Ushtrimet

1 ushtrim · Pyetje

#1 · English

When Technology Takes Attention - Reading Exercise

E saktë apo e pasaktë · B2 - Mbi-mesatar · Lexim

Reading text: Digital tools have made communication faster, but speed does not always improve the quality of attention. Many people check messages whenever they experience a short pause in the day. Each interruption may last only a few seconds, yet returning to a demanding task can take much longer. As a result, a person may spend an afternoon moving between work, notifications and online information without giving any activity sustained concentration.

Some organisations have responded by introducing meeting-free periods or agreed times for checking messages. These policies are not intended to reject technology. Instead, they separate tasks that require immediate replies from tasks that benefit from uninterrupted thought. Individuals can make similar changes by turning off non-essential notifications, keeping the phone away during complex work and choosing specific times to answer routine messages.

There is no single rule that works for everyone. A doctor, for example, may need to respond quickly to urgent information, while a writer may need long periods without interruption. The important question is whether a digital habit supports a person's purpose. Technology is useful when it remains a tool that people control, rather than becoming an automatic behaviour that controls their attention.

> Read the text carefully and decide whether each statement is True or False. The statements refer only to information in the text.

1. The text claims that every digital interruption lasts for several minutes.
   - E saktë
   - E pasaktë
2. Returning to a difficult task can take longer than the interruption itself.
   - E saktë
   - E pasaktë
3. Meeting-free periods are designed to reject all technology.
   - E saktë
   - E pasaktë
4. Turning off non-essential notifications can help protect concentration.
   - E saktë
   - E pasaktë
5. The same communication rule is suitable for every profession.
   - E saktë
   - E pasaktë
6. The text suggests that people should control technology rather than follow automatic habits.
   - E saktë
   - E pasaktë

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