



HOW EASILY ARE YOU DISTRACTED?

TAKE THIS QUIZ NOW TO FIND OUT!

- 1) How many screens do you have on at the same time?
 - a) One
 - b) Two
 - c) Four or more
 - d) Wait, what was the question again?

- 2) Your friend starts telling you a long story. Do you?
 - a) Listen to the whole thing, and then ask questions
 - b) Pretend to listen but let the mind wonder...
 - c) Play games on the phone while they are talking
 - d) I just fell asleep thinking this question...

- 3) Do you read books through the end?
 - a) Of course
 - b) If it's dull I might just skip to the end
 - c) I get bored just reading the back over
 - d) I didn't read the question but I usually put "D"

- 4) Where do you prefer to study?
 - a) The library- best place to concentrate
 - b) In the café- I like being around people
 - c) I do my homework five minutes before it's due
 - d) I think I heard a bird outside, did you heard that?

- 5) How would you best describe your memory?
 - a) Like an elephant-I remember everything
 - b) Like a cat-I remember stuff about myself
 - c) Like a dog-I have a bad memory except for food
 - d) Like a gold fish-I've already forgotten the question

- 6) How many browser windows do you have open?
 - a) One
 - b) Two or three
 - c) You mean you can actually close windows
 - d) There is a definitely some sort of bird outside





- 7) You go online to look something up. Do you:
- a) Go straight to the right website
 - b) Browse around at a few different sites first
 - c) Start learning to do an upside-down braid & forget why you went online
 - d) I'm getting hungry now...
- 8) What kind of shows do you like?
- a) Historical epic dramas
 - b) A good mix of romance, action and comedy
 - c) I just watch the trailers online
 - d) Can someone tell that bird outside to be quiet?
- 9) In class, do you:
- a) Sit in the front row to see and hear everything
 - b) Sit with friends so you can talk if bored
 - c) Snooze in the back corner behind that tall kid
 - d) I think I'll have some toast
- 10) When taking quizzes, do you:
- a) Answer every question and tally up scores
 - b) Skim through to get the basic idea
 - c) I like to look at the shiny pictures
 - d) I am ready to take that quiz now-where do I start???



You have more a) - Wow, you have a great attention span! You've got a terrific memory and you can easily put your mind to any work you need to.

You have more b) - You are a social person with a lot of different interests. You like to hang out with your friends, both online and in real life you can pay attention when you need to, but mostly you just want to take it easy and have fun!

You have more c) - you are easily distracted and like to focus your attention on anything new that happens around you. You probably have all the latest gadgets but get tired of them quickly. You should train your attention span with brain teasers - or lots more quizzes!

You have more d) – Impressive, especially as you are so easily distracted that you don't even read the end of the sentences! Why don't you go celebrate it with some toast?

