WHY IT’S IMPORTANT TO LEARN TO PAY ATTENTION

PSY 225 - PROFESSOR GERNSBACHER

This course will provide you with a lot of practice mastering the important skill of paying attention. In fact, Professor Gernsbacher thinks paying attention is one of the most important skills she can teach students.

Why does she think that? Life is about paying attention to what you’ve read or have been told. Everything from applying for a job, to paying taxes, to taking medicine, and the list goes on and on requires that you read carefully and pay attention.

Once you graduate from college, it’s unlikely you’ll be taking many more multiple-choice tests (even if you go to graduate school). Instead, your success will be evaluated by (your boss, your clients, your co-workers, even your friends and family) and will depend upon your skill at paying attention to what you’ve read or have been told. Learning to pay attention is an important life-success skill to master!

HOW TO PAY ATTENTION IN THIS COURSE

Before beginning each Assignment in the course, either

(1) Copy and paste ALL the instructions for that Assignment into a Word doc, Google doc, or other text file.

OR

(2) Print out the instructions for that Assignment onto paper.

Then, focus on ONE sentence at a time. Read carefully and closely.

After you think you have completed the entire Assignment, read back over the information in your Word doc/Google doc or on your printout.

Highlight with bold (on your Word doc/Google doc) or with a marker (on your print out) each and every sentence of the Assignment IF you have completed the instructions for that sentence and IF your Assignment reflects your having completing that sentence.

Look at your Word doc/Google doc or your printout: Are there any sentences that are not highlighted? If so, that means that you did not complete that component of the assignment. So complete it.

Highlighting either the Word doc/Google doc or the printout forces you to attend to each component. In fact, putting the assignments in a Word doc/Google doc or printing them out allows you not only to better attend to each sentence but also to have a visual record that you have attended to – and completed – each and every component, thereby enabling you to fulfill ALL the Assignment’s requirements, which is your goal!