MULTITASKING IS A MYTH

\[
\begin{align*}
\text{Time on Task} &= A \\
\text{Time on Task} &= B \\
A: _____ - B: _____ &= C: _____ \quad \text{Time saved by focusing on one task at a time} \\
C: _____ \div A: _____ &= _____ \% \quad \text{Productivity Gain by focusing on one task}
\end{align*}
\]