

Homework with Music, Text and Tweets

Portland teens find some kids do fine multitasking

If you think teenagers always pay a penalty in performance when they juggle multiple media devices, think again.

Two Portland students are just back from the American Academy of Pediatrics meeting in San Diego where they presented their amazing research project that shows that some teenagers can be adept multitaskers.

Oregon Episcopal School students Alexandra Ulmer and Sarayu Caulfield found that some youngsters do equally well on tasks when moving between their laptops, smartphones and other devices, compared to less media-obsessed teens.

"Maybe practice really does make perfect," Ulmer, a senior at the school, said in an American Academy of Pediatrics news release.

Added Caulfield, also a senior at the southwest Portland high school, "In our current multimedia environment, there are people

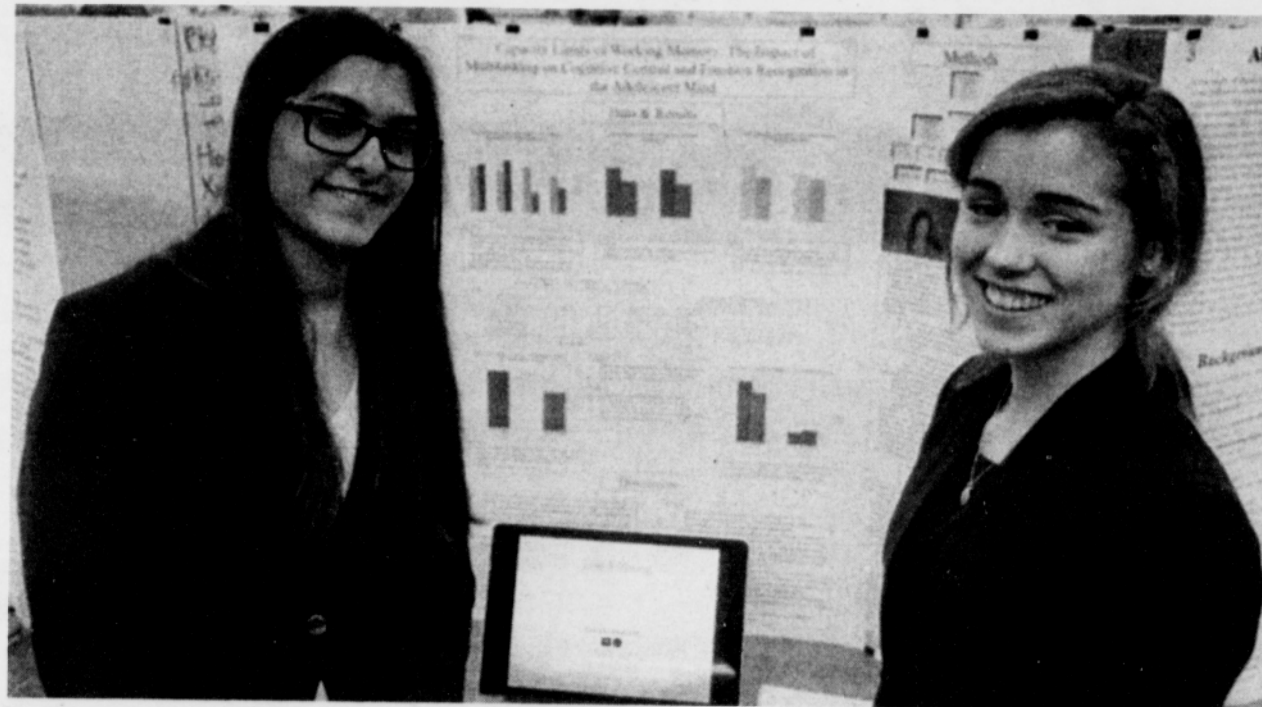


PHOTO BY TOM BERRIDGE/OREGON EPISCOPAL SCHOOL
Oregon Episcopal School students Sarayu Caulfield and Alexandra Ulmer discuss the findings of their research that shows that some teenagers can be adept multitaskers.

who are multitasking at an exceedingly high rate, and the reality is that they may have become really good at it."

The study included about 400 students of both sexes, aged 10 to 19. All were asked about their daily media habits and then tested on their ability to switch between tasks and

focus on a single task, with and without distractions.

Those who scored high on the "media multitasking index" averaged more than three hours a day of multitasking, the study found. They also managed to complete an average of 3.5 hours of homework a day, all while

juggling multiple tasks for more than 50 percent of this time.

Students who scored low on the multitasking index averaged about 20 minutes a day of multitasking, did 2.5 hours of homework a day, and multitasked 0.08 percent of this time, according to the study.

The "high multitaskers" were better at filtering out distractions but less able to focus on single tasks, while the opposite was true for low multitaskers.

"We must emphasize that most people performed best when focused on just one task," Caulfield said. "However, there was a group that provided us with an exception to that finding — the high media multitaskers."

Ulmer said that so-called "digital natives" — kids who grew up with exposure to many forms of media — who also use multiple media at high rates may have developed special neurological skills over time.

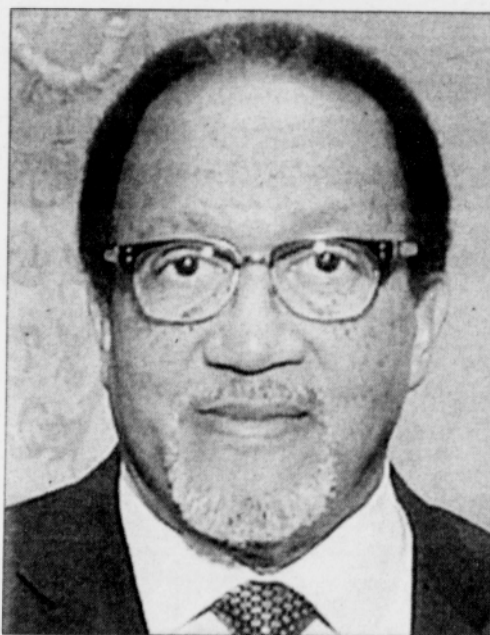
These kids may have "an enhanced working memory and perform better in distracting environments than when focused on a single task with no distractions," she said. "This could have a significant impact on teaching styles and curriculum."

Hashtag for the Black Press

The National Newspaper Publishers Association, also known as the Black Press of which the Portland Observer is a member, is celebrating its 75th Anniversary with a new hashtag, #OurVoice75.

#OurVoice75 will provide an opportunity for the public to participate in commemorating 75 years of the Black Press and its 200 member black newspapers delivering news, information, sports and entertainment to the world from the black perspective.

Show your love to The Portland Observer and other black newspa-



Benjamin F. Chavis Jr.

per by sending a tweet @NNPABlackPress in response to the following question: "What does having a voice mean to you?"

"We have shown the nation the

struggle, sacrifice, progress and triumph of black Americans and of America as a nation from the black perspective," said Dr. Benjamin F. Chavis, Jr., president and chief executive officer of the publishers group. "The Black Press covers the progress of black Americans and

provides interpretation of the events involved in our progress. No other print or digital media serves in this role quite like the Black Press."

#OurVoice75 is set to go on through the end the year, but voices are encouraged and welcomed at all times.

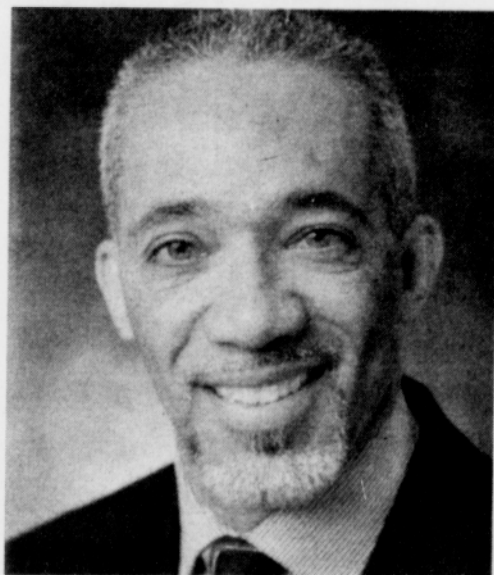
Equity Focus in City Budget

Portland's director of Equity and Human rights likes the focus on equity in Mayor Charlie Hales' new budget priorities.

Hales announced last week to the city bureau directors that equity will be one of three biggest priorities in preparing next year's city's budget.

"Tying equity to city bureaus' budgets ensures that leaders are considering the impacts of their programs and policies on all Portlanders," said Dante James, Office of Equity and Human Rights director.

Hales laid out a plan for how he wants to measure better equity in Portland, including bolstering economic and housing opportunity for all Portlanders, as well as better service delivery to hard to isolated areas of the city. Hales also expressed hopes to extend Portland's livability to more areas of Portland, and to better equip



Dante James

the city with emergency preparedness.

Portland's Office of Equity and Human Rights provides education and technical support to City of Portland staff and elected officials, and their goals specifically entail recognition and removal of systemic barriers to education and other resources, starting with issues of race and disability.

African American Alliance for Homeownership

Presents the 16th Annual

Homeownership Fair

Saturday

October 25, 2014

10am - 3pm

Legacy Emanuel Hospital Atrium

501 N. Graham St., Portland



- Enter to Win \$1,000 Grant
- Enter to Win a \$500 Gift Card and Other Prizes
- Visit Over 40 Housing Professionals
 - Attend Free Workshops
 - Home Retention Resources (for current homeowners)
 - Free Lunch • Free Parking
- Pre-registration is NOT Required



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