**School of Psychology Winter Research Project Description**

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| **Project title:** | **Is task variety the spice of work?** |
| **Project duration:** | * 4 weeks * 22 hours per week |
| **Position(s) available** | 1 |
| **Description:** | Work design theory suggests that having variety in your work tasks improves your motivation and well-being. This is because having a range of different things to do can be more interesting and mean work is less monotonous. However, research from cognitive psychology demonstrates that having to switch between tasks can impair your overall performance (because it's hard to remember what you were doing/where you were up to). Thus, this research project will take a closer look at the benefits and consequences of switching between different kinds of work tasks. The project will include experiments and experience sampling field studies on participants' responses to task variety and task switching. We aim to shed light on how work should be organised to maximise motivation, well-being, and performance. |
| **Expected outcomes and deliverables:** | The exact activities will be determined closer to the time. You could be involved in assisting the research team with the development of surveys, experimental materials, data collection, data cleaning and coding, preliminary data analysis, and/or literature search and synthesis. |
| **Suitable for:** | Keen interest in organisational psychology is desirable. Completion of the relevant third year statistics and research methods courses is also desirable, but not essential. |
| **Primary Supervisor:** | Dr Stacey Parker |
| **Further info:** | If interested in this project, please contact the researcher for further information via [s.parker@psy.uq.edu.au](mailto:s.parker@psy.uq.edu.au).  Apply via [UQ Advantage](http://www.uq.edu.au/uqadvantage/wr-info-for-applicants). |