

Attention

Dawn Grow

Art337R | Brother Iman

You get my assignment this week while on our road trip to Utah to see family.

While driving to Utah yesterday, my husband was very intent on watching the road while driving. There were only a few times when his attention altered... when he peaked in the rearview mirror to see if I noticed him eating something he shouldn't be eating. (I gave the front seat to our son so I could read in the backseat.) It was a funny episode but showed the value of attention well. He needed his attention to be on the road to get us to our location safely.



My mother-in-law is crocheting a baby blanket for my nephew who is expecting a baby girl with his new wife. If she doesn't keep her attention on her project, she may make mistakes and have to redo stitches or the blanket will look funny. This doesn't mean that she cannot converse at the same time as long as she pays attention to what she is doing.

I didn't take a picture but I should have early this morning of me TRYING to take the reading quiz. My MIL was talking to me the whole time while I was trying to take the quiz. It took me over an hour and no matter how many times (about 10 times) I tried to stress that I was taking a test (it sounded more important than a quiz) she wouldn't shut up and let me focus my attention on the computer. It didn't help that my husband was still sleeping and my boys abandoned me to her jabbering. Yes, it is now funny but was frustrating at the time.

I went over to visit my sister-in-law this morning and caught her talking on her cell speakerphone while doing her makeup. She turned to look at me as I was taking her picture. She didn't want to waste time so was talking while focusing her attention on her makeup.

At this time, with technology so prevalent, the attention of a person can be cut short. So many people are attempting to multitask the electronics they have or being distracted away from people with those many devices.



The Attention System of the Human Brain: 20 Years After
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3413263/>

The Six Laws Of Attention

<http://www.visualexpert.com/Resources/lawsattention.html>

The ebb and flow of attention in the human brain

<http://www.nature.com/neuro/journal/v9/n7/full/nn0706-863.html>