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1141215 社會人士中翻英短文翻譯題目

雖然專家承認要人完全停止多工不大可能，他們還是建議應該儘量減少。譬如，一小時檢查一次電子郵件即可。工作、唸書時，聽聽安靜的背景音樂也無不可。然而，聽有歌詞的歌曲、看電視、發送即時訊息等，都會使你的工作無法有效率的完成。所以，即使你在多工時可能覺得自己更有生產力，根據頂尖科學家的最新研究，事實很可能並非如此。

多工 multitasking

歌詞 lyrics

具生產力的 productive

頂尖的 leading

可能地 probably

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Although the experts admit that it is probably impossible to stop multitasking altogether, they suggest that people should try to do less of it. For instance, you should only check your e-mail once an hour. It is all right to listen to quiet music in the background while working or studying. However, listening to songs with lyrics, watching television, or sending instant messages will keep you from getting your work done effectively. So, even though you may think you are more productive when you multitask, according to the latest research from leading scientists, you actually probably aren't.