



PAY ATTENTION!

ADULT LEARNERS NEED ENGAGING COURSE DESIGN

For the past few years, researchers have said that human adult attention spans have dropped from **12 to 8 seconds**. That's an attention span supposedly smaller than that of a goldfish!

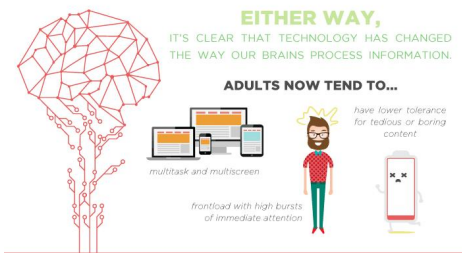
Others say that while an adult's attention span actually lasts around 20 minutes, their attention has to be captured within 8 seconds.



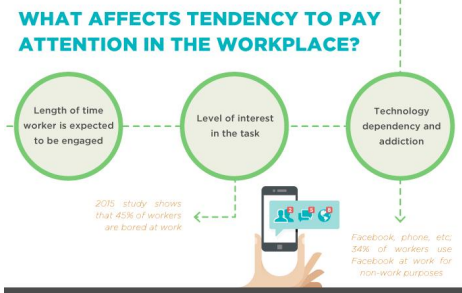
EITHER WAY,
IT'S CLEAR THAT TECHNOLOGY HAS CHANGED THE WAY OUR BRAINS PROCESS INFORMATION.

ADULTS NOW TEND TO...

- multitask and multiscreen
- frontload with high bursts of immediate attention
- have lower tolerance for tedious or boring content



This is problematic since many tasks require long-term, sustained attention—especially in the workplace.



WHAT HELPS ADULTS PAY ATTENTION IN THE WORKPLACE?



- Listen to music you love
- Take a 15 minute break every 2 hours
- Limit distractions
- Make a list of your tasks in order of priority
- Practice mindfulness and meditate

