

I'LL DO IT LATER...

OVERCOMING PROCRASTINATION AMONG STUDENTS WITH ACT

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WHAT IS PROCRASTINATION?

- The voluntary delay of important activity, despite expecting potential negative consequences that outweigh the positive consequences of the delay.



Klingsieck (2013) ; Steel (2007)

PROCRASTINATION OR STRATEGIC DELAY?

	Procrastination	Strategic delay
An overt or covert act is delayed	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
The start or completion of this act is intended	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
The act is necessary or of personal importance	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
The delay is voluntary and not imposed on oneself by external matters	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
The delay is unnecessary or irrational	<input checked="" type="checkbox"/>	
The delay is achieved despite being aware of its potential negative consequences	<input checked="" type="checkbox"/>	
The delay is accompanied by subjective discomfort or other negative consequences	<input checked="" type="checkbox"/>	

Klingsieck (2013)

A FREQUENT PROBLEM

- **80% to 95%** of university students engage in procrastinatory behaviors.
- **50%** of university students consider their tendency to postpone academic tasks to be problematic.
- For **20%** of students (and population), this problem is chronic.

CONSEQUENCES OF PROCRASTINATION

- Procrastination is linked to many problems:

- Lower grades (Kim & Seo, 2015)
- Stress and Anxiety (Blunt & Pychyl, 2000)
- Psychological health problems (Ferrari & Díaz-Morales, 2014)



"Nothing is so fatiguing as the eternal hanging on of an uncompleted task."

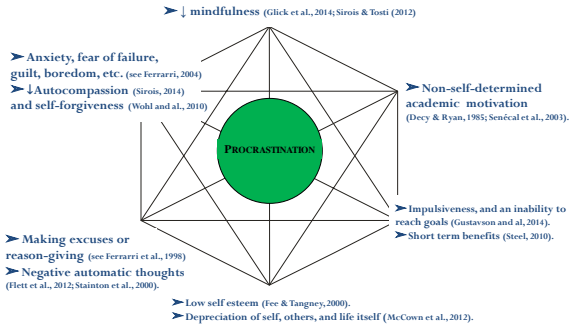
William James

WHY?

VARIOUS EXPLANATION

- Task characteristics
- Defense mechanism
 - protects the ego, self-handicapping
- Personality traits
 - neurotism, low conscientiousness, perfectionism
- Cognitive distorsion
- Failure in self-regulation

Dionne, Raymond, Armand, 2018; Klingsieck, 2013)



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AVOIDING DISCOMFORT?



Ciarrochi & Mercer (2006)

A TENACIOUS HABIT

- Procrastination allows:
 - Relief from unpleasant activity (e.g., stress or boredom)
 - Access a fun activity (e.g., Facebook, emails, Netflix).
- Short term > Long term.



EMPIRICAL SUPPORT: INFLEXIBILITY MODEL

- Past studies have found support for the use of ACT processes in the prediction of academic procrastination:
 - Committed action (Gagnon, Dionne, Pychyl, 2016)
 - Psychological inflexibility (Eisenbeck *et al.*, 2019; Glick *et al.*, 2014)
 - Mindfulness (Sirois & Tosti, 2012)

EMPIRICAL SUPPORT: ACT TREATMENT

- Compared to a CBT intervention, an ACT intervention produced a greater reduction of procrastination at three months follow-up (Wang *et al.*, 2017)
- ACT intervention was found to be as effective as a Time management program (Glick & Orsillo, 2015)
- See also Dionne *et al.* (2016), Gagnon *et al.* (2018), and Scent and Boes (2014)

BUILDING SKILLS TO ENGAGE FULLY IN STUDIES



1. NOTICING PROCRASTINATING BEHAVIORS



Dewitte & Schouwenburg (2002) http://www.bubblews.com/news/2201808-internet-distractions

Horizontal lines for notes.

BREAKOUT GROUPS: TASK 1

- 1. List as many procrastination (overt) behaviors as possible :

Horizontal lines for listing behaviors.

Horizontal lines for notes.

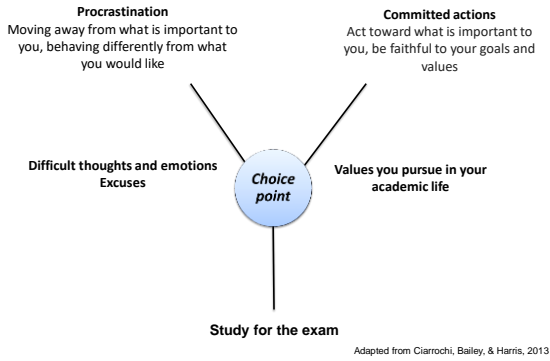
DIFFERENT BEHAVIORS, SAME FUNCTION

- Browsing social networks (Facebook)
□ Posting photos on Instagram
□ Testing new Snapchat filters
□ Answering your text messages
□ Watching TV series, movies, listening to music
□ Playing video games
□ Watching pornographic videos
□ Accepting all outings with friends
□ Starting a low priority assignment
□ Doing housework
□ Shopping
□ Drinking alcohol or using drugs
□ Eating
□ Napping
□ Playing sports
□ Other:



Horizontal lines for notes.

THE CHOICE POINT



2. CHOOSE A DIRECTION



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2. CLARIFYING VALUES

- Where do you see yourself 5 years from now ?

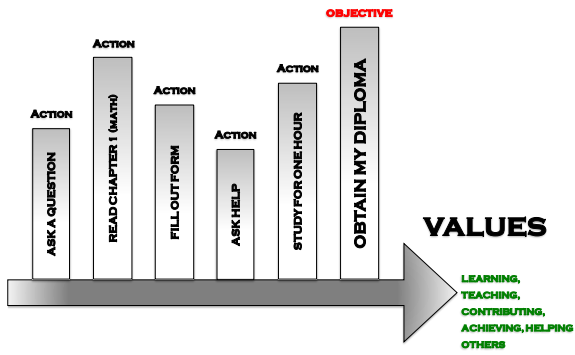


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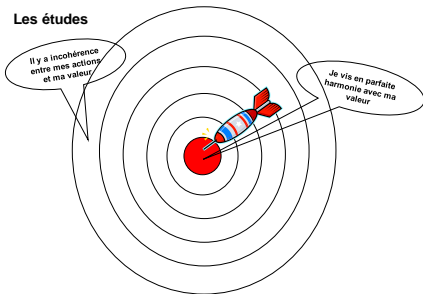
2. CLARIFYING VALUES

- Write about what's important for you in studies
– I study _____, because

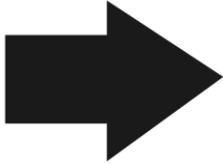




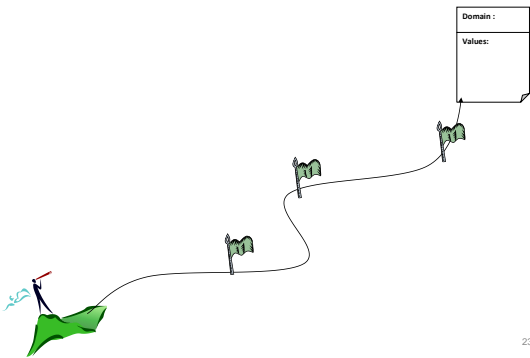
Les études



3. COMMIT TO ACTION



SET GOALS TOWARD VALUES



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TIME MANAGEMENT

- 1. List all tasks and levels of priority

TASK	PRIORITY (1, 2 ou 3)
<i>Prepare for oral presentation</i>	<i>P2</i>
<i>Read chapter 4 (geography)</i>	<i>P1</i>
<i>Return books to the Library</i>	<i>P1</i>
<i>Write email to Emily</i>	<i>P3</i>

PLANNING

- 2. Choose a task

- _____

PLANNING

- 3. Divide into smaller parts

PLANNING

- 4. Which task will you begin with?

- _____

- 5. When, where and with whom ?

- _____

SMART METHOD

- Specific
- Mesurable
- Attainable
- Realistic
- Timely

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REMOVE DISTRACTIONS



- 6. What distraction will occur

- 7. What will you do to remove distractions?

- _____

- _____

4. BUILDING WILLINGNESS

- What's going on in your body (sensations, emotions) just before you start a task?

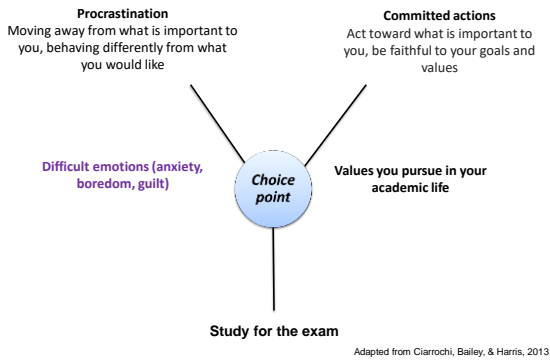


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SITTING WITH DISCOMFORT



THE CHOICE POINT



CAN WE AVOID PAINFUL EMOTIONS?

- Do not think of....



CHINESE FINGERTRAP



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POMODOO AS AN EXPOSURE TECHNIQUE



pomodorotechnique.com

WILLINGNESS CONTRACT

I am willing to feel *This week...*

(vos inconforts : anxiety, boredom...)

In order to

(task planned).

And get closer to :

(values)

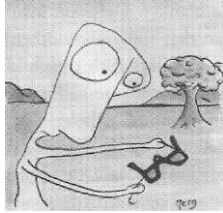
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5. DEFUSING FROM THOUGHTS

Fusion

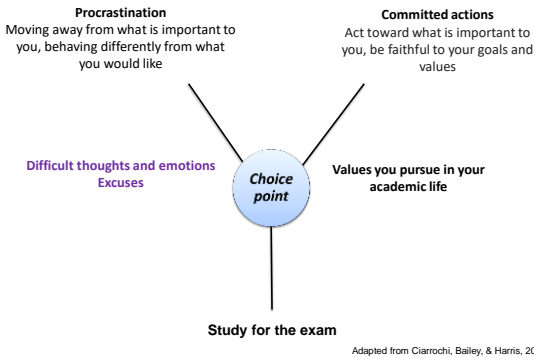


Defusion



Tiré de Ciarrochi et Bailey, 2008

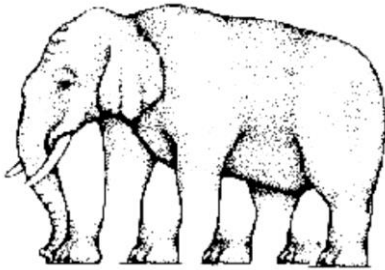
THE CHOICE POINT



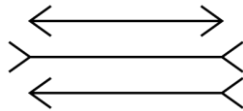
BREAKOUT GROUPS: TASK 2

- 2. List as many reasons to procrastinate as possible

- _____
- _____
- _____
- _____
- _____
- ...



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http://fr.wikipedia.org/wiki/Illusion_d'optique ⁴¹

DISTORSIONS IN PROCRASTINATION

- 1. Overestimate time left to complete task
- 2. Underestimate time to do the task
- 3. Overestimate upcoming motivation
- 4. Believing we need to be « in the mood »
- 5. Believing that if we are not « in the mood », it won't be productive

Ferrari et al., (1995) ⁴²

MAKING EXCUSES

- Reason-giving
 - « I'm too tired »
 - « I don't feel like studying »
 - « I have plenty of time left »
 - « I'm too stressed »
 - « This is too difficult »

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5 USEFUL DEFUSION TECHNIQUES

- Don't do what your mind tell you
- Kick your butts!
- I am having the thought that...
- Thank your mind for that thought
- Is this thought helpful ?

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6. PRESENT-MOMENT AWARENESS

- Multitasking?
- Informal Mindfulness
 - Raisin exercise
 - Walking, listening
- Formal mindfulness
 - Breathing exercise
 - Body exercise



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7. MOVING FORWARD...



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Q & A



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