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The Pathway from Procrastination to Productivity

Procrastination

- “The act of replacing high-priority actions with tasks of low priority, and thus putting off important tasks to a later time”
(Wikipedia)

TALES OF MERE EXISTENCE

BY LEV YILMAZ

Procrastination

“Procrastination may result in stress, a sense of guilt and crisis, severe loss of personal productivity as well as social disapproval for not meeting responsibility or commitments. Chronic procrastination can be a sign of a psychological disorder”
(Wikipedia)

Procrastination

- 20% of people identify as chronic procrastinators * (Dr Joseph Ferrari PhD)
- 70% College students
- Research predicts lower salaries and higher likelihood of unemployment
- “problem of self regulation” **

“Procrastination is the grave in which opportunity is buried”

- *Study of 22,053 people
- ** Timothy Pychyl “Solving the Procrastination Puzzle”

Impact

Stress, anxiety, depression, irritability, feelings of shame, guilt and low self esteem.

Obsessive/compulsive behaviours.

Health – colds, flu, IBS, insomnia, loss of appetite, fatigue, sleep deprivation, over-active mind.

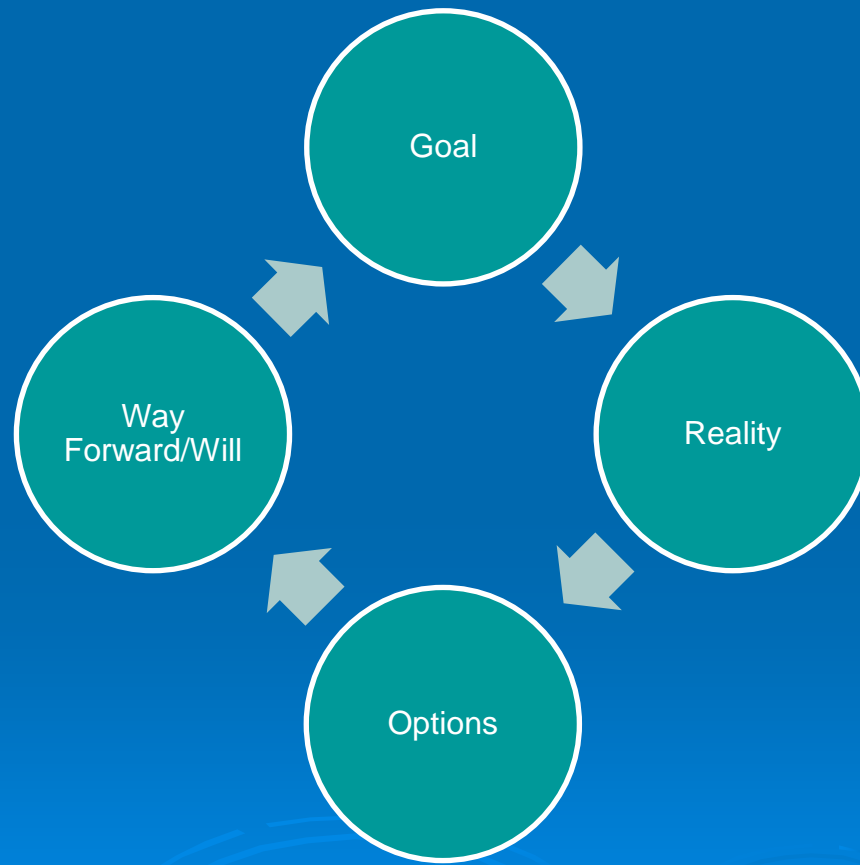
Relationships – become withdrawn: downward spiral.

Cognitive Behavioural Coaching

- Kearns, Forbes & Gardiner. (2008)
- CBC Programme with PhD students
- ANTs & MATHs.



GROW MODEL



Procrastination

To sum up...

Procrastination and self-sabotaging behaviour patterns have serious implications for the individual and the wider community

There is a way forward...

GROW MODEL

GOAL:

REALITY: (What's going on?)

OPTIONS: (From the simple to the complex)

WAY FORWARD: (Action Plan & Commitment)

Useful References

Solving the Procrastination Puzzle by Timothy A. Pychyl
Innovation in PHD completion: the hardy shall succeed
(and be happy!)

Kearns, Gardiner and Marshall (2008)

When a High Distinction isn't Good Enough: A Review of
Perfectionism and Self-Handicapping

Kearns, Forbes, Gardiner & Marshall (2008)

“A COGNITIVE BEHAVIOURAL COACHING INTERVENTION FOR
THE TREATMENT OF PERFECTIONISM AND SELF-
HANDICAPPING IN A NON-CLINICAL POPULATION

Kearns, Forbes & Gardiner (2007)

Useful References

- The Seven Habits of Highly Effective People by Stephen R. Covey
- The 8th Habit. From Effectiveness to Greatness by Stephen R Covey
- The Four Hours Work Week by Tim Ferris
- Leadership and Self-Deception. The Arbinger Institute
- Tim Pychyl, Professor of Psychology, Carleton University, Ottawa
- Joseph Ferrari, PhD Associate Professor of Psychology, De Paul University, Chicago
- Gordon Felt, Associate Dean of Research and Graduate Education, York University

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