

HD 100PM : PROCRASTINATION & MOTIVATION

Transcript title

Procrastination Motivation

Credits

1

Grading mode

Standard letter grades

Total contact hours

10

Lecture hours

10

Course Description

Introduces students to the characteristics of procrastinating behaviors. The class explores reasons for procrastination and how to self-negotiate to eliminate non-productive behaviors. Specific tools to address individual styles of procrastination will be introduced with an emphasis on identifying personal values to motivate one to action and achieve defined goals.

Course learning outcomes

1. Explain the role of perception on attitudes, behavior and motivation
2. Examine, choose, and prioritize activities for effectiveness using a wise choice process
3. Examine self-talk to analyze impact on motivation
4. Assess and use tools to examine and change procrastinating behaviors
5. Use awareness to prioritize actions and activities
6. Develop a plan of action to increase motivation and reduce procrastinating behavior