

Many people pride themselves on multitasking—answering emails while on a video call, texting during lectures, or scrolling through social media while watching a movie. True productivity isn't about doing more at once; it's about doing the right thing well, one thing at a time. Turning off non-essential notifications, using "focus mode" on devices, and scheduling dedicated blocks for single tasks can dramatically improve results. Some people even practice "monotasking" as a form of mindfulness, rediscovering the satisfaction of full presence. The problem arises when two high-focus tasks overlap—like writing an essay while chatting online. Frequent multitaskers often feel productive but are typically less efficient. Background noise with words, like talk radio or lyrical music, also interferes with reading comprehension because both tasks compete for the same language-processing regions in the brain. The brain doesn't actually perform two complex activities at once; instead, it rapidly switches attention between them.