

## Stroop Task Tutorial

1. Grab some sort of timer, either a stopwatch or on your phone.
2. Give the visitor a card with some Stroop samples listed on it, and explain the task to them: they have to read off the names of the colors (not the printed names).
3. Start the timer when they start reading the first word.
4. If they are in the top ten in their age and division, write their name (first name and last initial) and time on the whiteboard, along with the time it took for them to complete the task. Make sure to use different ink colors for bilinguals and monolinguals.
5. Give them at most three tries to get on the leaderboard.

Suggested divisions:

- 13 and under
- 14-17
- 18 and up

**Why is this important?** Once we learn how to read, we do it automatically; it's very hard to avoid automatically reading text. In this task, we tried to force you to name the ink color that color words are written in. This forced a conflict: do you do what your automatic instinct is and read the word, or do you override the urge to do that and actually read the color? Overriding automatic responses is not an easy task. Still, language researchers at UMD have shown that it's not equally easy for everyone; bilinguals, who speak more than one language regularly, generally find this task and ones like it easier than monolinguals, who just speak one language.

**Notes:** Kids like this one. If you have a long enough event that you're doing this at, sometimes they come up again to check on their score. Try playing around with the age brackets to make sure you're giving kids a fair shot.