Hack Your Brain To Increase Focus And Attention

Explore mindfulness techniques that will sharpen your focus, improve your attention span, and enhance your ability to concentrate. Read the resource at: https://bit.ly/HYBactivity5

1. What is the ability to apply your mind to something and focus on it called?
    a. Attention
    b. Concentration
    c. Mindfulness
    d. Observation
2. Attention is a limited resource.
    a. True
    b. False
3. What is the term for the ability to focus on one stimulus while ignoring others?
    a. Selective attention
    b. Covert attention
    c. Overt attention
    d. Inattentional blindness
4. Which area of the brain drives selective attention?
    a. Prefrontal cortex
    b. Visual cortex
    c. Auditory cortex
    d. Temporal lobe
5. What term describes when you focus so much on one thing that you don't notice new things happening around you?
    a. Change blindness
    b. Inattentional blindness
    c. Selective attention
    d. Covert attention

6. What area of the brain processes input from our eyes?
    a. Prefrontal cortex
    b. Visual cortex
    c. Auditory cortex
    d. Temporal lobe
7. Covert attention allows you to:
    a. Ignore everything else around you
    b. Focus only on visual stimuli
    c. Perceive and monitor things you aren't looking at
    d. React faster to unexpected events
8. Overt visual attention involves physically directing your eyes to look at a stimulus.
    a. True
    b. False
9. What is one strategy to help improve focus when trying to study or learn new information?
    a. Studying while also watching YouTube
    b. Removing distractions
    c. Checking your phone frequently
    d. Waiting until the last minute
10. Multitasking is a good idea when learning new things.
    a. True
    b. False

Answer Key

1. A. Attention
2. A. True
3. A Selective Attetnion
4. A Prefrontal cortex
5. B. INattentional blindness
6. B. Visual cortex
7. C. Perceive and monitor things you aren't looking at
8. A. True
9. B. Removing distractions
10. B. False