

WHY IT'S IMPORTANT TO LEARN 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 that learning to pay attention is one of the most important skills she can teach students.

Why does she think that? Life is about reading carefully and paying attention. Everything from applying for a job, to paying taxes, to taking medicine, and the list goes on of tasks that require you to read carefully and pay attention.

Once you graduate from college, it's unlikely you'll be taking any 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 – by your skill of paying attention. **The National Association of College Employers identifies new college graduates' "attention to detail" as a primary criterion of professionalism.** Even your friends and family will depend heavily on your skill at paying attention.

HOW TO PAY ATTENTION IN THIS COURSE

Before beginning each Assignment in this course, either

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

OR

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

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

When 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 WORD of the Assignment IF you have addressed that word in your assignment and IF your Assignment reflects your having fulfilled that requirement.

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

Highlighting either the Word doc/Google doc or the printout forces you to attend to each and every word. In fact, putting each assignment in a Word doc/Google doc or printing out each one of them allows you not only to better attend to each component but also to have a visual record that you have attended – and completed – each and every component, thereby enabling you to fulfill ALL the Assignment's requirements.

And that's your goal!