



MULTITASKING

by Katrin Kramer, Marion Schmidt



SYNOPSIS

Can the human brain really handle several tasks at once? The film exposes the myth about effective multitasking and takes a scientific look at its feasibility in the real world.

Multitasking is a challenge and a myth at the same time. The multitude of tasks that have to be carried out in an increasingly complex working world and constant real-time communication are a challenge to the human brain and its limited attention capacity. What has science found out about this subject and how can we make our work and living environments brain-friendly? From their different perspectives, all scientists reach more or less the same conclusion: that humans are capable of multitasking only to a limited extent. Trying to perform multiple tasks simultaneously is detrimental – also on a long-term basis – to our brain, our performance capacity and our health. Various studies carried out in very different sectors show that economic capacities are also wasted by multitasking and up to a quarter of...

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