

How to Get Your Brain to Focus

Speaker: Chris Bailey

● Why I chose the topic...

Since smartphones have become a part of our lives, many people have begun to be addicted to them. Not only do overusing smartphones cause serious damage to our physical and mental health but they also distract us from working, studying, and sleeping. Most people especially in my generation have been struggling with this issue for a long time, so I think this TED talk could be beneficial to all of us.

Here's the link to the video and the transcript.

Video: [How to Get Your Brain to Focus | Chris Bailey | TEDxManchester](#)

Transcript: [How to Get Your Brain to Focus](#)



● Vocabularies & Grammar



1. Choose the meaning for the matching word.

(A) dastardly	(a) a group of associated or similar people or things
(B) constellation	(b) intentionally; on purpose
(C) materialize	(c) evil and cruel
(D) deliberately	(d) appears; becomes real

- He tried to () his nerves. (to make yourself feel calmer)
- I had some questions with () to the research. (referring to, concerning)
- The () cause of the problem. (the fundamental reason)

● Engaging Questions

1. What are the 3 things the speaker noticed as a result of using the phone for less than 30 minutes a day?

2. Fill in the blanks. (Novelty Bias)

• It turns out that when we too work in front of a computer especially when our phone is ____ ① ____, we focus on one thing for just ____ ② ____ seconds before we switch to doing something else.

• It's not that we're ____ ③ ____; it's that our brains are over ____ ④ ____.

• There's even a mechanism in our mind called the **novelty bias** by which our mind rewards us with a hit of ____ ⑤ ____, one of those wonderful pleasure chemicals.

3. What is "scatter focus"?

- It means you can't focus on something.
- It's a condition in which you can't organize your thoughts.
- It enables us to come up with new ideas and plans.

4. To what extent do we usually think about the present?

- 48%
- 12%
- 28%



"If you think back to when your best, most brilliant ideas strike you, you are rarely focused on something."

■ Our mind is overstimulated by phones so we need to rest them down. If we let our mind wander freely, we would be more creative.



"It's that the state of our attention is what determines the state of our lives."

-Chris Bailey-

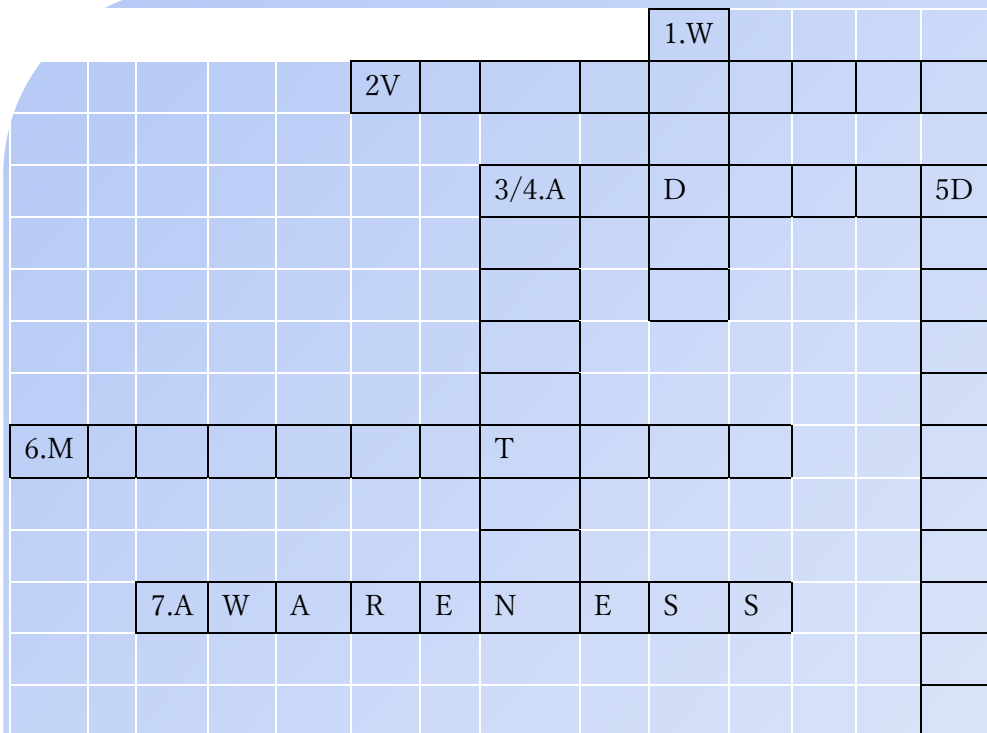
● Activities

1. What do you do to avoid using your phone while studying?

(I used to lock my phone in the mailbox outside the house)

2. How much time do you spend on your phone each day?

3. Word puzzle



Clues

Across

- 2. a continuous shaking movement
- 4. a robot with a human appearance
- 6. the reason why somebody does something or behaves in a particular way
- 7. knowing something exist and is important

Down

- 1. to walk slowly without any purpose
- 3. the condition of being unable to stop using or doing something as a habit
- 5. something that takes your attention away from what you are doing or thinking