

The Attention Lab

Explore your focus of attention and unfold your cognitive potential.

Verken uw aandacht en ontvouw uw cognitieve potentieel.

Project Information (EN)

Today's digital environment is changing how we interact with information. Overstimulated and overloaded, we practice behaviours such as skimming and multi-tasking to cope – our attention span is decreasing, we are unlearning to engage deeply with content

Projectinformatie (NL)

De huidige digitale omgeving verandert de manier waarop we met informatie omgaan. Overstimulated en overloaded, oefenen we gedrag zoals skimmen en multi-tasking om te kunnen omgaan - onze aandachtsspanne neemt af, we leren niet om ons diepgaand met inhoud

Image List

Filename	Caption	Credit
theattentionlab-ddw1_1602425603.jpg	the attention lab - set up	Pia Regenbrecht
theattentionlab-ddw2_1602425972.jpg	tool to "open up" your thoughts	Pia Regenbrecht
theattentionlab-ddw3_1602426434.jpg	tool to "reflect" your attentional rhythm	Pia Regenbrecht
theattentionlab-ddw4_1602426521.jpg	eye tracking to identify your cognitive interest	Pia Regenbrecht
theattentionlab-ddw5_1602432586.jpg	tool to "deepen" your focus	

The images above are included in the ZIP under /images.