

HELPING OUR STUDENTS TO BECOME BETTER PROCRASTINATORS

PERSONALITY TRAIT

REVERSE ENGINEER

OPTIMAL FLOW

COMMUNITY OF PROCRASTINATORS

RETRIEVAL PRACTICES

ASSIGNMENT SCAFFOLDING

SELF-EMPOWERMENT

TRANSPARENT FRAMEWORK

INCUBATION PERIOD

NORMALIZED BEHAVIOR

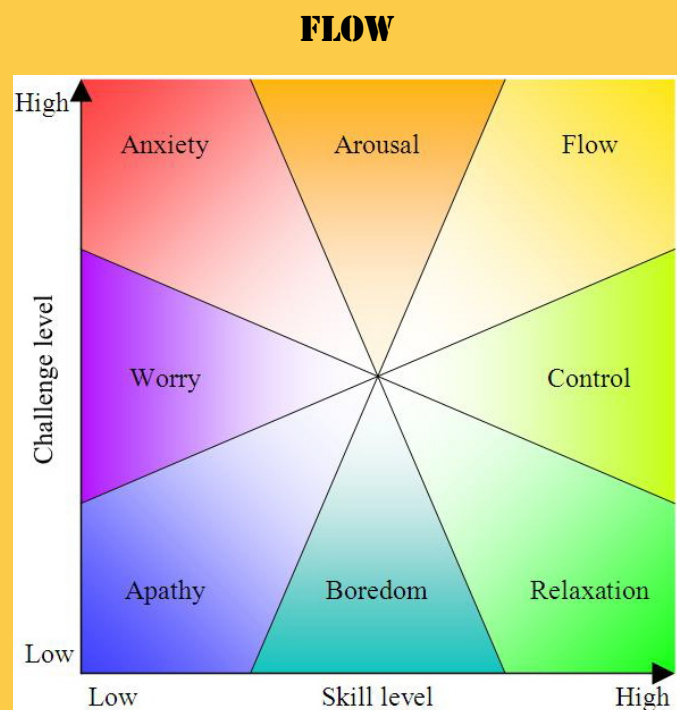
ACTIVE PROCRASTINATION

TASK CHARACTERISTICS

ENERGY REDIRECTION



<http://maverickdean.com/2013/03/the-creative-process-has-five-stages-3/>



“the state in which people are so involved in an activity that nothing else seems to matter; the experience itself is so enjoyable that people will do it even at great cost, for the sheer sake of doing it” (Csikszentmihalyi 4).

SPACED RETRIEVAL AND INTERLEAVING

“The all-nighter is time-tested, with a long track record of improving exam scores the next day. In terms of reliability, though, this nocturnal sprint is a little like overstuffing a cheap suitcase: the contents hold for a while, then everything falls out” (Carey 66).



“Blocked study or practice deepens our association between a learned skill or concept and the specific context in which we learned it; interleaved learning, by contrast, forces us into frequent transfers of information and skills across contexts, which helps us develop the ability to recognize when a learned skill might apply in a new context” (Lang 72).



**“Active procrastination may be particularly beneficial, even necessary, for individuals who work in highly demanding, unpredictable, and fast-changing environments”
(Chu and Choi 262).**

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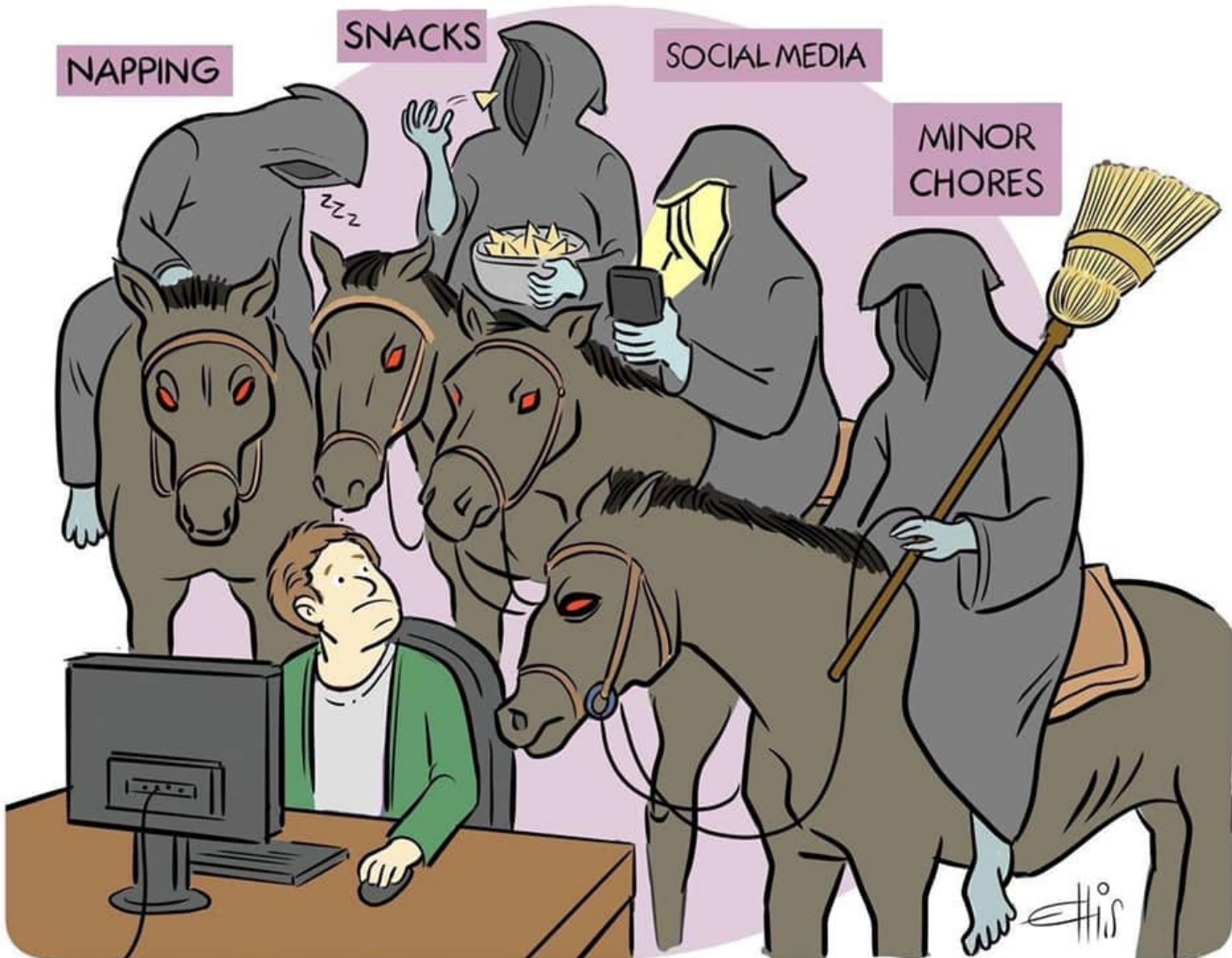
THE FOUR HORSEMEN OF PROCRASTINATION

NAPPING

SNACKS

SOCIAL MEDIA

MINOR CHORES



Helping Our Students Become Better Procrastinators

Katherine A. Troyer, PhD

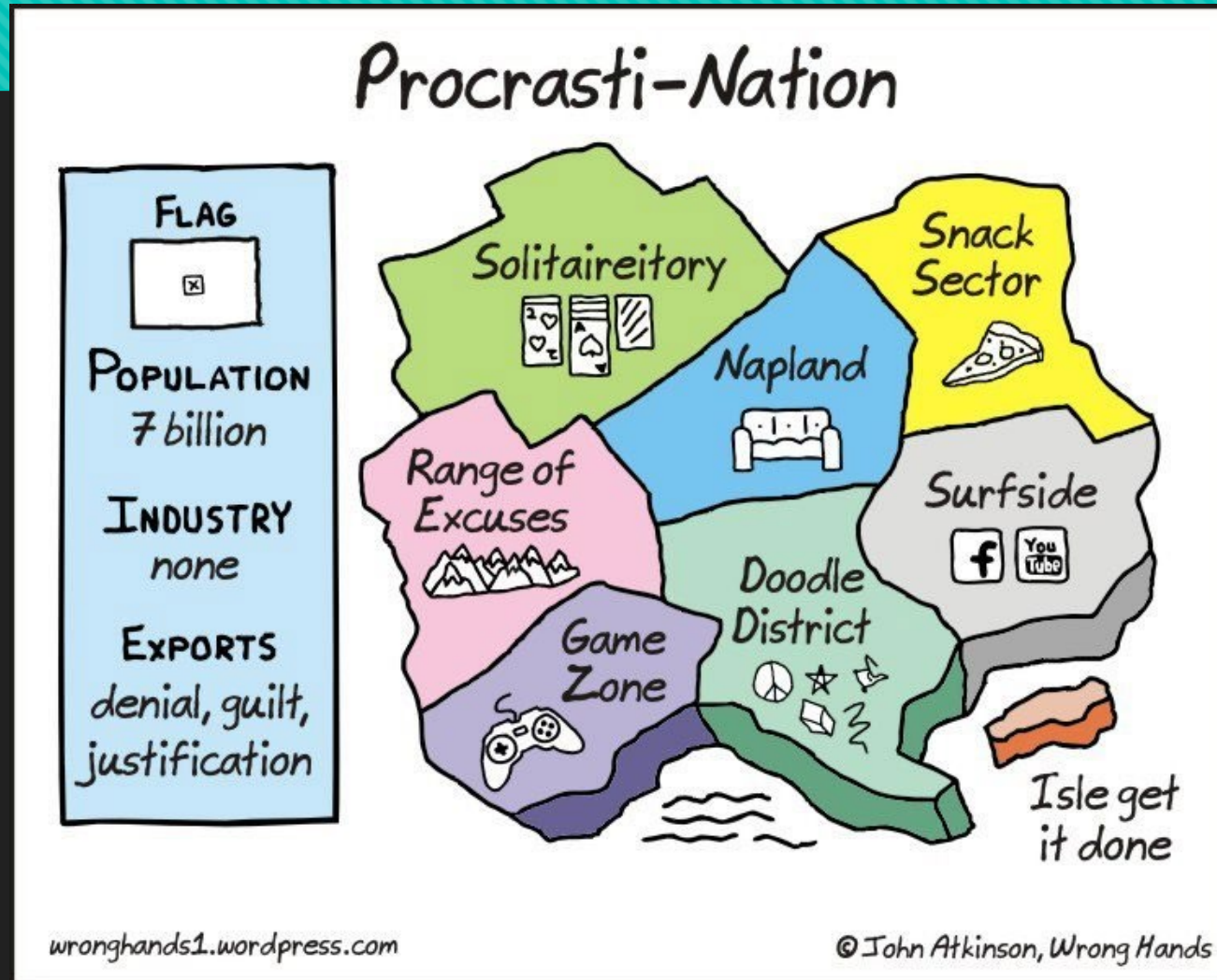
Assistant Director, The Collaborative

Trinity University (San Antonio, TX)

Lilly-Austin Conference

January 10, 2020

Welcome to...



Procrastinate: A 13-Letter Word

- Negative connotations

- But it's more than connotation...

Procrastinate: A 13-Letter Word

Merriam-Webster Definition:

- to put off intentionally and habitually
- to put off intentionally the doing of something that
should
be
done

Procrastinate: A 13-Letter Word

self-defeating behavior

self-regulatory failure

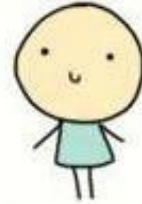
maladaptive

a “modern malady”

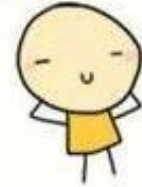
stages of procrastination

chibird.tumblr.com

1. false security



This isn't due for a while!



I'll relax for now.

2. laziness

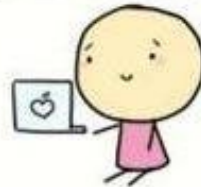


Maybe I should get a headstart...



Nah!

3. excuses

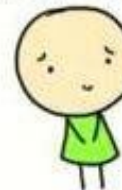


I'm busy right now.



Just taking a short break...

4. denial



I still have time...



I don't need sleep...

5. crisis



I'll never procrastinate again!

chibird
@
tumblr

6. repeat

Correlations of Procrastination

Positive

- self-handicapping
- task avoidance
- perfectionism
- irrational beliefs
- depression

Negative

- self-esteem
- internal locus of control
- personal standards
- quality of work
- opportunities

So Why Should We Help Students Be **BETTER** Procrastinators?

Academia's "Dirty" Little Secret

- 50%-95% of undergraduates procrastinate
- Rises in "chronic procrastination" are being noted culturally
- Faculty procrastinate too!

The Creative Process

INCUBATION

PREPARATION

Get raw material and data, and immerse yourself in the problem

INCUBATION

Take the information, work it over, and wrestle with it in your mind

INTIMATION

Turn the information over to the subconscious to do the work

ILLUMINATION

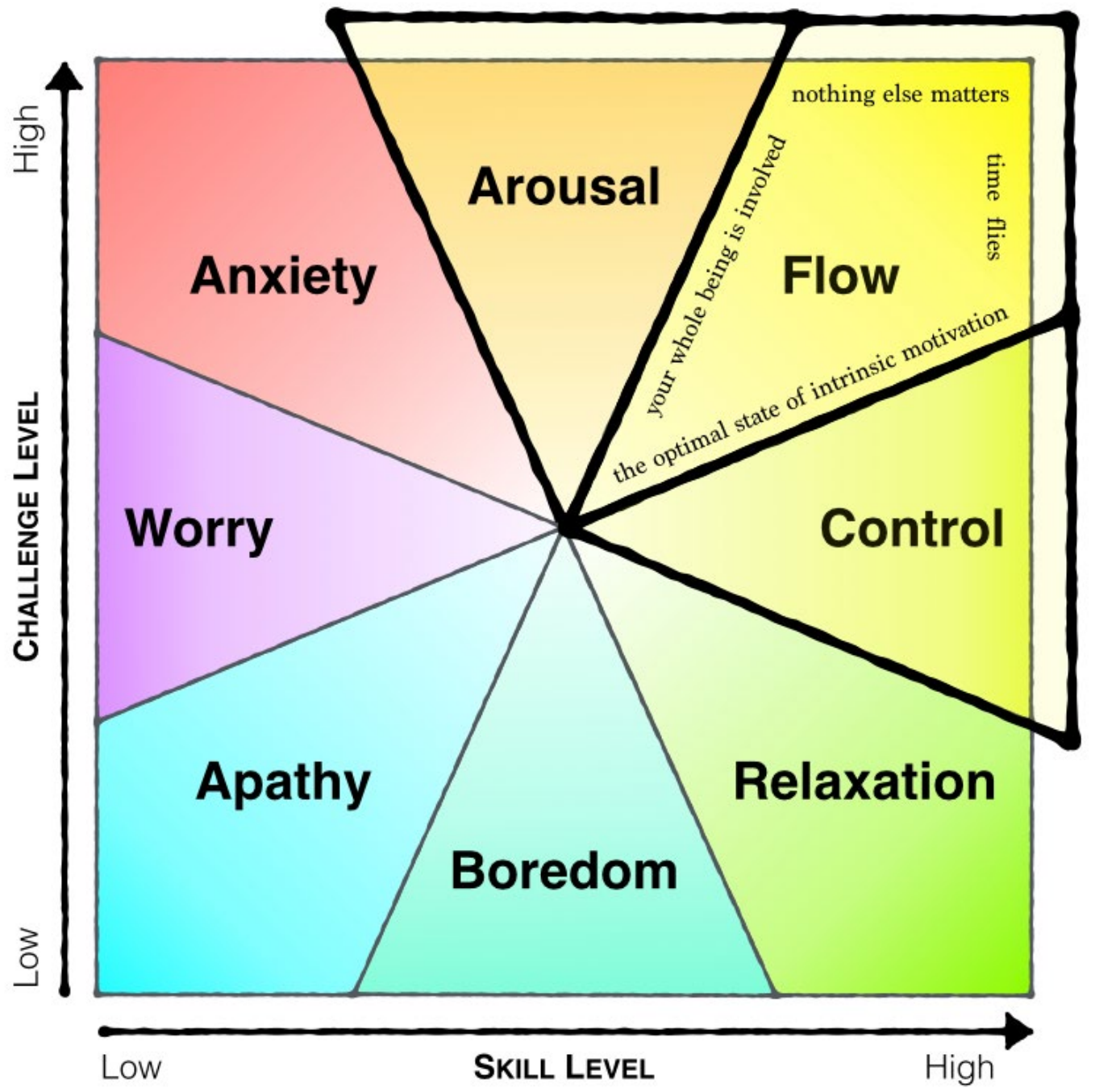
"Eureka! I have it!" phenomenon

VERIFICATION

Study the idea, evaluate it, reshape it for practical usefulness



MIHÁLY CSÍKSZENTMIHÁLYI'S FLOW MODEL



Self-Efficacy



Perhaps the problem is not procrastination...

but rather **how** we procrastinate.

Active Procrastination

Active Procrastinators...

“are capable of acting on their decisions in a timely manner. However, they suspend their actions deliberately and focus their attention on other important tasks at hand.”

--From Chu and Choi, pg. 247

Active Procrastinators...

- “like to work under pressure. When faced with last-minute tasks, they feel challenged and motivated, and that feeling immunizes them against the suffering common in passive procrastinators.”

Active Procrastinators...

“are persistent and able to complete tasks at the last minute.”

--From Chu and Choi, pg. 247

Familiar Pedagogical Practices, New Framework

Transparency in Learning and Teaching (TILT)

Transparency Framework

- Purpose
- Task
- Criteria

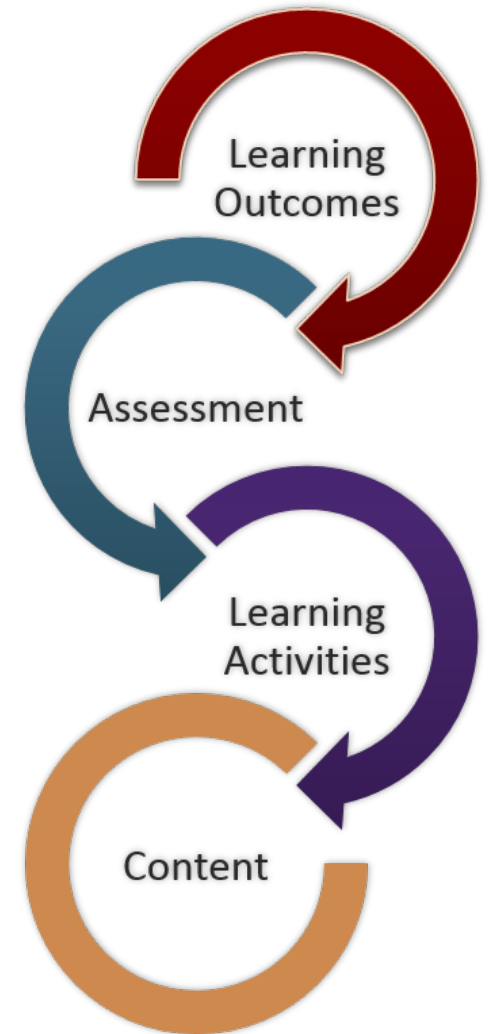
Pro-Procrastination Framework

- Build a community of procrastinators.
- Be transparent about relationship between deadlines/procrastination.
- Explicitly discuss what you want students to achieve in the task.

Backward Design

Pro-Procrastination Framework

- Consider how the task characteristics of an assignment reflect the learning outcomes.
- Create a relationship between content and skills that emphasizes the importance of both.
- Produce a narrative of learning that builds in room for procrastination.

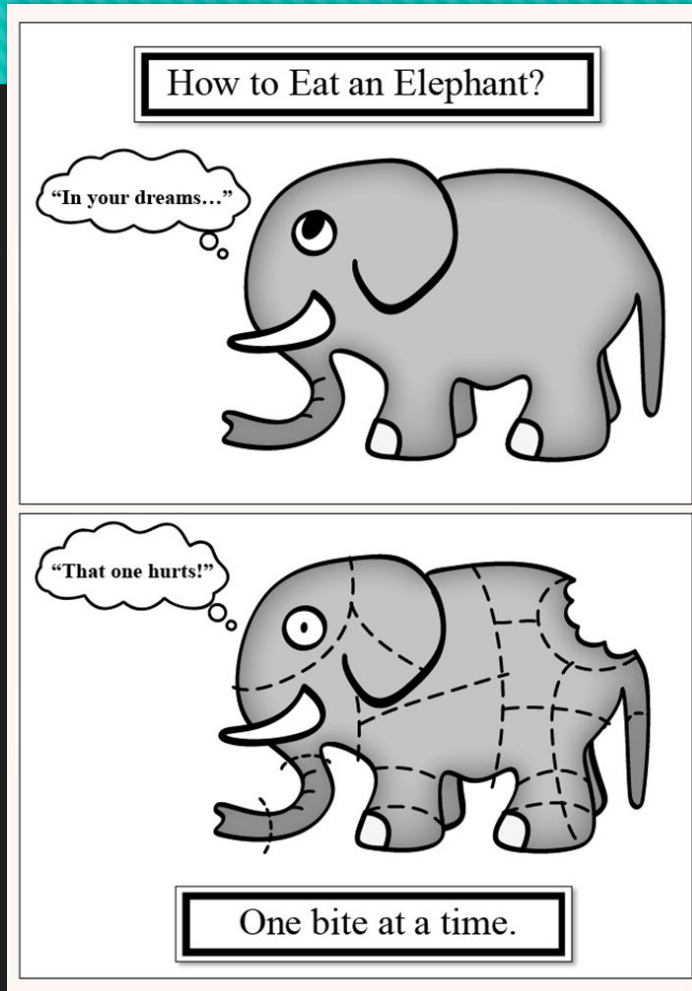


Scaffolding



<http://owl.education.excelsior.edu/wp-content/uploads/sites/2/2016/03/writing-process-2.jpg>

Scaffolding



Pro-Procrastination Framework

- Create formal opportunities for micro-procrastination.
- Offer reminders and instructions for each stage of the process.
- Build into your course an appreciation for the process not just the product.

Interleaving

**TOPIC
1**

**TOPIC
2**

**TOPIC
3**

**TOPIC
1**

**TOPIC
2**

**TOPIC
3**

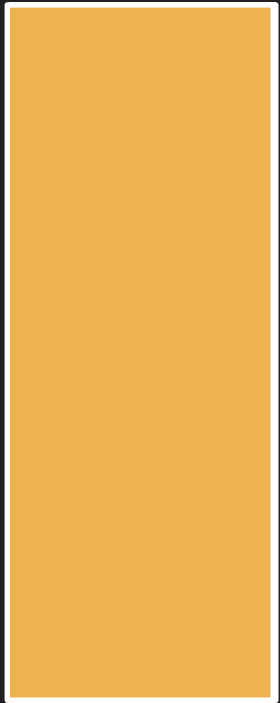


1 2 3

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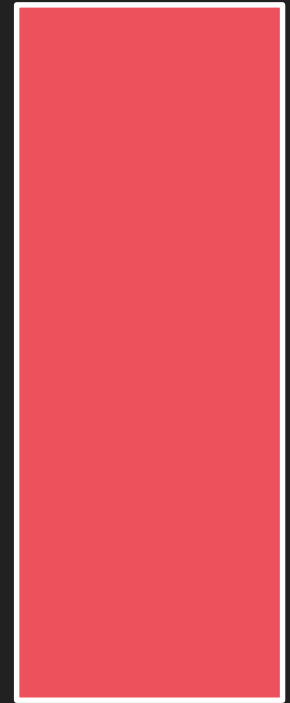
Spaced Retrieval



Test One

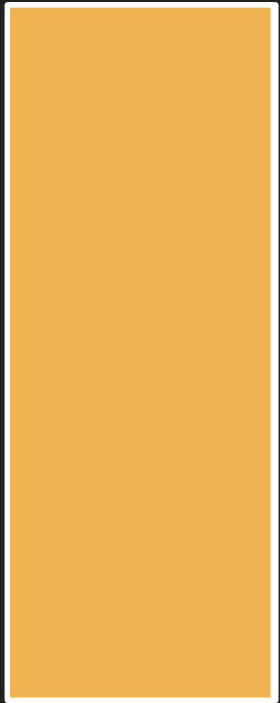


Test Two

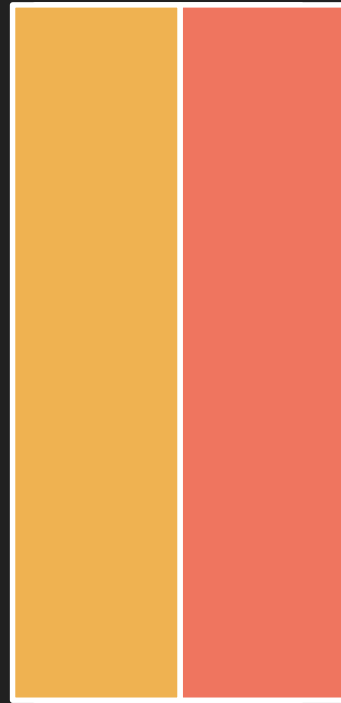


Test Three

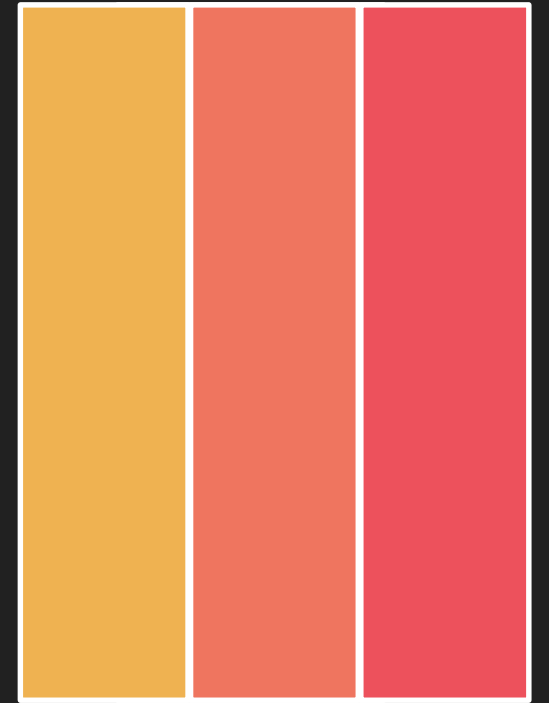
Spaced Retrieval



Test One



Test Two



Test Three

Retrieval Practices

Pro-Procrastination Framework

- Help students practice switching tasks through interleaving.
- Reduce problematic cramming by using spaced retrieval practices on assessments.
- Employ retrieval practices in the classroom to encourage deeper learning.



<https://www.retrievalpractice.org/>

Active procrastination may be particularly beneficial, even necessary, for individuals who work in highly demanding, unpredictable, and fast-changing environments (262).

Angela Hsin Chun Chu and Jin Nam Choi, "Rethinking Procrastination: Positive effects of "Active" procrastination Behavior on Attitudes And Performance" in *The Journal of Social Psychology* (2010).

Presentation by Dr. Katherine Troyer (ktroyer@trinity.edu) Lilly-Austin January 10, 2020



<https://thriveglobal.com/stories/how-do-i-know-if-i-am-an-active-procrastinator/>