

Career E-minder

UWF Career Services
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Too Many Tasks; What to do!?

Multitasking. It's the mark of the millennial and the topic for almost every new survey or study out there. Is it a good practice? Or is it a detriment to productivity? Many scientists have stated that it is, indeed, a problem for many workers. It is said that 20 to 40 percent of company time is wasted from employee's multitasking. (That finding came from a study done back in 2001 by the American Psychological Association.)

Multitasking does have its drawbacks. There is the "time cost"; switching back and forth between activities or different areas of focus. Even though the time allotted to "deciding when to switch focuses", "catch up on the progress of the next focus", and "steadily begin work again" may seem trivial. When added up, however, these time spots can contribute to a hefty load of time wasted transitioning between trains of thought. Even with this negative aspect to the "millennial method", there is a strong community that states multitasking is the very utility that keeps one working.

Multitasking allows one to maintain simultaneous control and progress on a variety of projects that may have upcoming deadlines, certain effects on recent events, or require a timely completion. Many of those who claim that they are multitaskers, say they are, but not by choice. Many multitaskers do so only because they feel more comfortable with the fast-paced, ever-changing way of work. Many say that it keeps them awake from the mundaneness of only bothering with one project; knowing that progress is being made on a variety of projects, albeit very little, can be more comforting.

Although we, as students, find ourselves multitasking in our everyday lives with IM, TV, and cell phones; each of us must identify our own personal work style.



Job of the Week

Job ID: 3292

Job Title: Sales Associate

Organization: Embroidery Station

Job Description: Ensure that each customer receives outstanding service by providing a friendly environment, which includes greeting and acknowledging every customer, maintaining solid product knowledge and all other aspects of customer service. Aid customers in locating merchandise and process customer orders.

This is a part-time job.

Log on to JasonQuest to find out more info!

Job of the Week

Job ID: 5036

Job Title: Companion

Organization: Fountain Support Services

Job Description: Must have high school diploma or GED equivalence with one year experience working with developmentally disabled (child care of adult). Must have valid drivers license and current proof of insurance. First aid and CPR recommended but not required (will provide training). Background check-reference check required.

Log on to JasonQuest to find out more info!

IMPORTANT INFO!

- **Monday, July 28: Volunteer UWF! Timesheets due! Have them in by 5pm to the Career Services Office!**
- Tuesday, July 29: Co-Op Info Session

Water Cooler Joke of the Week

Duct tape is like "The Force". It has a light side and a dark side, and it holds the universe together.

Thanks to octanecreative.com