



Procrastination

- . Procrastination can be an obstacle to achieving your goals
 - . Postponing action to avoid stress
 - . Low self-efficacy
 - . Associations with lack of energy
 - . Goal setting reduced procrastination
 - . Procrastination can increase levels of stress anxiety and depression.
 - . Linked to reduced life satisfaction
 - . Procrastination can cause great problems for students as their schedule can already be very full.
 - . Not completing assignments in a timely manner can impact academic performance
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- . Procrastination was found to be more prevalent in younger people – (age 14-29)
 - . Unemployment, lack of partner, stress, depression, and fatigue were predictive factors
 - . Enhancing teachers' motivation may be more effective when mediated with emotional regulation and effective study habits.

Podcasts

BBC – The psychology of procrastination and motivation

<https://www.bbc.co.uk/programmes/m0005t4x>

Huberman Labs

<https://www.youtube.com/watch?v=K-TW2Chpz4k>



References

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Andreou, Chrisoula, and Mark D. White (eds), *The Thief of Time: Philosophical Essays on Procrastination* (New York, 2010; online edn, Oxford Academic, 4 May 2010).