

A comment on the workshop 'How to beat procrastination'

What lecturers, study advisors and counselors can do.



"We have to stop procrastinating helping students who procrastinate!". This was a creative reaction of one of the participants of the workshop 'How to beat procrastination' that really pinpointed a reality that academics and academic advisors cannot neglect. The fact that many of their students academically underperform in great part because of their procrastination tendencies.

Understanding procrastination

On Friday, June 15th, a group of lecturers, study advisors counsellors from Wageningen University participated in a one day workshop on 'How to beat procrastination'. There was a wide array of topics covered on that day, including: what are the cultural aspects of procrastination: looking at how much time young people spend navigating apps and networking on social media and other factors that influence procrastination and its psychological roots. Two crucial concepts are important when it comes to understanding procrastination: avoidance and self-regulation.

Furthermore understanding of own procrastination tendencies, in order to gain clarity concerning what happens amongst students. What can be done in terms of structuring academic work in a way that decreases the likelihood of procrastination was also one of the topics. Some useful tools were shared from which participants can draw in their one-on-one conversations with students.

Start today, not tomorrow!

Though most people procrastinate one way or the other, we need to be particularly concerned for those students who might display severe procrastination tendencies, because these might end up ruining not only their grades during their coursework but ultimately, their career development.

At the end of the day, participants shared some practical ideas concerning what they can do in terms of their personal practice to reduce the procrastination among students... starting today, not tomorrow!

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Marijke van Oppen

Jessica Price

For more information: contact: 4TU.CEE@wur.nl

