

Task 4 High-Scoring Sample Response

The lecture is about cognitive offloading, which means relying on things outside the mind to manage information or tasks.

First, the professor explains that people often offload by writing things down. For example, a student might write assignment deadlines in a planner so they can focus on studying instead of trying to remember dates.

Next, the professor mentions using technology, like setting alarms or making digital shopping lists. If someone forgets what to buy, they can just check their phone instead of memorising it.

Finally, people also offload onto other people. For instance, someone might ask a friend to remind them about something, or divide tasks in a group project so no one has to remember everything.

In conclusion, cognitive offloading helps people reduce mental effort by shifting memory tasks to tools, technology, or others.

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