

Grade 12 Advanced – Vocabulary – (Pushing Boundaries | The Truth about Multitasking)

- **multitask** يقوم بعدة مهام في وقت واحد

Examples:

1. Many people think they can **multitask**, but the brain works better on one task at a time.
2. Students try to **multitask** by listening to music while studying.
3. Scientists say that **multitasking** often reduces the quality of work.

- **rare exception** استثناء نادر / حالة غير عادية

Examples:

- Some people can truly multitask, but they are a **rare exception**.
- It's a **rare exception** when someone can study and chat effectively at the same time.
- A few geniuses are the **rare exception** who can focus on many things perfectly.

- **impression** انطباع

Examples:

- He gave the **impression** that he was listening, but he wasn't.
- The first **impression** we make is usually very important.
- Many people have the wrong **impression** that multitasking saves time.

- **memorize** يحفظ عن ظهر قلب

Examples:

- It's hard to **memorize** new words while checking your phone.
- Students need quiet places to **memorize** their lessons.
- Repetition helps the brain **memorize** information better.

- **solve** (مشكلة أو سؤالاً) يحلّ

Examples:

- You can't **solve** problems well if you keep getting distracted.
- The student worked hard to **solve** the math questions.
- Focusing helps people **solve** tasks faster.

- **concentration** تركيز

Examples:

- Multitasking reduces your **concentration**.
- Good **concentration** helps students finish their work quickly.
- Music or noise can affect your level of **concentration**.

- **competent** كفاء / ماهر

Examples:

- She is a very **competent** student who always does her best.
- **Competent** workers know how to organize their time well.
- To be **competent**, you must focus on one job at a time.

- **computer-based** قائم على الحاسوب / باستخدام الكمبيوتر

Examples:

- The test was **computer-based**, so students had to type their answers.
- Many modern jobs require **computer-based** skills.
- Research today is often **computer-based** and done online.

- **participants** المشاركون / المتدربون

Examples:

- The **participants** in the experiment tried to multitask.
- All **participants** were asked to complete a memory test.
- The teacher thanked the participants for joining the workshop.

- **memory skills** مهارات الذاكرة

Examples:

- **Memory skills** improve when you focus on one activity.
- Reading and repetition help students develop **memory skills**.
- The study measured the **memory skills** of young adults.

- **research** بحث / دراسة علمية

Examples:

- **Research** shows that multitasking can harm your memory.
- The students are doing **research** on how the brain works.
- Recent **research** proves that focus improves learning.

- **inefficient** غير فعال / قليل الكفاءة

Examples:

- Multitasking makes people **inefficient** at their jobs.
- Doing many things at once is usually **inefficient**.
- The company lost time because of **inefficient** planning.

- **stressful** مُرهق / مُسبب للتوتر

Examples:

- Trying to multitask all day can be very **stressful**.
- Exams are **stressful** when students don't prepare well.

Vocabulary Exercise

Exercise: Read the text and choose the correct answer:

Many people believe they can **(1)** _____ (multitask – memorize – research) easily, but scientific studies show this is not true. When you try to do two things at the same time, your **(2)** _____ (memory skills – concentration – participants) becomes weaker, and you start making mistakes.

For example, if you are talking on the phone while doing your homework, you may not **(3)** _____ (memorize – solve – impress) the information correctly. This is because your brain needs time to focus and store details in your **(4)** _____ (memory – impression – solution).

A recent **(5)** _____ (memory – research – exception) from a university showed that students who worked on computer-based tasks while checking social media were less **(6)** _____ (competent – stressful – inefficient) than those who focused on one task at a time. These students often felt tired and **(7)** _____ (stressful – computer-based – concentrated) after studying, even though they spent the same amount of time as others.

In conclusion, true multitasking is a rare exception. To study better, it's important to give full attention to one thing before moving to the next.

Vocabulary Exercise (Answers)

Exercise: Read the text and choose the correct answer:

Many people believe they can (1) _____ (multitask – memorize – research) easily, but scientific studies show this is not true. When you try to do two things at the same time, your (2) _____ (memory skills – concentration – participants) becomes weaker, and you start making mistakes.

For example, if you are talking on the phone while doing your homework, you may not (3) _____ (memorize – solve – impress) the information correctly. This is because your brain needs time to focus and store details in your (4) _____ (memory – impression – solution).

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In conclusion, true multitasking is a rare exception. To study better, it's important to give full attention to one thing before moving to the next.

Vocabulary Exercise

Exercise: Read the text and choose the correct answer:

People often say they can do many things at the same time. For example, some students listen to music, check their phones, and study together. However, scientists say that only a few people can **(1) _____ (multitask – memorize – solve)** successfully. For most of us, it's a **(2) _____ (impression – rare exception – concentration)**, not something normal.

When we try to do many things at once, our **(3) _____ (computer-based – concentration – participants)** becomes weaker, and we find it difficult to **(4) _____ (solve – research – memorize)** information. In one experiment, **(5) _____ (participants – colleagues – teachers)** had to finish a computer-based test while answering messages. The results showed that students who focused on one task were faster and more **(6) _____ (stressful – competent – inefficient)**. The others felt tired, made mistakes, and said the activity was very **(7) _____ (stressful – confusing – original)**.

So next time you study, remember: it's better to do one thing well than two things badly!

Vocabulary Exercise (Answers)

Exercise: Read the text and choose the correct answer:

People often say they can do many things at the same time. For example, some students listen to music, check their phones, and study together. However, scientists say that only a few people can (1) _____ (**multitask** – memorize – solve) successfully. For most of us, it's a (2) _____ (**impression** – **rare exception** – **concentration**), not something normal.

When we try to do many things at once, our (3) _____ (**computer-based - concentration** – participants) becomes weaker, and we find it difficult to (4) _____ (**solve** – research – **memorize**) information. In one experiment, (5) _____ (**participants** – colleagues – teachers) had to finish a computer-based test while answering messages. The results showed that students who focused on one task were faster and more (6) _____ (**stressful** – **competent** – inefficient). The others felt tired, made mistakes, and said the activity was very (7) _____ (**stressful** – confusing – original).

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