

"Attention"

"Everyone knows what attention is".

It is the taking possession by the mind, in clear and vivid form, of one out of what seem several simultaneously possible objects or trains of thought.

Focalization, concentration, of consciousness are of its essence.

It implies withdrawal from some things in order to deal effectively with others,

and is a condition which has a real opposite, in the confused, dazed, scatterbrained state which in French is called distraction

It is always important to be of attention to what you are engaged and within the arena of employment, is is one of your greatest assets, and contributes greatly to your ability to serve yourself well in performing your skills, task or professional abilities, and it's of great benefit to providing your employer what they have contracted with you to provide in and of service while in the employ of their organization.

Attention is the cognitive process of selectively concentrating on one aspect of the environment while ignoring other things. Examples include listening carefully to what someone is saying while ignoring other conversations in a room (the cocktail party effect) or listening to a cell phone conversation while driving a car.[1] Sometimes attention shifts to matters unrelated to the external environment, a phenomenon referred to as mind-wandering or "spontaneous thought". Attention is one of the most intensely studied topics within psychology and cognitive neuroscience.