

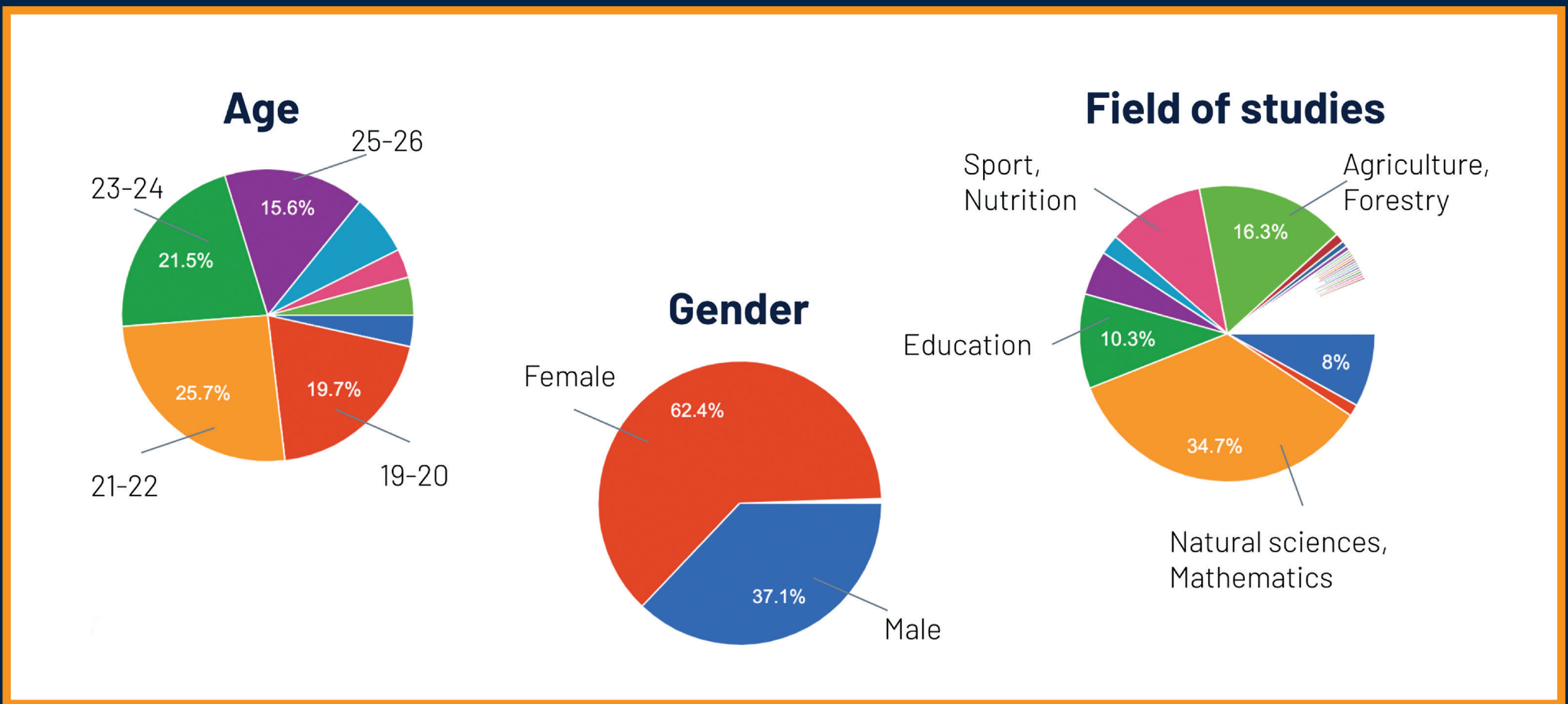
# Proactivation

## PROJECT GOAL

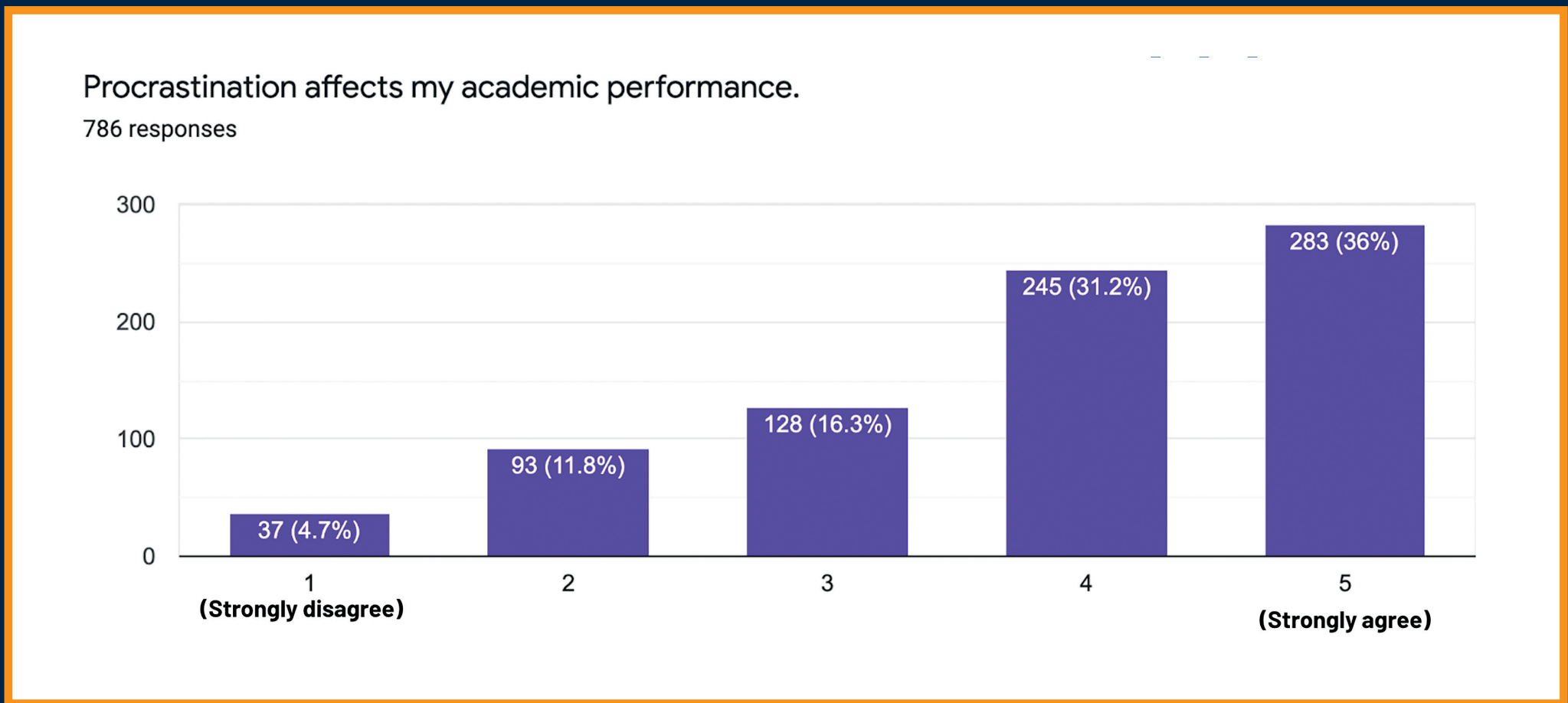
Our goal is to create an anti-procrastination course. For this, we will set up a website comprised of short videos and exercises for students who struggle with procrastination. By helping students reduce procrastination, we want to improve their mental wellbeing.

## STATUS QUO

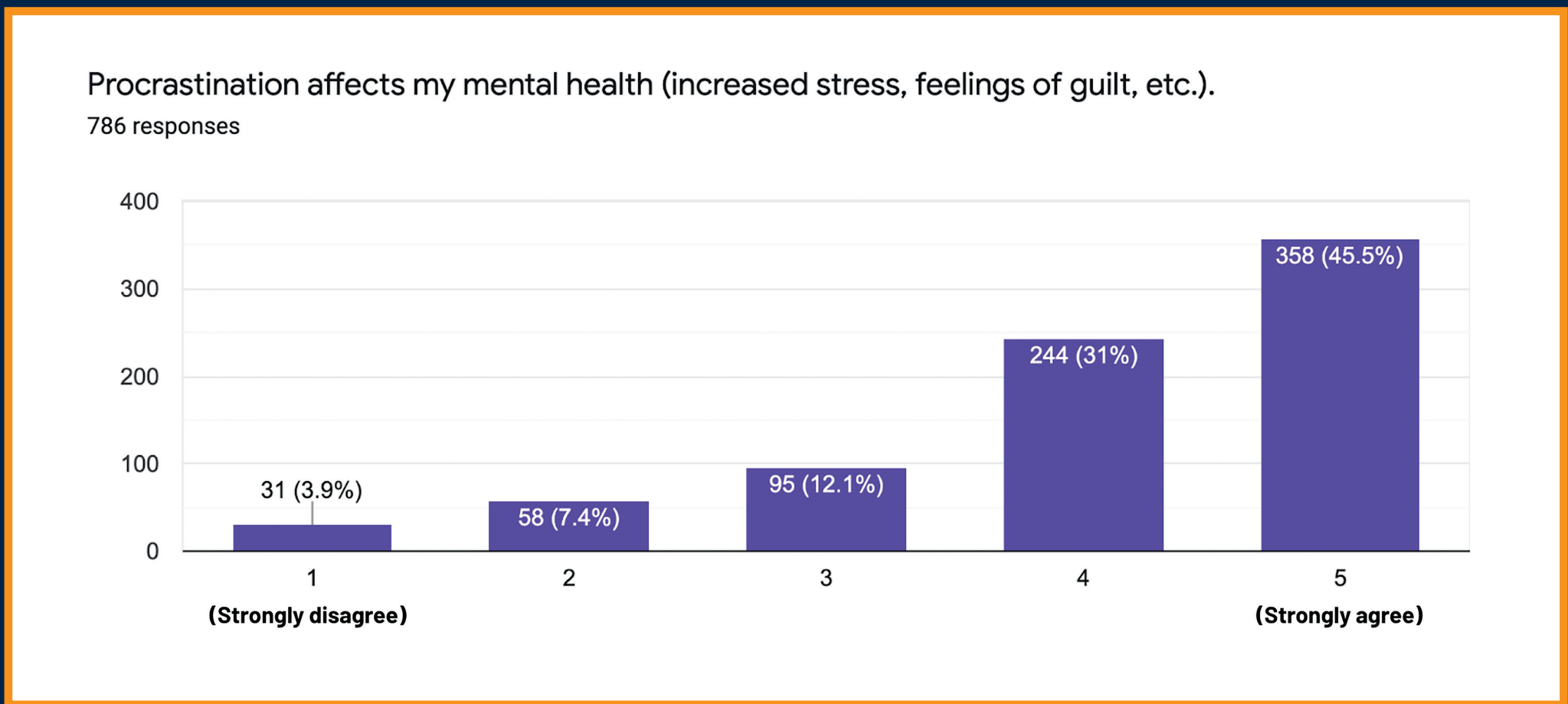
We conducted a pilot study asking 786 students from various fields about their reasons for procrastination, the effect procrastination has on them and their personal solutions to procrastination. Here are our most significant findings:



>> 2/3 of students reported that procrastination affects their academic performance



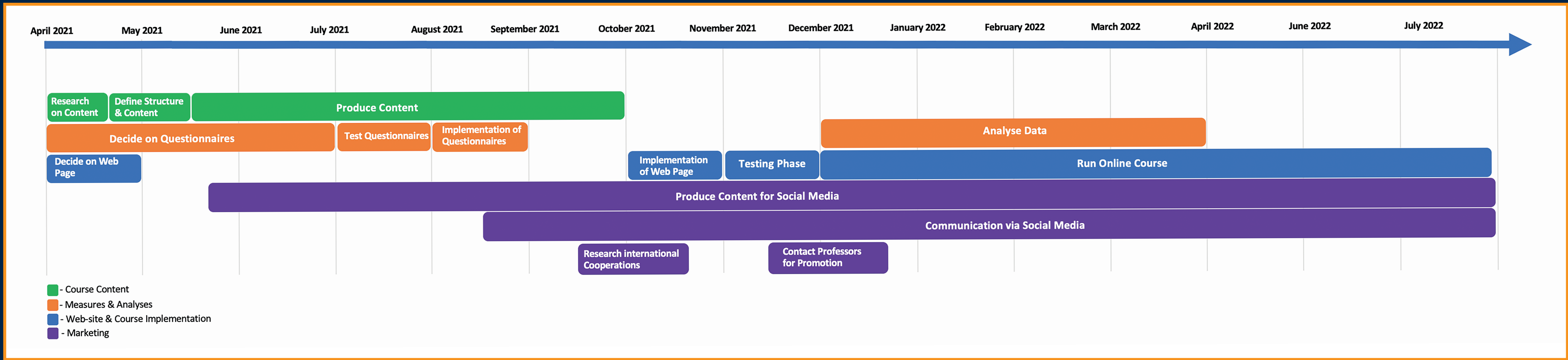
>> Over 76% of students said that procrastination affects their mental health



With these results, the extent of the problem of procrastination became even more apparent, encouraging us in our efforts.

## TIMELINE

By October of 2021, we want to finish the production of our content. Subsequently, we will implement the videos so that we can conduct a short testing phase. We aim to launch our website in November, alongside the upcoming winter semester.



## OUR TEAM



### References:

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 Jane K. McFadden. "A Study of Academic Procrastination in College Students" (1999)  
 Alexander Rozental, Gerhard Andersson, Johanna Boettcher, David Daniel Ebert, Pin Cuijpers, Christine Knaevelsrud, Brjánn Ljótsson, Viktor Kaldö, Nickolai Titov, Per Carlbring. "Consensus statement on defining and measuring negative effect of Internet interventions" (2014).

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### MEMBERS

Anastasia Asiedu, Christian Dietz, Dario D'Alò Fonseca, Leonardo Giannotti, Daniel Khadra, Genoveva Müller, Elisa Rodepeter, Oliver Schurius, Laura Willinger

### TUTORS

Ho Huang, Saskia Hutschenreiter

### SUPERVISORS

Prof. Dr. Ilona Grunwald Kadow, PD Dr. Alexander Zink

