者警告「我們的專注力是有限的」，因此對於使用電子產品必須謹慎小心。

### 一、實用文法

**interested** 用來解釋一個人的感受。  
**interesting** 用來描述讓你感興趣的人或事。

### 二、小試身手

用「**interested in**」或「**interesting to**」來完成下列句子。  
After reading Harry Potter, Sylvia became \_\_\_\_\_ magic.  
At the museum, I was really \_\_\_\_\_ the precious jewels owned by the queen.  
The poems written by Miss Browning are \_\_\_\_\_ me.

### 閱讀能力測驗

- What is the main idea of this article?
- A. Using devices is bad for youngsters.
  - B. Using many devices may hurt teenagers.
  - C. Using devices helps teens' memories.
- According to the article, what is multitasking?
- A. Switching between different devices throughout the day
  - B. Doing research about memory and attention
  - C. Using multiple devices at the same time

Which of the problems on the police report was related to multitasking?

A 8:05

Centerville Police Report  
On Tuesday, the police department responded to the following problems.

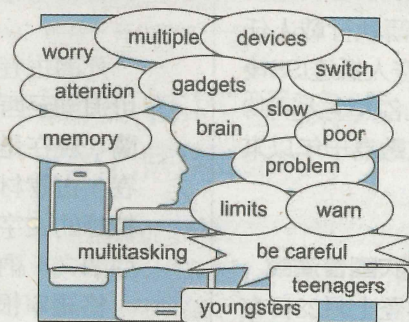
### 國中2000字

**use** 使用  
**similar** 相似的  
**different** 不同的  
**teenagers** 青少年  
**slow** 緩慢的  
**forget** 忘記

### 補充單字

**switch**  
轉換  
**multiple**  
多重的

### Mind Maps 文章心智圖



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