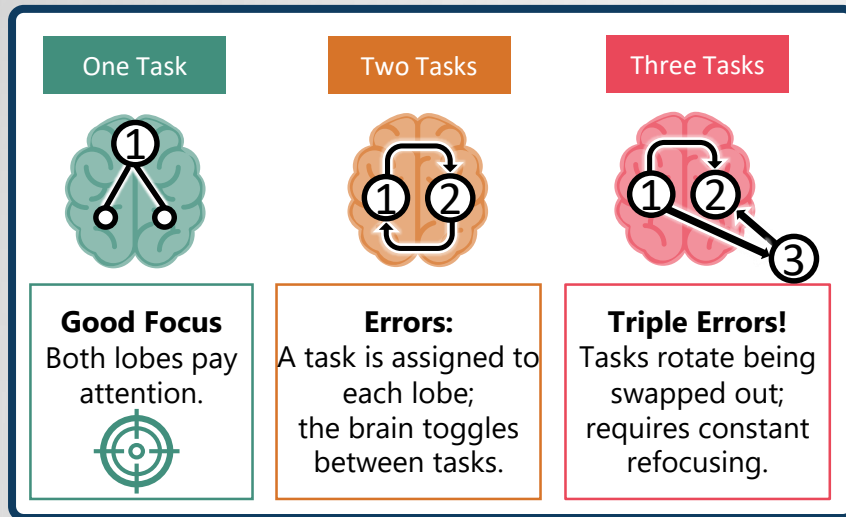


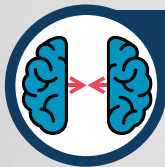
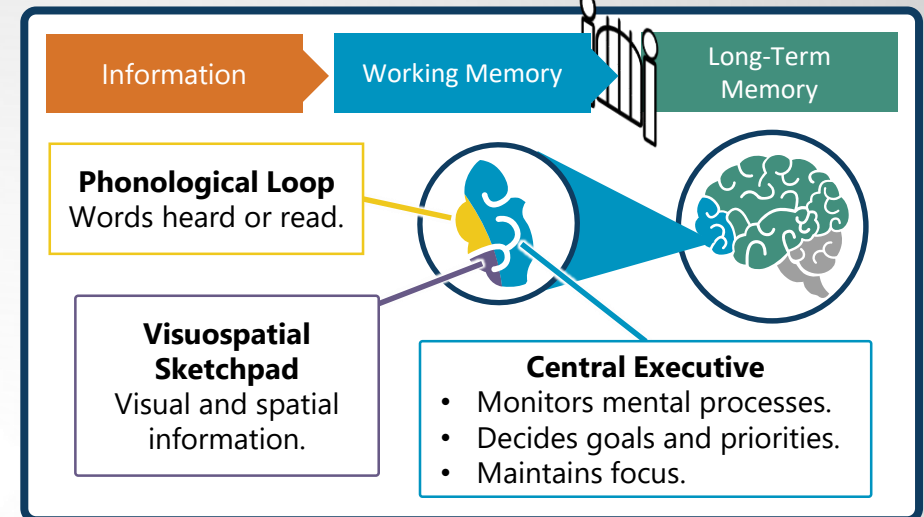
## The Multi-Tasking Myth

Multi-tasking is a myth; the brain cannot pay attention to more than one complex or unfamiliar task at once.



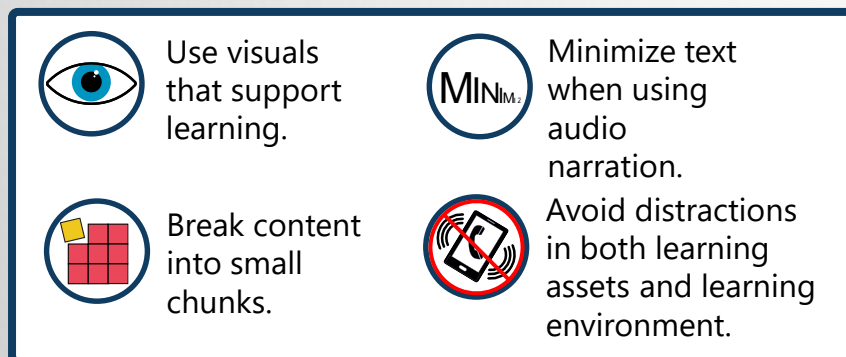
## The Brain's Gatekeeper

To learn, information needs to make it past the brain's gatekeeper, working memory, into long-term memory.



## The Bottom Line: Closing the Learning Gap

Learning can only happen when information gets through working memory and into long-term memory. Here are some strategies that help:



## Working Memory Is a Small Container

We can only hold 4-7 meaningful chunks of working memory at one time...

