

Procrastination and Time Management

Summary

Attending a university can be a super stressful four years for students, specifically for first year college students. Coming into a new world with a packed schedule full of difficult classes can lead to a great deal of pressure, especially when students want to strive in their new environment. Many scholars can fall victim to procrastination and poor time management skills. Having awful time management includes not staying on task and losing valuable time. When time is lost, work becomes rushed and the quality of work decreases. Poor time management is a byproduct of procrastination meaning someone is purposely delaying a task. These negative traits work hand and hand which can affect more than tasks but life itself. Students' emotions can be affected resulting in becoming stressed, irritable, and less confident. The lack of confidence convinces a person to believe they can not succeed, and as a result tears at their will to try.

Both these negative skills have a common trait of avoidance. Our objective is to break the cycle of avoidance. To ensure that every ASU student is on top of their tasks and achieving their full potential as a student, by building an "ASU Time Management Center" on ASU grounds as well as creating a partnering application that combats procrastination and negative time management could be super beneficial for those who are struggling.

Problem

Getting in the groove of a schedule can take a long time to figure out. College students have to learn how to balance their classes, homework, and extra curriculums in a manner that works for them. Sometimes students never figure this out because they're so used to procrastinating. In a recent survey conducted of mostly freshmen, 79% of people agreed that they were "procrastinators" and that their stress level was an 8/10 when they did procrastinate. This is

an extremely high percent of people with a high amount of stress, which shows that waiting till the last minute to do work is a very real issue for many.

In another poll, most students answered that they procrastinate because; they want to hang out with friends, they have other activities going on, or that their stress level was too high to focus on work. This survey we conducted shows true because according to “Alpha Efficiency” when a person procrastinates there are four different types of ways they can act. These include being an anxious procrastinator, a fun procrastinator, a “plenty of time” procrastinator, and a perfectionist procrastinator. Anxious procrastination is when a person plans to do an extreme amount of work in a small amount of time which causes a sense of panic in a person resulting in them giving up. Fun procrastination people will use any excuse that sounds fun to ignore the task they are dreading to do. For example, if a student was delaying a paper and their friend offered to go out that night, more than likely the fun procrastinator will agree to go out. “Plenty of time” procrastinators will use the excuse that the deadline of a project is further than expected. When this happens the project is forgotten about until it is due. Lastly, perfectionist procrastinators fear that the work they create will not be perfect. Students have a lack of planning and don’t have a set schedule to prevent stress from occurring. As freshmen, we understand the difficulties of not knowing how to balance all the tasks laid out for us or knowing how to make a schedule that is efficient.

Procrastination is something that is often looked at as a problem that can't be solved. It's not the idea that procrastination can't be solved, it's our approach to solving it that needs to be the focus. This has to do with your mindset. Students tend to believe that there is a one day fix to help with procrastination, however in order for students to cure that incorrect mindset they must take the time to organize themselves and notice the difference between a short term fix and a

long term solution. In our “ASU Time Management Center” and application this is one skill we would like to inform people about.

Another aspect of preventing procrastination has to do with perception, this is when the words fixed mindset v.s growth mindset comes in. A fixed mindset is when, “people believe their basic qualities, like their intelligence or talent, are simply fixed traits. Whereas a growth mindset is when, “people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point”(Education Reform). By changing your mindset scholars can fight procrastination and time management. This is one example of a skill that can be demonstrated and taught to students in our “ASU Time Management Center” and application so they can fight these negative traits. Overall, the time management center would teach students really valuable time management skills and improve their overall lives.

Proposal

For Arizona State University we have an innovative solution to this problem. We propose that we build an “ASU Time Management Center” and app, to assist students with current challenges they are having with procrastination and negative time management. By creating the center and app we are creating opportunities between students and faculty for mentor ships, student testimonials, schedules, a reward and consequences system, additionally we can create planners that can be paired with the app. The planners could be personalized to each student’s specific academic needs and ordered online as a digital/physical copy or picked up at the ASU Time Management Center. By giving students a place to go get assistance with organizing their lives and responsibilities the support felt from the center and our resources would boost their academic performance. The ultimate consequence we would like to see is the improvement of students' grades. As they procrastinate less and less, stress will become a non-factor which would

help them clear their minds and continue to get work done. Our solution allows students a place to go and talk to someone. Students will be able to talk to other people who had the same problem as them, which leads to a personalized solution. To start off we would like to build the “ASU Time Management Center” on the Tempe campus before any other campus, the second location to receive the center would be Polytechnic. This is because campuses such as the West and Downtown Phoenix just do not have the room for it right now, however the Tempe campus and the Polytechnic campus do have the potential land development and student population for it. The Tempe location would also be the most accessible and effective location.

The overall budget that was requested for the Arizona State University campus of the 2022-2024 fiscal year was “\$261,110,830” (Transmittal Statement). To expand, we can reasonably use this budget for the given years to expand capital, renew buildings, future/under-construction buildings, and other needed attributes on campus. The statement expands on what has been set for the 2020 and 2021 school year, those totals being “\$343,362,424” for 2020 and “\$282,750,000” for 2021. Given the allowed funding our center can be very realistic. For example, one of the buildings included in the budget was for the Students Services Building and was evaluated at “\$39,991,517”. With the addition of the “ASU Time Management Center”, we can use that total to infer the building will cost near \$39,000,000 for proper establishment and maintenance. Which would be at the estimated cost of \$600,000 each fiscal year (2 Semesters), excluding if it was utilized during the summer sessions. The overall cost as estimated via the Arizona State Capital Improvement Statement and report, would cost \$35,000,000 to build and complete while allocating \$600,000 each year for required maintenance.

The main group completing the construction would be a partnered 3rd party company due to the needed resources to accomplish the task at hand. The university utilizes various local construction and fixture companies who would serve as the main contact throughout the entire build process. The construction of the “ASU Time Management Center” could provide engineering and architectural students the opportunity to become involved and experience the roles and responsibilities it requires to construct a building at ASU.

In terms of making sure the investment matches up with the financial return. We understand that the Arizona Board of Regents’ building system will overlook the budgeting and funding. In hindsight Arizona receives yearly grants per fiscal year that determines the allocation of money towards buildings, so Arizona State University would be the main contributors for the build. However, the school should provide the opportunity for donations and 3rd party funding. Implementing these services for students is beneficial in the long run. When it comes to receiving funding for students; test scores, retention rate, and graduation percentage all play a factor. Therefore, once students start using this resource everything listed above has the potential to improve. That means funding for our university will increase. As you can see with this cycle students are indirectly paying for the many resources that we offer to them.

Another factor that plays a role in properly funding our solution is who will be able to staff the center. There would be no active student employees, only volunteers. For educational purposes teachers/professors will also help staff. Some teachers have lesson plans that fall into this sort of thing so involving the center would only benefit that plan. Lastly, people who have experience with procrastination and time management could volunteer there to help out struggling students. Grad students and paid mentors are ones we can consider with experience

with this issue. They could share their experience with it and help struggling students get through it, and fight it better.

Our “ASU Time Management Center” has an objective to acknowledge a common challenge that university students are having, and shine a light on the many solutions as well as resources they have available to solve the problem. ASU has a great support team for students to achieve success in their academic careers. We believe that many students don’t see the opportunities they have for assistance. Students naturally begin to find their way and learn how to balance both schoolwork and their personal lives. Our job is to make sure that they are aware of the many options; such as our ASU bookstore that sells planners, and our amazing staff; of volunteers, paid mentors, grad students, counselors, and professors. After the program is set in place and the buildings are stable we will be able to critique the possible setbacks in the program to make it better for students. The goal of the app is to connect students to the resources on campus that would apply directly to them rather than a one-size fits all approach with the current ASU and Canvas apps we see right now. I have a great feeling that this solution may be very successful due to the nature of the product, because it is technology-based it won’t be hard to try out on a student's day to day. Every aspect of the student as it relates to their role in the university will be talking to each other. For instance, a possible function that the app will be able to track is text updates for students' to track their current and overall GPA. If they are struggling in math this week or month, an alert will notify the student about tutoring and office hours near them with times and prompt them to sign up. I have a great feeling that this solution may be very successful due to the nature of the product, because it is technology-based it won’t be hard to try out on a student's day to day.

Overall, the building of this time management center could be super beneficial for struggling students and may ease the stress of balancing a packed schedule of classes, homework, and extra curriculars. Overall, with 35,000,000 dollars, a center where ASU students could better themselves and learn new skills would relieve the stress of college and help many. The goal is to personalize as many tools as possible to ensure a more accurate measure of success for students throughout all years of their college education.

Works Cited

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