

Cold, Hard Truth: Most People Can't Handle Multitasking

May 19, 2014

Inc.:

You've probably heard by now that multitasking simply doesn't work.

One study out of University of London showed that multitasking lowers your IQ by around 10 points, while Harvard Medical School declared war on the practice after activity-juggling doctors nearly caused fatal errors in treatment. The case against switching tasks seems pretty open and shut.

But it seems there may be a few exceptions. A very few.

David Strayer, a professor of psychology at the University of Utah, has spent his entire career studying attention and warning against the dangers of multitasking, but to his surprise a few years ago, his research turned up a small segment of the population that defies his dire warnings against task switching. He calls these folks "supertaskers."

Read the whole story: [*Inc.*](#)