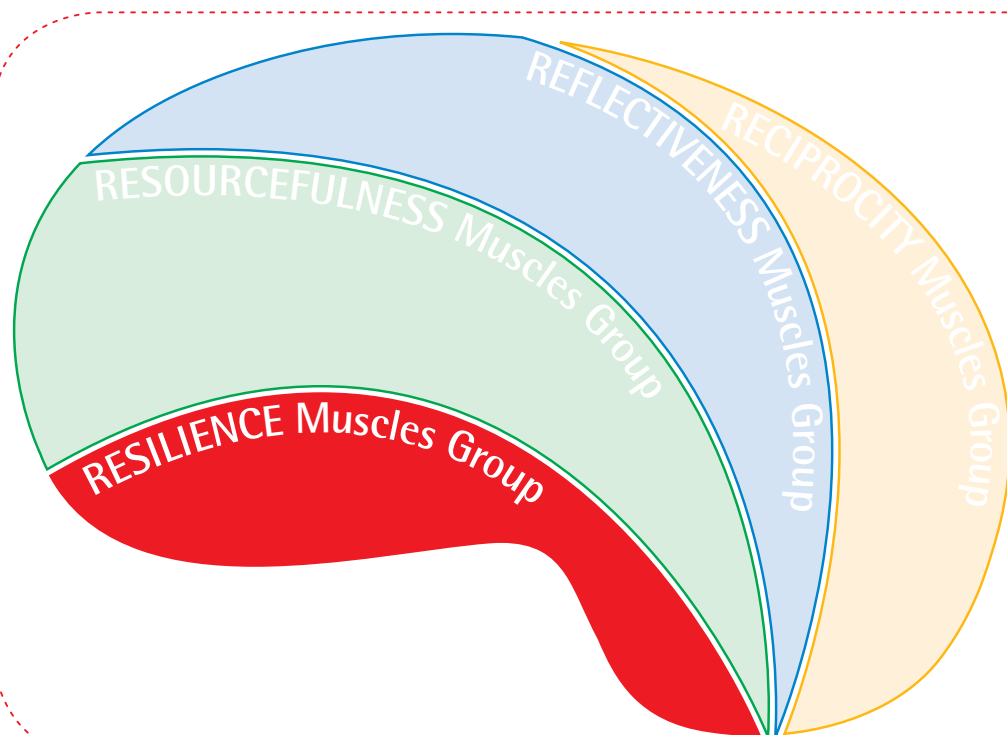


Linking Ideas — Managing Distractions

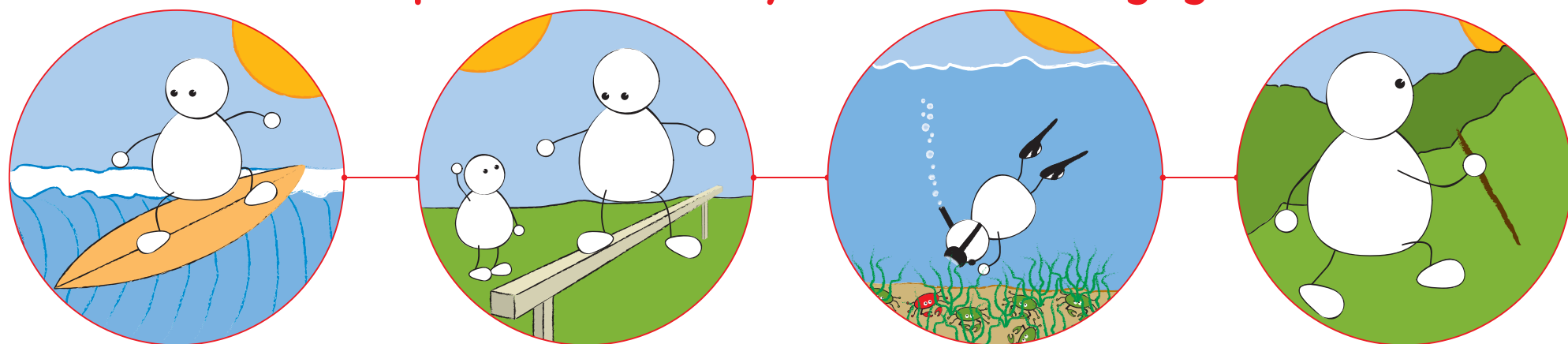


Resilience — Managing Distractions

When you use this learning muscle, you ...

- are aware of possible sources of distraction
- purposefully try to minimise distractions
- know what conditions help you learn
- settle back into learning quickly after an interruption.

Which of these pictures best conveys the idea of managing distractions?



What makes you say that?

Getting distracted

The letters fell through the door onto the mat. I left what I was drawing and went downstairs. One of the letters reminded me of a phone call I needed to make; I went into the living room to find my mobile. The television was on and they were talking about a film that I had heard about. I couldn't see my mobile. Newspapers and magazines were everywhere so I started to pick them up as I watched the programme on TV and then set off for the bins at the back of the house. Where were the keys? The last time I'd had them they were next to the computer upstairs. I put down my handfuls of rubbish and went back upstairs. No keys but the e-mail inbox was blinking. I opened it and found there was a message from a friend asking if I could meet this evening. I sent a quick reply and checked if there were any other e-mails that I should have answered earlier. I feel better when I've cleared the e-mail clutter so I went through those I'd had in the last two days — answering some and putting others in Trash.

- How many tasks has the writer started and left unfinished?
- What is his problem?
- What advice would you give him about getting his life in order?
- What are the encouraging signs about the way he is that he could build on?

What do we mean when we say ...

“ At a loose end.
Letting off steam.
Red herring.
Wild goose chase. ”