

Module Reducing distraction

Determining the attention span and sustaining attention

- ▶ Table 1: Pick a monotonous task to carry out. While carrying out the task, measure how long you can continue until you become distracted or need a break. After several replications of the exercise, the average attention span can be calculated.
- ▶ Table 2: Note down strategies to continue working at a task in the case of distraction.

Monotonous task:	
Tasks carried out:	Measured attention span
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
Average attention span:	

Strategies to continue working at a task when becoming distracted:

Avoiding distraction

- ▶ Note down internal and external distractors in the left column.
- ▶ Note down possible strategies to reduce distractors in the right column.
- ▶ Practice this skill and write down your experiences.

Distractors	Possible strategies to reduce distractors
Internal	
External	
Practice with avoiding distraction	
What went well?	Problems experienced