

University of Groningen

Understanding and managing interruptions

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Propositions

1. We are rational when we self-interrupt...but only as long as our internet is fast.
2. It doesn't matter if a task is difficult or easy; if our visual resources are available, we will watch a cat video.
3. What propositions 1 and 2 actually mean: we self-interrupt whenever we get the slightest chance.
5. It is better to be externally interrupted (at the right moments) than to self-interrupt...
6. ...because deciding to self-interrupt takes time.
7. Pupil dilation can be a weapon against interruptions.
8. We will never stop self-interrupting; it is better to find a way to make these interruptions less disruptive.
9. Turn self-interruptions into external interruptions and you will work more.

