

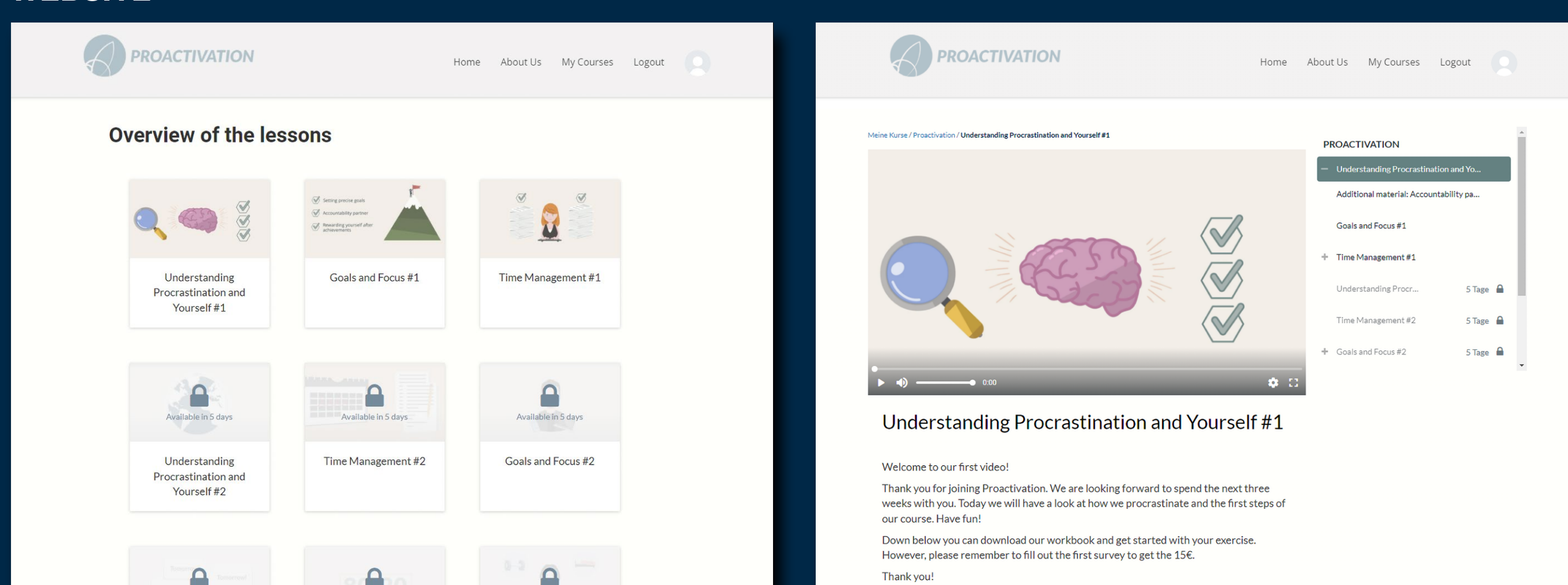
# Proactivation



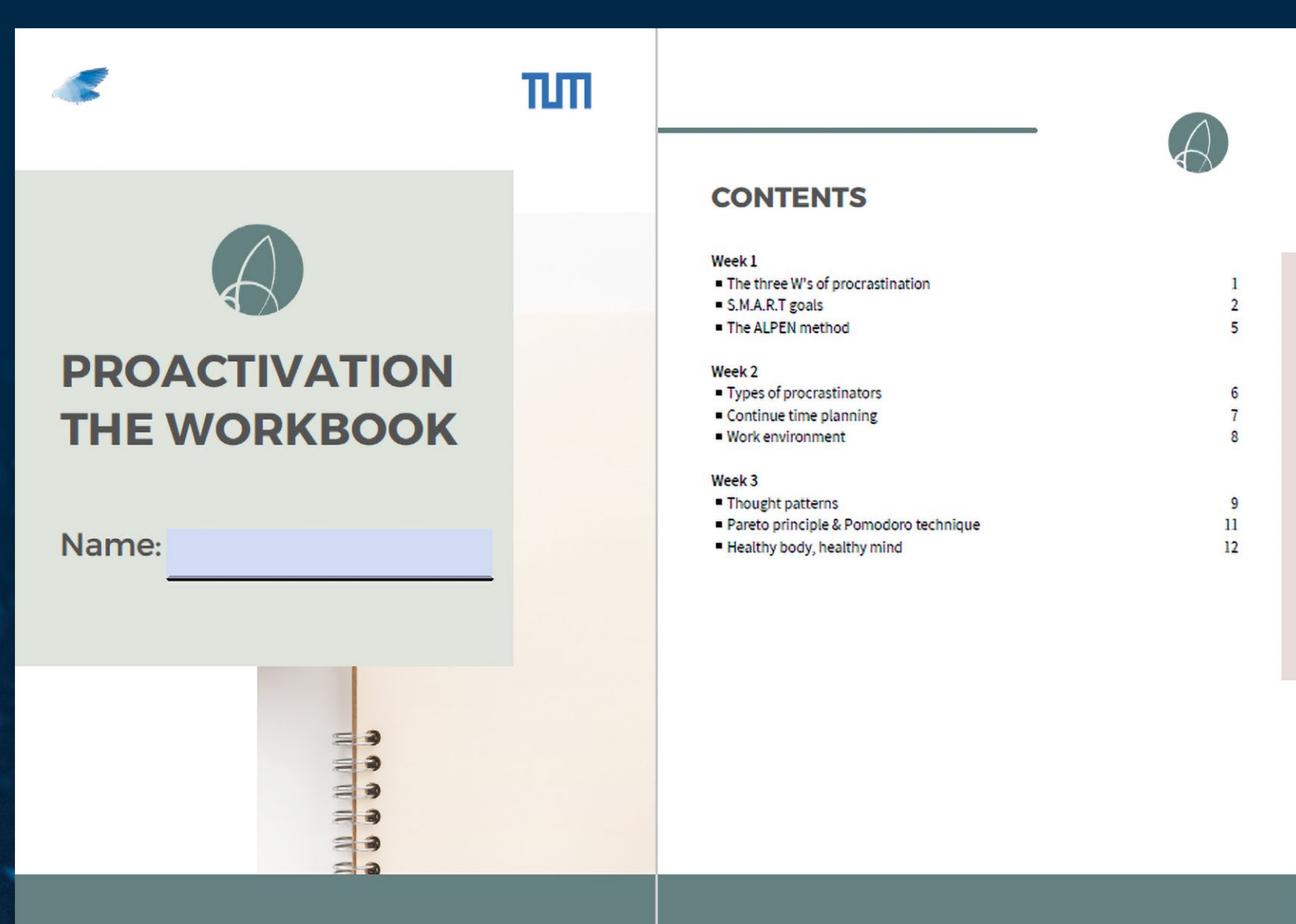
## PROJECT

Our motivation is to help students to tackle procrastination, as it affects mental health and the academic performance. To achieve this, we designed an anti-procrastination online course: The Proactivation course. Within nine short 5-minute videos we explain the scientific backgrounds of procrastination and provide hands-on methods and techniques to use in every-day life. In addition, we created a workbook in which students can take action on their own.

### WEBSITE



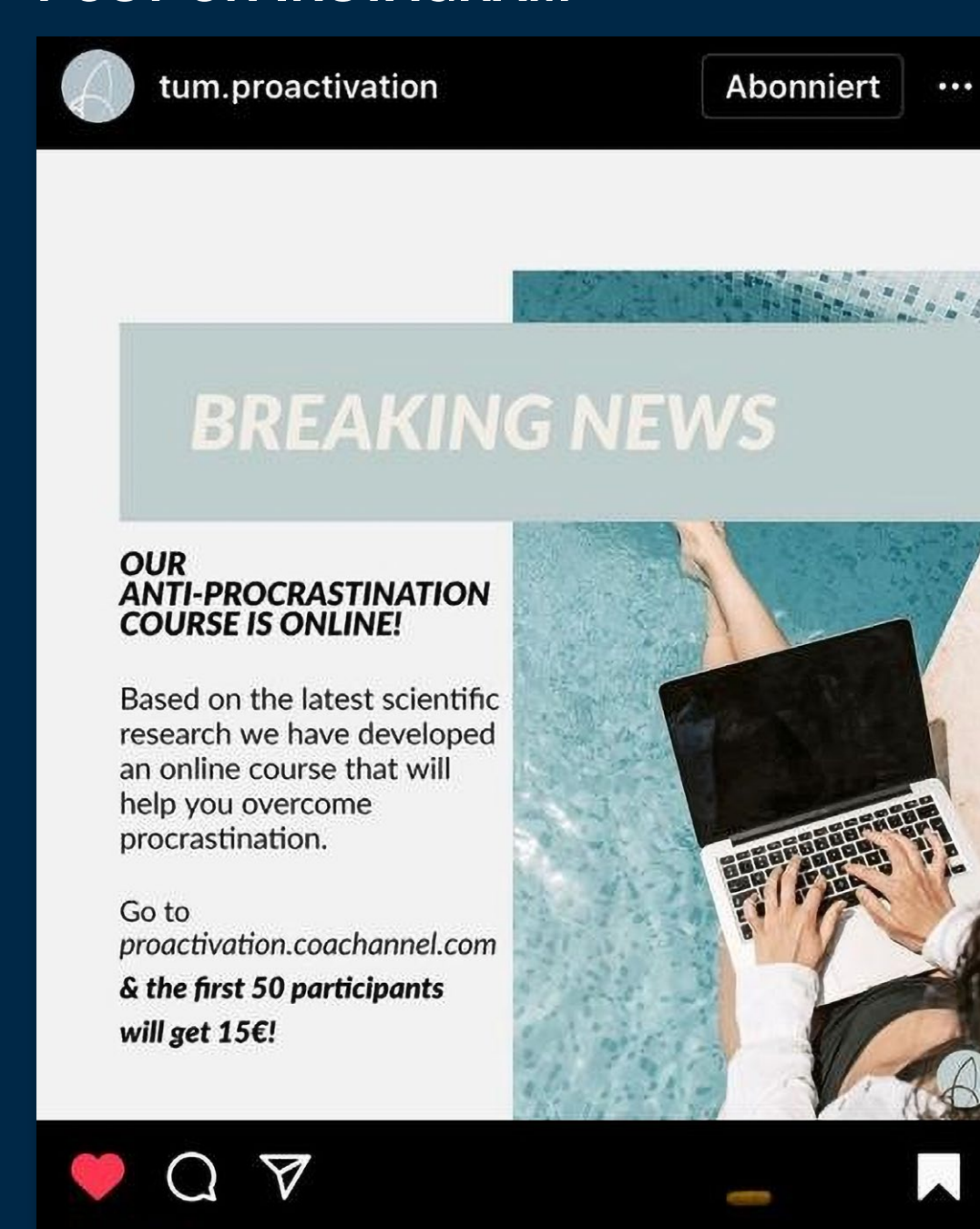
### WORKBOOK



## PROCESS AND MILESTONES

- **01.09.2021**  
**Start of Instagram advertisement campaign**
- **15.10.2021**  
**Distribution of flyers at the start of the new semester**
- **01.11.2021**  
**Launch of the Proactivation online course**

### POST ON INSTAGRAM



## RESULTS OF THE PROACTIVATION COURSE

- **November 2021**  
**Mentioned in an Antenne Bayern live show and on the Instagram page "mitvergnuegen\_muenchen"**
- **Today**  
**Around 600 online course sign ups, 200 completed pre-surveys and more than 25 completions, 878 Instagram followers**

## RESEARCH FRAMEWORK

In order to evaluate our anti-procrastination course, we investigate the students' tendencies to procrastinate within two consecutive surveys before starting and again after finishing the online course. The surveys are based on scientifically approved scales on procrastination "Pure Procrastination Scale" and well-being "WHO-5 Well-Being index".

## NEXT STEPS

- **Increase number of participants in the post-survey**
- **Start with statistical evaluation of the PROACTIVATION course**
- **Start with reporting the results of our research question**

### References:

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 Alexander Rozehtal, Gerhard Andersson, Johanna Boettcher, David Daniel Ebert, Pin Cuijpers, Christine Knaevelsrud, Brjann Ljótsson, Viktor Kalch, Nickolai Titov, Per Carlbring. "Consensus statement on defining and measuring negative effect of Internet interventions" (2014).

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