

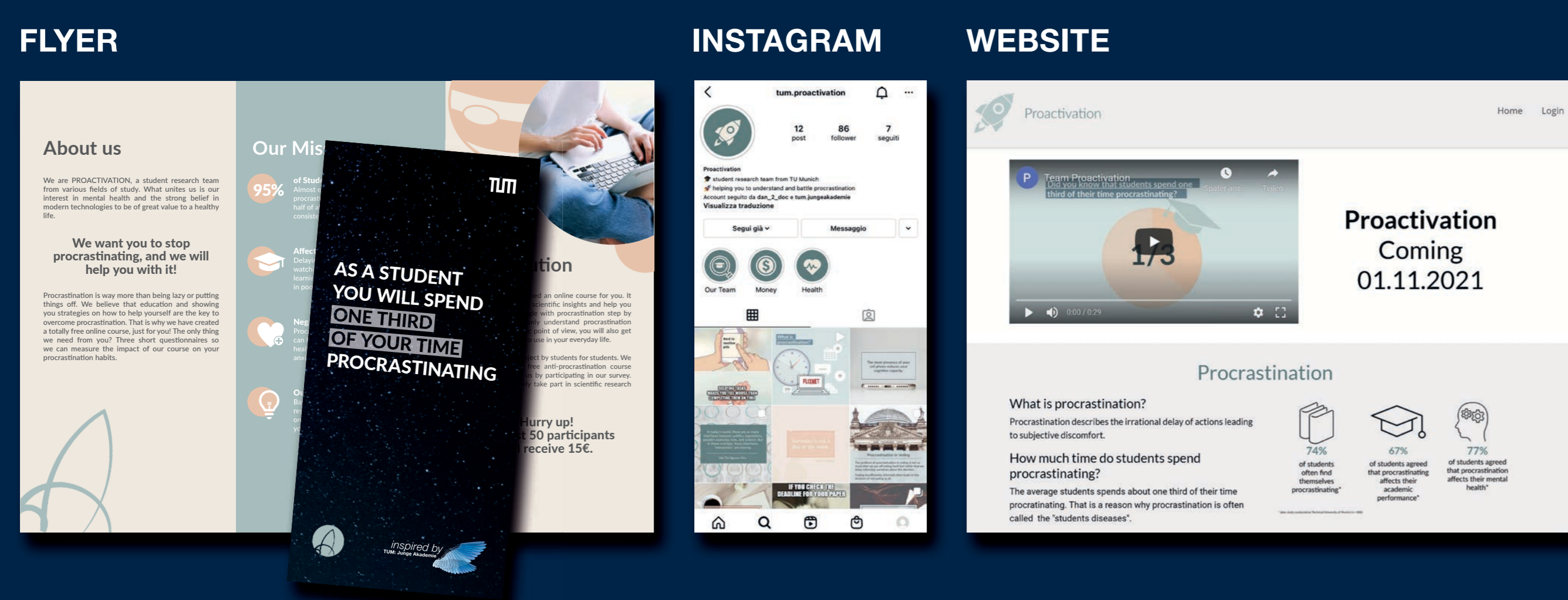
Proactivation



CURRENT STATUS

We are PROACTIVATION, a student research team from various fields of study. We designed a free anti-procrastination course that provides scientific insights and aims to reduce procrastination step by step.

We already started our marketing campaign which includes our Instagram and Facebook page and the distribution of flyers around the campus and beyond.



The course will be accessible through our recently launched website where you can already register. The storyboards for the whole course are completed and we are currently finalizing the production of the educational videos.

We cooperate with the Munich Center of Technology and Society. PROACTIVATION will be implemented in their course catalog as an additional program. Moreover, we established a partnership with further organizations as for example in the field of meditation to help students in their struggle with procrastination and stress.

RESEARCH QUESTION

To what extent does the three-week online course PROACTIVATION reduce procrastination in students?

SUBQUESTIONS

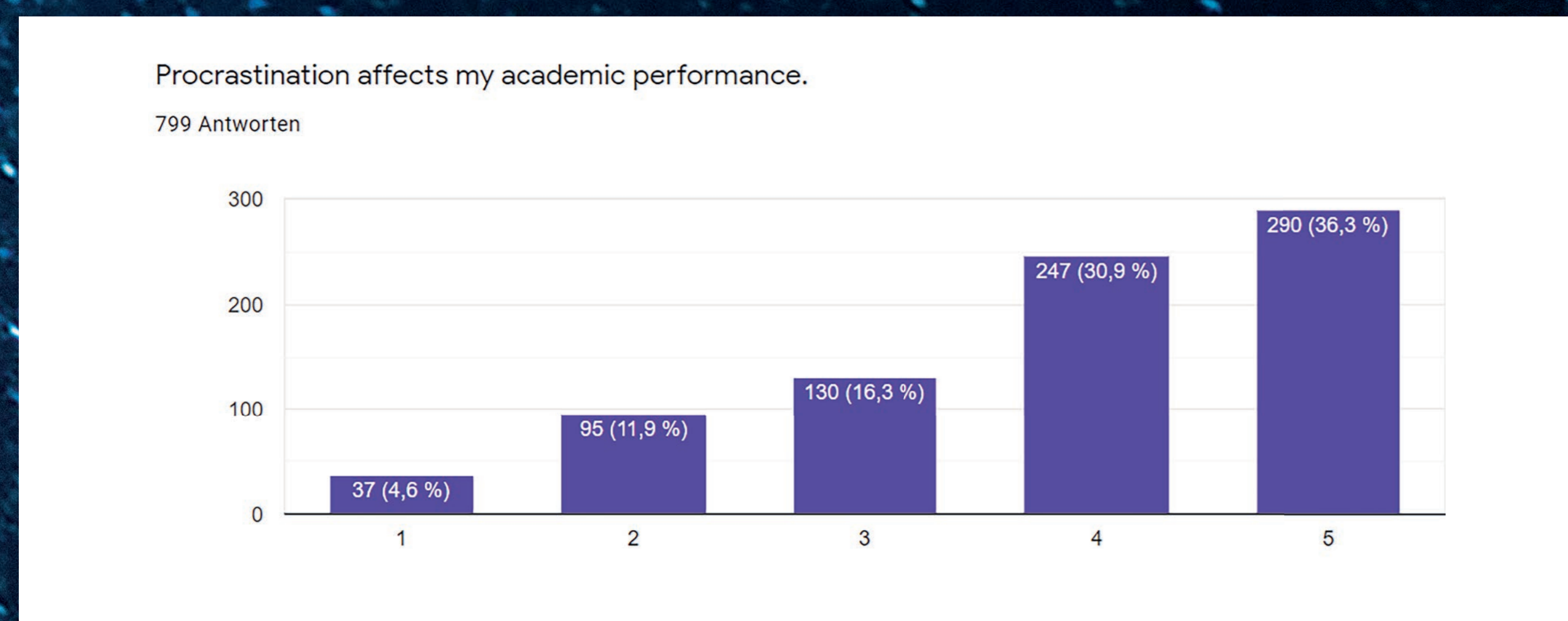
- ***“To what extent does the effect sustain after six weeks?”***
- ***“To what extent does the course improve mental wellbeing?”***

Our aim is to measure the effects of our course. Our study will be conducted through three questionnaires – pre, post and six-weeks follow up – which are based on renowned scales (Pure Procrastination Scale and the WHO well-being index).

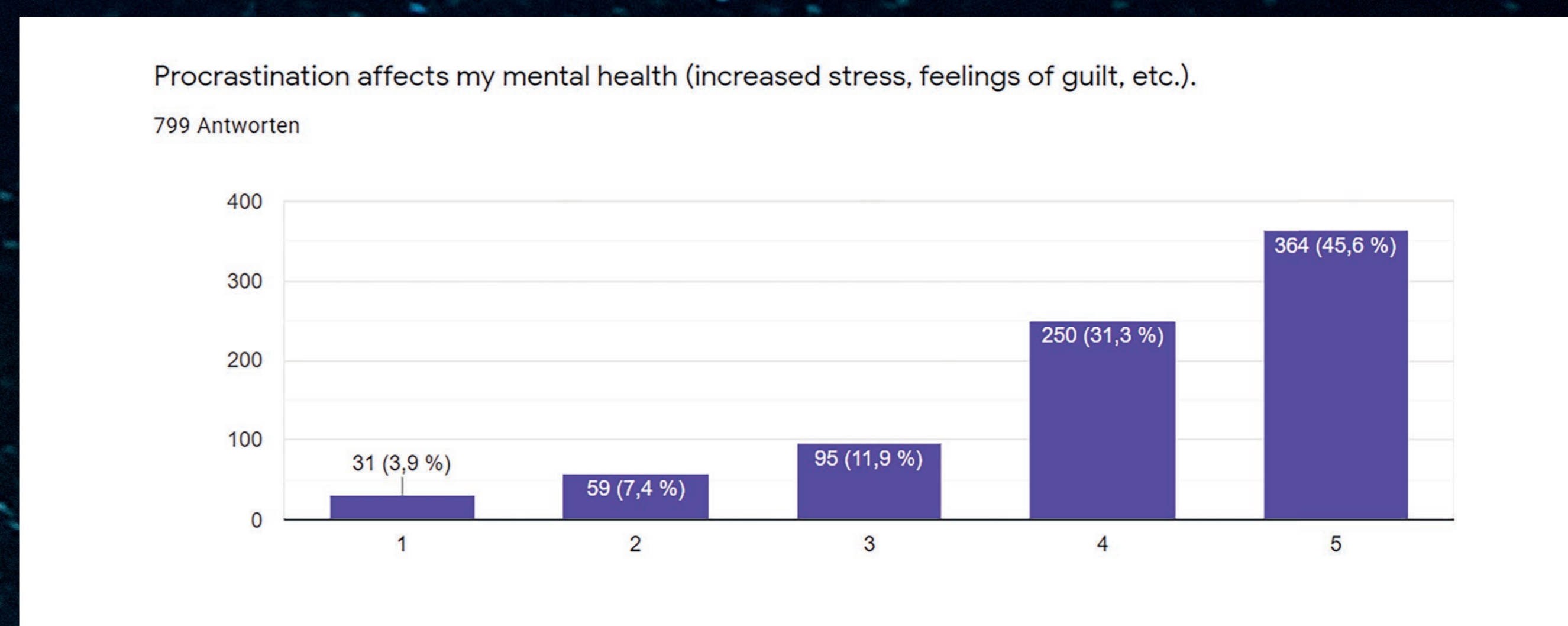
FIRST RESULTS

We conducted our first pilot study in January and showed the results in the first poster. Our main findings are stated in the following:

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



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



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, Brjann Ljotsson, Viktor Kaldö, Nikolai Titov, Per Carlbring. "Consensus statement on defining and measuring negative effect of Internet interventions" (2014).

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