

CATEGORY 4 RESOURCE DEVELOPMENT

Group ID: 4-026 Project We Will Do it Tomorrow

Abstract

Procrastination is a substantial obstacle in everyone's lives. Procrastination prevents us from achieving our goals, and even limits us from daring to have big dreams, stopping us from reaching our fullest potential. Thus to combat this, we decided to start a project that is aimed to help people learn more about procrastination. While it is close to impossible to stop procrastination altogether, there is some information and tips we can use to decrease the amount of procrastination we experience.

Introduction

1.1 Rationale

Many researches such as the article: How Common Is Procrastination? A Study And the article: The paradox of Procrastination (article links in references) have shown that the vast majority of people in the world are procrastinating. For example, for the survey we did on the students in our school, we found out that 100% of people who did our survey suffered from procrastination. Procrastination leads to wasting time, losing opportunities and not meeting goals. Due to these negative impacts, it may also lead to lower self-esteem, increasing anxiety and depression, as many of us are unable to control ourselves and complete our to-do list.

1.2 Objectives

The objective of this project is to educate students about procrastination, which can be split into two different categories.

- Teaching students why they procrastinate
- Teaching students how to combat procrastination

1.3 Target Audience

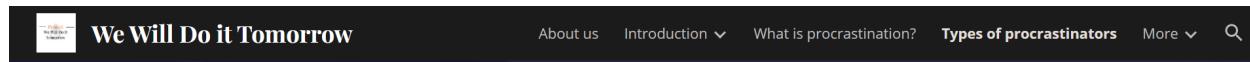
Our target audience for this project is students, mainly secondary school ones as this is an important phase of our lives where we pick up the skills needed in the future. Our target audience are also people in the working population who are facing the problem of procrastinating.

1.4 Our Resources

The resources we created for our project were

1. Project We Will Do it Tomorrow Website (includes the informations of procrastination, how to combat procrastination and **videos** about every part of the types of procrastinators, reasons for procrastinating and how to combat procrastination)
https://sites.google.com/d/1yjBBBqrPcYhG6el2x_Xx_eAg1R-dymz4/p/1gOCXIkFFHf6MJeQrHI8AJ0N1dr_8BNuH/edit
2. Project We Will Do it Tomorrow Instagram

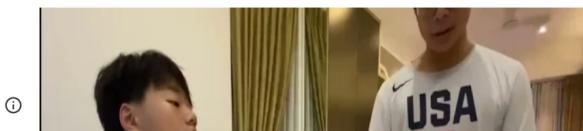
1. Project We Will Do it Tomorrow Website



1. Behavioral procrastination

- Behavioral procrastination is a strategy that allows people to shift blame and avoid taking action.
- For example, students using procrastination as an excuse for flunking an exam, as they would rather blame it on their lack of effort than their ability
- Procrastinators thus often worry about how people judge their abilities, and thus would develop low self-esteem.
- Continuation of procrastination could result in a vicious cycle of self-defeating behaviour, and more often than not a decline in self-esteem.
- This could potentially lead to mental and physical health problems such as depression and anxiety caused by stress and shame.

Here is a video for you to understand better:



2. Project We Will Do it Tomorrow Instagram



PROCRASTINATION

The action of delaying or postponing something

HOW MANY PEOPLE PROCRASTINATE

According to a survey we did on our schoolmates, we found out that everyone who did the survey procrastinate which shows that this is a widespread issue and it is hard to solve



2. Review

Some current resources of this topic like articles and websites are very wordy, and students may not have the patience to read them to know more about procrastination. Videos on Youtube are also long which discourages students from watching them. This is because students like to watch videos that are short and easy to digest. Our videos are short and funny, maintaining our audience's attention. These videos are relatable as they show examples of procrastination in our daily lives. We also provided descriptions

of the topic of the videos so that the students can relate the videos to the description and understand the topic better.

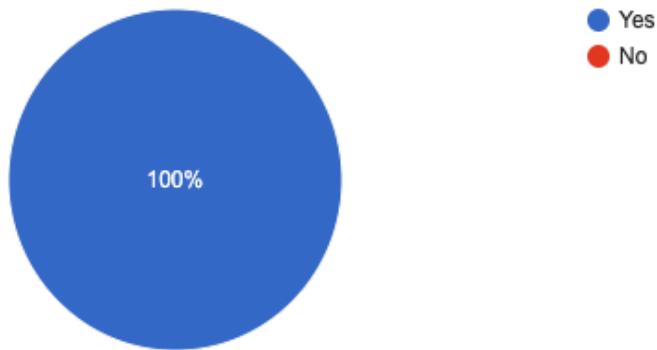
3 Methodology

3.1 Needs Analysis

We have conducted a survey to find out what students think about our projects, the results are shown below:

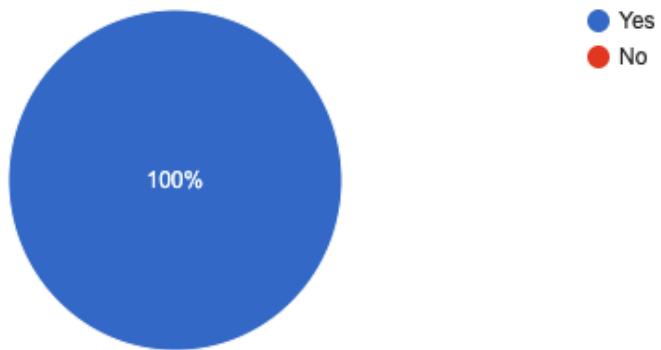
Do you think procrastination is a problem amongst students?

43 responses



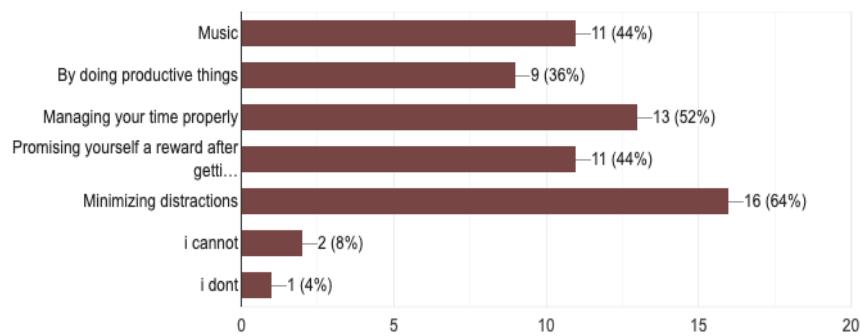
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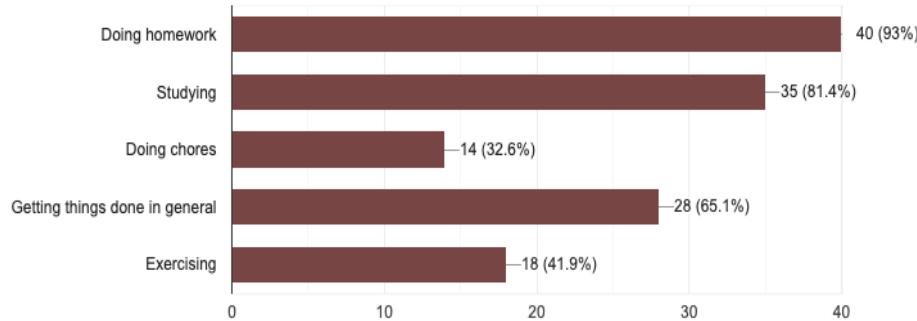
If no, how do you prevent yourself from procrastinating?

25 responses



If yes, when do you procrastinate?

43 responses



As we can see, a large number of students think that procrastination is a problem among themselves and their peers. From the 25 responses for the ways to counter procrastination compared to the 43 responses for other questions, we can also infer that students also lack ways to counter procrastination. This shows that students tend to procrastinate a lot and cannot find ways to counter them, thus a project on procrastination is needed to help them.

3.2 Development of Resources

Extensive research was done through reading a plethora of lengthy online articles and watching Youtube videos to find out more about procrastination, as well as interviews with students to find out some of the methods they used to combat procrastination. We made videos to show the examples of procrastination and the methods to combat it to the students in a relative and funny way to catch the student's attention. We also added descriptions of the content so that the students can watch the videos and relate the videos to the contents.

3.3 Pilot Test

The pilot test was carried out by sending a Google form to various students.

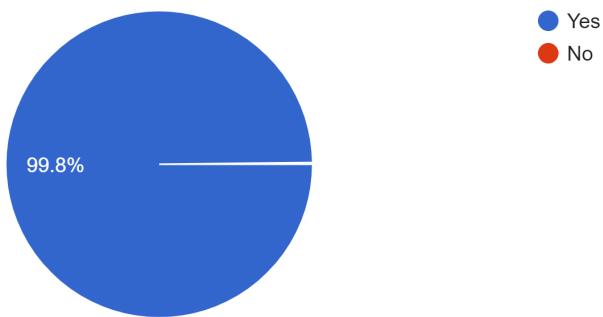
The results are as follows:

-99.1% of respondents stated that our website was a 10/10 for usefulness.

-99.3% of respondents enjoyed our videos and found that our website was easy to read.

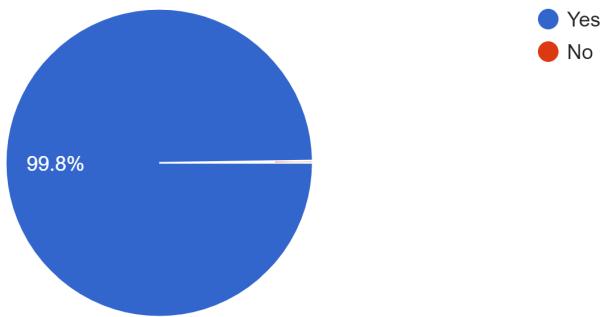
Did the videos help you understand the content better?

1,661 responses



Were the methods effective at combatting procrastination?

1,662 responses



4 Outcome and Discussion

Our pilot test showed that our website was impactful, which is evident from the positive results of the Google Form. The website was able to help students learn more, as well as decrease the amount of procrastination they suffer from, achieving our goal for this project. However, we did take some suggestions provided by the respondents into consideration. One student suggested that we make the website more colourful, in an attempt to brighten up the learning process of our website users. Another suggested that we add interactive games. As such, we decided to prepare a timetable for students' studying sessions, factoring in both downtime as well as CCA commitments, in the hopes that students would be able to follow the schedule closely in an attempt to increase productivity and reduce procrastination.

5 Conclusion

In conclusion, we believe that changing habits and modifying lifestyles will be no easy task. But with the website that we have produced that has both information and instructions on how to manage procrastination, we hope that we will be able to help some change for the better and decrease the amount of irksome procrastination they face in their lives.

6 References

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How can I stop procrastinating retrieved from

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<https://time.com/5322514/stop-procrastinating-tips/>

Jamie Ducharme. Psychologists on why you procrastinate? Retrieved from

<https://time.com/5322514/stop-procrastinating-tips/>

The paradox of Procrastination by Susan Krauss

<https://www.psychologytoday.com/us/blog/fulfillment-any-age/201204/the-paradox-procrastination>

How common is procrastination? A study by Darius Foroux

<https://medium.com/darius-foroux/how-common-is-procrastination-a-study-80869467c3f3#:~:text=A%20Widespread%20Issue,more%20common%20than%20we%20assume.>

