Impact of Multitasking on Learning Efficiency

Thank you for your interest in participating in this research on the impact of multitasking on learning efficiency.This research is being conducted as part of a course requirement at the University of Toronto. Although this research has not been approved through UofT ethics, please be assured that there is no deception, all responses will remain confidential, and your participation is completely anonymous. The results will only be used for academic purposes within this course.Your insights will help clarify whether multitasking genuinely enhances or impairs student learning.

Your participation is voluntary, and you may stop at any time without any consequences.

If you have any questions or concerns or required additional information , please email me at "Khushi.dhillon@mail.utoronto.ca" or reach out to my course instructor Professor Carly at "carly.arcuary@utoronto.ca".

amavbhatia33@gmail.com Switch accounts
Not shared

* Indicates required question

By proceeding, you confirm that: *
1.You are 18 years or older.
2.You understand that your participation is voluntary, and you can exit the survey at any time.

- ◯ I agree to participate in this survey.
- ◯ I opt not to participate.

What is your age? *

- ◯ 18-20
- ◯ 21-23
- ◯ 24-25

What is your gender?

- ◯ Male
- ◯ Female
- ◯ Non-Binary
- ◯ Prefer not to say

What is your current academic year?

- ◯ First year
- ◯ Second year
- ◯ Third year
- ◯ Fourth year or above

What is your primary mode of study?

- ◯ In-person
- ◯ Online
- ◯ Hybrid

How would you define multitasking, and do you believe it enhances or hinders learning? Please explain your reasoning in one sentence.

Your answer

How often do you engage in multitasking while studying?

- ◯ Always
- ◯ Often
- ◯ Sometimes
- ◯ Rarely
- ◯ Never

What activities do you commonly engage in while Studying?

- ☐ Listening to Music
- ☐ Gaming
- ☐ Engaging in phone calls
- ☐ Browsing through social media
- ☐ Watching videos (Youtube, Netflix, etc.)
- ☐ Messaging
- ☐ Eating or drinking
- ☐ Others

What type of multitasking do you believe is most effective for learning, if any?

- ◯ Active multitasking (e.g., switching between tasks such as studying and texting)
- ◯ Passive multitasking (e.g., listening to music while studying)
- ◯ Neither as multitasking is ineffective for learning

In your experience, does multitasking impact your ability to complete academic tasks efficiently?

- ◯ It improves my efficiency
- ◯ It has no effect on my efficiency
- ◯ It reduces my efficiency

When multitasking, do you often find yourself needing to re-read or rewatch material due to distractions?

- ◯ Yes, frequently
- ◯ Sometimes
- ◯ No, rarely

Do you believe that multitasking makes you feel more productive, regardless of actual academic performance?

- ◯ Yes
- ◯ No
- ◯ Sometimes

How often do you experience difficulty concentrating after switching between tasks?

	1	2	3	4	5	
Always	◯	◯	◯	◯	◯	Never

Do you feel that multitasking increases your ability to retain information?

- ◯ Yes, significantly
- ◯ Yes, but only slightly
- ◯ No, it has no impact
- ◯ No, it worsens my ability to retain information

On a scale of 1-5, how mentally draining do you find multitasking while studying?

	1	2	3	4	5	
Not draining at all	◯	◯	◯	◯	◯	Extremely draining

Do you believe that single-tasking (focusing on one task at a time) is more effective for deep learning than multitasking?

- ◯ Yes
- ◯ No
- ◯ Not sure

If you have ever attempted to reduce multitasking while studying, did it improve your academic performance?

- ◯ Yes, significantly
- ◯ Yes, slightly
- ◯ No noticeable difference
- ◯ No, it worsened my performance

How often do you intentionally minimize distractions while studying (e.g., turning off notifications, closing apps, etc.)?

- ◯ Always
- ◯ often
- ◯ Sometimes
- ◯ Rarely
- ◯ Never

Would you be willing to change your study habits if research showed that multitasking reduces learning efficiency?

- ◯ Yes
- ◯ No
- ◯ Maybe

Do you think educational institutions should discourage multitasking during study and learning activities?

- ◯ Yes
- ◯ No
- ◯ Not sure

In your opinion, why do you think multitasking is perceived by many as productive, even when it may not be?

Your answer

What study strategies have helped you maintain focus and improve learning outcomes?

Your answer

Thank you for your time and participation in this survey. Your responses will contribute to a better understanding of multitasking and its effects on learning efficiency.

Submit Clear form

Never submit passwords through Google Forms.
This content is neither created nor endorsed by Google. - Terms of Service - Privacy Policy
Does this item look suspicious? Report