

School No. 1557 name of P. L.  
Kapitsa



## GENERATION M

Student: Suzanna Sigalova

Class: 8 “Z”

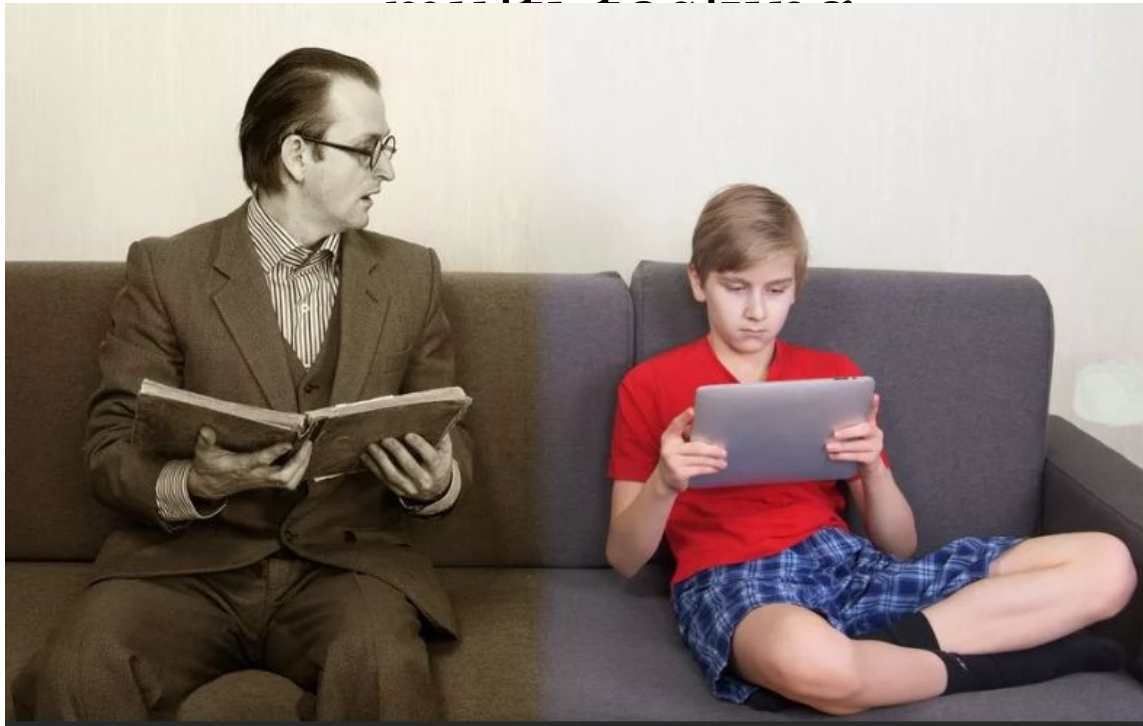
Teacher: Grigorouk E. V.

Moscow 2019



The generation that grew up in the technology age is often referred to as the M Generation or multitasking generation.

# The reasons for the development of

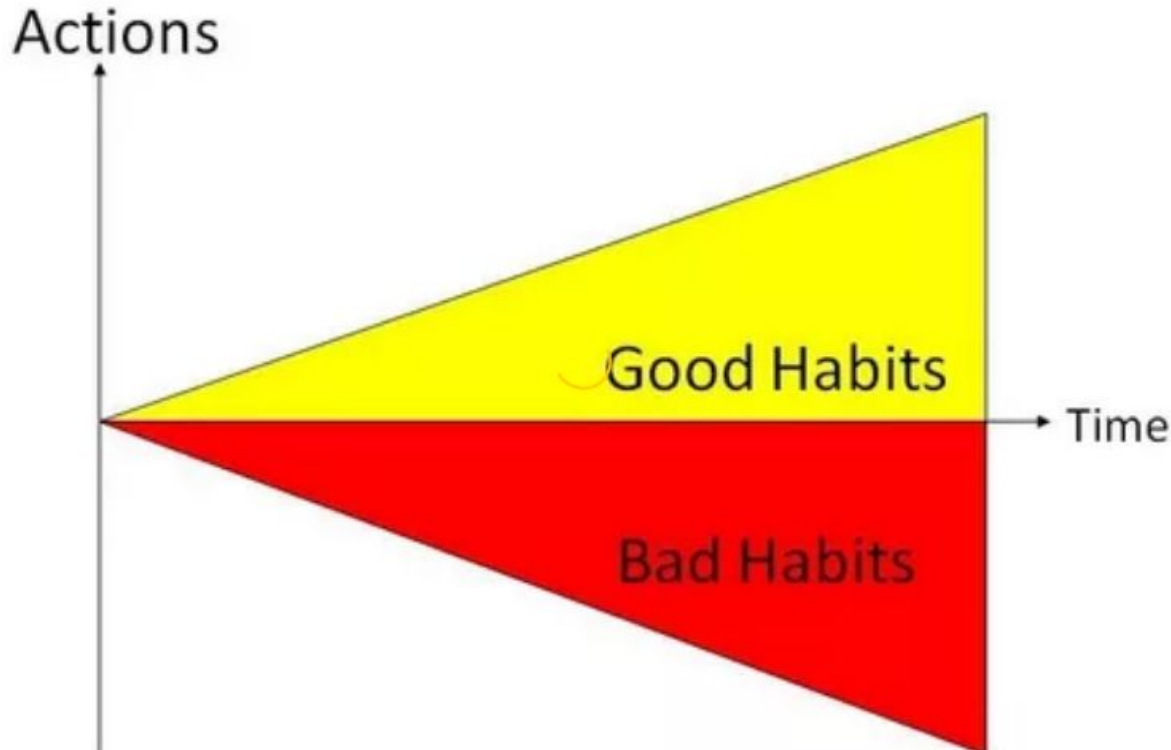


Many of us may have heard from their parents phrases like "When I was your age I did not have the Internet" or "Use access to a lot of knowledge that gives you the Internet...". It's true! The Internet gives us almost unlimited access to various types of information.





However, we get access not only to the necessary knowledge, but also to entertainment data. It becomes interesting for us to participate even in meaningless entertainment (like reading memes). We start reading books that don't make sense and listening to music that seems «cool» to us.



Such interests turn into habits, and we, when we come home, do a lot of things besides homework ( we text with friends, read social networks, listen to music, etc.).



**“Generation Multitasking - today's teenagers, who are GM, do homework, watch TV and listen to/download music all at the same time.”**



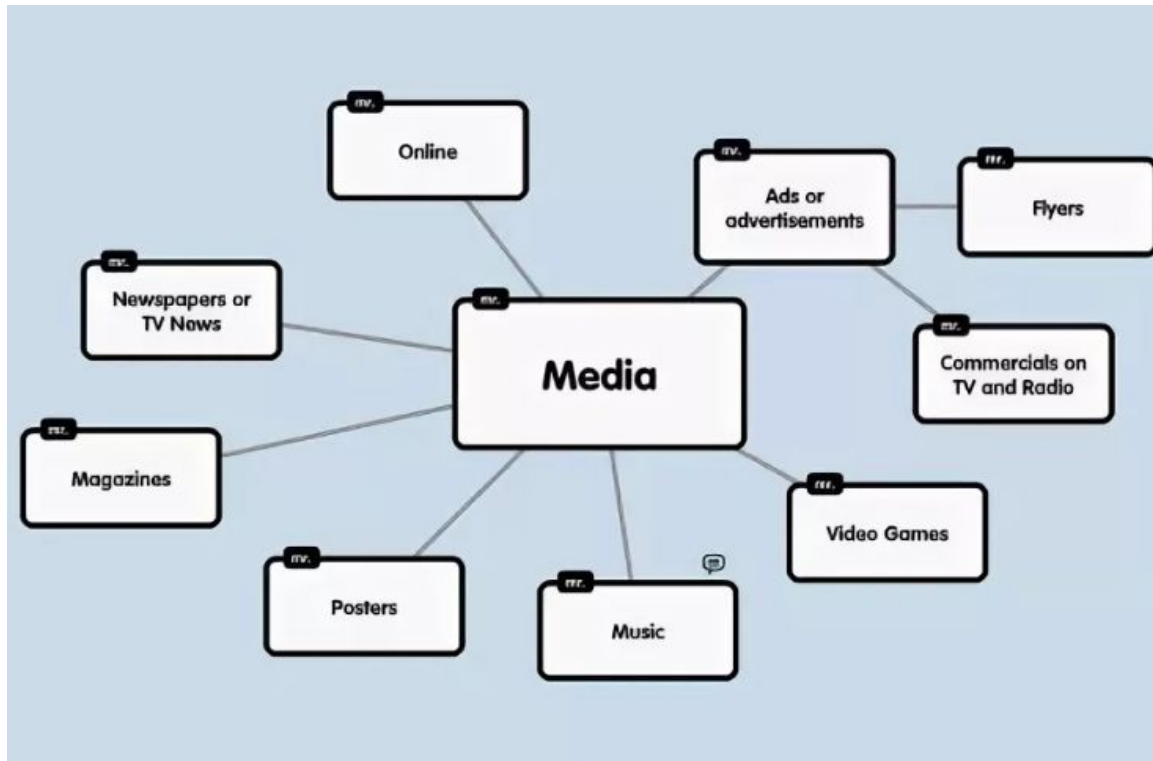
## Positive side



It's not unusual for people to do several things at the same time. Especially since it helps to "keep up" and save time



# Disadvantag



However in our fast-paced technological society, the situation has come to a head. Young people today spend nearly 6 1/2 hours a day using various types of media, doing different things at the same time.





But how do their brains deal with multitasking?  
Automatic actions like walking and chatting on the phone can be done at the same time, but when it comes to learning new information, multi-tasking has a bad impact.

“Multi-tasking affects how you learn in a negative way”

Russell Poldrack, Associate Professor of Psychology at UCLA





Dividing your attention between too many activities makes the knowledge you gain harder to use later on. That doesn't mean you shouldn't multitask, just don't multitask while you're trying to learn something new.

# Aftermat



At the same time as our dependence on gadgets affects the development of multitasking, multitasking affects our dependence on gadgets.





Often, doing something that does not require concentration (or doing nothing at all), we begin to correspond in parallel, listen to music or watch TV, etc.

In such cases, it seems to us that we are doing something boring and need to occupy themselves with something else. And gadgets seem like the best idea





However, I think it is wrong. You can not constantly load your brain with unnecessary information. You should sometimes relax and reflect to be in good shape always (and not only after coffee). Enjoy life!



**THANK YOU FOR LISTENING!**



## LINKS:

- <http://tonail.com>
- <https://yandex.ru>
- <https://yandex.ru/images>
- <https://translate.yandex.ru>

