

## **Dividing and alternating attention**

(Read and then re-read the instructions before you begin)

Choose a news programme from the television guide showing during the day which is repeated later the same day. Regional or national news is fine. Soaps often do the same through the week.

Sit and watch the programme in a quiet room without any disturbances. Have a pad and pen with you and record in brief the main points of each story line until the end.

Read through your notes to make sure they make sense.

Watch the programme a second time and see how well you did with your notes.

You can also try this with other TV programmes that interest you as it is a good exercise to practice. You can always discuss the programme with a friend who you know will also watch it at their house to see what you both thought was of interest and remembered.