

Selective Hearing (Dichotic Listening)

Instructions:

Put on headphones, making sure right/left is correct.
Play Sample 1, as an example of what to expect.

Sample 2: Repeat aloud (shadow) the story on the **right**.
Try to ignore the story coming into the left ear.

Can you tell me anything about other (left) story?
Did you hear anything strange?

Now listen to just the left story. What did you miss?

Sample 3: Repeat aloud (shadow) the story on the **left**.
Try to ignore the story coming into the right ear.

Can you tell me anything about other (right) story?
Did you hear anything strange?

Now listen to just the right story. What did you miss?

Take home message:

We have a limited amount of attention. It's hard to pay attention to more than one thing at a time. Comprehending a story demands almost all of our attention.

Some information from the unattended story gets through.
It isn't completely blocked out.

Real world examples of divided attention:

Studying and watching TV
Driving and phone use