

ATTENTION



A lesson made by:
Outside the Box

VOCAB

Pay heed → pay attention

Give undivided/close attention → look at sth very carefully

Receive international attention → be popular worldwide

Draw attention → to get people's attention

Command sb's attention → be eye-catching

Divert your attention → change the object of your focus from one thing to another.

Vie for attention → to try to get sb's attention

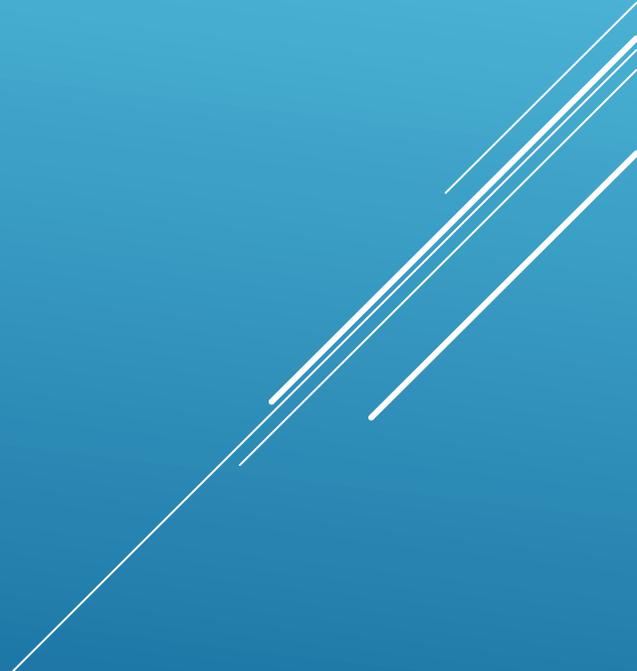
attention span → the amount of time that you pay attention to sth

Attention seeker → the person wanting to attract attention

QUESTIONS 😊

- ▶ Is it easy to you to focus on your work?
- ▶ How easily to you get distracted or is your attention span rather long?
- ▶ Do you often divert your attention from one things to another while you're working?
- ▶ Do you have any attention seeker among your group of friends?
- ▶ What was the topic that you have been paying heed to recently?
- ▶ Can you think of any current affair or a new gadget that received international attention?
- ▶ How easy is drawing attention?
- ▶ Do you know anybody who constantly tries to vie for attention?
- ▶ How could playing video games help you in life?
- ▶ Have you ever heard about any attention disorders? What do you know about them?

WHAT COULD BE THE BENEFIT OF:

- ▶ Focusing on big picture instead of details
 - ▶ Focusing on details instead of a big picture
 - ▶ Changing the area of interest very quickly
 - ▶ Staying focused on the same thing for a long time
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PROVE THE QUOTES WRONG. TRY TO DISAGREE WITH ALL THE STATEMENTS BELOW.

- ▶ “I am not absentminded. It is the presence of mind that makes me unaware of everything else.”
— G.K. Chesterton
- ▶ “Attention is vitality. It connects you with others. It makes you eager. Stay eager.”
— Susan Sontag
- ▶ “To pay attention, this is our endless and proper work.”
— Mary Oliver
- ▶ “The present moment is filled with joy and happiness. If you are attentive, you will see it. (21)”
— Thich Nhat Hanh
- ▶ “It seems as if Americans like to be the center of attention even after they're dead.”
— Hidekaz Himaruya
- ▶ “The most basic way to get someone's attention is this: Break a pattern.”
— Chip Heath and Dan Heath
- ▶ “Attention is the beginning of devotion.”
— Mary Oliver

WATCHING [CLICK]

- ▶ What does the abbreviation ADHD stand for?
- ▶ What function does the disorder affect?
- ▶ How many types of the disorder are there?
- ▶ What role does the genetics play?
- ▶ What are the most common symptoms?
- ▶ What is a widely repeated myth about ADHD?
- ▶ What age group is diagnosed the most often?
- ▶ What part of the brain do the medications target and why?
- ▶ Why is dopamine helpful in focusing?
- ▶ What's the problem with hormones in case of ADHD patients?
- ▶ What other (than medication) treatment could be worth trying when you struggle with ADHD?
- ▶ What fields need to be improved by the therapy? What are the most effective ways to do so?
- ▶ What do the video games have to do with ADHD? What was the study concerning the topic and what result did it show?

YAY OR NAY. TRY TO IDENTIFY THE MYTH AMONG STATEMENTS BELOW.

- ▶ ADHD is not a real disorder. It was proved to be faked.
 - ▶ A simple test can determine if someone has ADHD.
 - ▶ ADHD is just a childhood disorder.
 - ▶ ADHD is the result of poor parenting or is just an excuse for laziness, and it can easily be overcome with effort and discipline.
 - ▶ ADHD looks the same in children as it does in adults.
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AND NOW... FIND OUT THE TRUTH.

All of the statements are myths.

ADHD is a recognized medical and psychological disorder, and research shows that the brains of people with ADHD have significant imbalances in neurotransmitter activity. Though everyone can occasionally experience some difficulty with focusing, for those with ADHD these symptoms are unrelenting and cause ongoing issues with daily functioning in ways that date back to childhood. There is no simple diagnostic test that can specifically identify ADHD, as can be done with other disorders such as diabetes. However, there is a standardized way that ADHD is diagnosed. Health care professionals gather as much information as possible about a patient's history through interviews, observation, assessments, and school records. For those with ADHD, it may not matter how much they try to pay attention, how well rested or relaxed they are, or how critical the task is—they will face the same barriers. The disorder is not curable and does not disappear in time, so the adults may suffer as much as children even though the symptoms and reactions may vary.

SELF-REFLECTION

- Are you frequently late?
- Do you find big-pictures more interesting than details?
- Do you drift off and daydream frequently?
- Do you often find it hard to concentrate or get bored easily?
- Are you more awake in the evenings and find it hard to fall asleep?
- Is blurting, saying what's on your mind without thinking, an issue for you?
- Can you focus so deeply, that you don't notice anything or anybody else?
- Do you never get round to certain important activities: paperwork, tidying, planning?
- Do you sometimes feel driven by a motor, or conversely feel stuck unable to take action?
- Are you very intuitive, empathetic, creative, an unconventional thinker?
- Do you often act impulsively and react quickly, without properly reflecting?
- Have you been called or felt you are lazy – school always said “should try harder”?
- Do you use diet coke, alcohol, coffee or drugs to “calm” your mind?
- Have you “under-achieved” & not met goals, start new tasks before finishing old ones?
- Are you easily distracted and drift off while reading or in conversation?
- Is it hard to go through established channels and follow proper procedure?
- Are you impatient: do you hate queues and drive fast?
- Have you a family history of alcohol/drug addiction, anxiety or depression?
- Are you forgetful, often losing or misplacing things, forgetting appointments?

If you answer is yes to most of these questions, then you are highly likely ADHD. To get a medical diagnosis you will need to see a doctor or similar specialist

THANK YOU FOR YOUR ATTENTION

