

Understanding Distraction and Finding Ways to Focus

Trainer



Christina Kößmeier

Universität Duisburg-Essen

- Research on Social Media Distraction
- PhD candidate at the University of Duisburg-Essen
- Member of the DFG-funded Graduate School "User-Centred Social Media"
- Master in Communication and Cultural Management, Zeppelin University, Friedrichshafen
- Bachelor in Media and Communication Studies, University Mannheim

Objective

This online workshop helps to better understand distraction in general, but especially your individual distraction. We will focus on those caused by social media, but the strategies will help to tackle multiple forms of disturbances in daily life. At the end of the workshop, you will be better able to understand your distraction (when and why), and you will know what exactly you can do to effectively handle distractions to be less distracted when trying to work.

Description

Because we are so connected in our daily lives, we are possibly constantly interfered when we are trying to focus on our research. However, getting distracted is problematic, because it negatively impacts our performance, makes tasks take longer, and we may feel more stressed. Therefore, it is important to understand our distraction, and especially find ways to implement strategies in our daily lives to get less disturbed when we are trying to focus.

In this workshop, you will:

- Understand distraction in daily life (What is distraction? Why is this a problem?)
- Get an overview of common theories and the current research findings on distraction
- Discover your individual reasons for distraction and discuss potential influencing factors (e.g., FoMO, self-control)
- Find out common situations for distraction
- Discuss strategies that can help you limit disturbances and enhance focus
- Find ways to implement these strategies in your life

Methodology

In this interactive online workshop, we will find out and discuss together your potential for distraction in your daily life and especially while trying to focus on your research.

We will draw back on theories and previous research to understand distraction, but also especially focus on your individual distraction in your daily life.

You will have to reflect on your own behavior, discuss what you have observed in your work routines, think about and discuss possible strategies to combat your distraction and how these could be implemented.

Moreover, we will set up your smartphone and computer in a way that makes you less distracted.

Organizational Information

Language	English
Target group	Doctoral Candidates at all stages and Postdocs from all faculties
Date	Friday, 10 June 2022, 9:00 – 16:00
Registration	For registration click here