



Student Transitions: Example of transitions practice

Title: *Procrastination Workshop*

Transition(s) the practice supports: the aim of this is to identify where this would sit on the transitions map. It would help to know which students it supports – eg discipline related, widening participation, those going on placement

The workshop is aimed at all students at the University of Dundee, but specifically attracts students in First Year, Final Year, and Early Postgraduate Study.

Abstract: a brief outline of the practice – this will allow all your institutional examples to appear on the one page of the website, linking to further information. This should be no longer than 120 words.

The Procrastination Workshop is designed to support students who have self-identified issues of procrastination and/or perfectionism, which impacts their ability to produce academic work effectively. Through discussion and sharing of experience, participants can identify some of the chief causes and consequences of procrastination, as well as looking for potential solutions. The workshop does not claim to “cure” procrastination, rather it provides a forum for individuals to explore the impact it has on them and how they might address their future behaviour.

Description: (this is the information to which the abstract would link) a more detailed description of the practice with an indication what led to its development, how long it has been in place, and why it benefits students
This could be written, in a multimedia form or presented as a poster (PowerPoint slide or PDF).

The Procrastination Workshop is aimed at any student struggling with the issue of procrastination or with issues of perfectionism. These are seen as being closely linked behaviours that often impact a student’s ability to produce the quality of work they know they are capable of submitting, and thus their self-efficacy. Through a process of sharing and discussion, individuals are able to identify and highlight the particular form their procrastination takes and begin to work towards potential solutions. The key messages focus on the relatively unstructured nature of University study, the numerous distractions available to students and the freedom campus life offers for

those newly-left home. One of the theoretical models used in the discussion is Steel's (2012) Procrastination Equation.

The workshop reflects a partnership between the Counselling Service and the Academic Skills team (part of the Centre for the enhancement of Academic Skills, Teaching, Learning & Employability: CASTLE). The workshop has been developed over the past four years and is available to both students and staff at the University of Dundee. Typically, students who attend come from the following groups: First Years, Final Year undergraduates or Postgraduate students.

Contact details: name and email address of key person (with their permission agreed before submission) who can discuss the case study in more detail.

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All examples provided will be posted to the Enhancement Themes website with the intention of including them in the National Transitions map.