

Project Two Milestone: Journal Entry

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PSY 108: Introduction to Psychology

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July 23, 2022

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Key Takeaways

According to the speaker, how does procrastination work?

Tim Urban described and illustrated procrastinators and non-procrastinators in a simplistic yet comical presentation. He said that procrastination works like what he described as an "instant Gratification Monkey." When a task and deadline are given, then procrastination breaks in and tries to distract our sense of responsible planning, thinking, and management which he calls scatterbrained. This means our easy, fun gratification procrastinator "monkey" tries to derail our process with unproductive thoughts. Our brain is all over the place except for being productive to the task laid out for us. Like, hey, let's check out that video on YouTube someone told us about earlier, or don't forget that ballgame on ESPN starting in ten minutes. He states there are two different kinds of procrastination: Deadline, in which the effects of procrastination are contained. The other type of procrastination is No Deadline. The results of procrastination are not included. Meaning the task would be ongoing without a foreseeable end.

How does the speaker suggest addressing procrastination?

Urban suggested addressing procrastination by visualizing the future. Make long-term productive plans to accomplish what is at hand. By making long-term plans and breaking the task into smaller, more manageable chunks, the procrastination "monkey" will be held at bay. He also says there are times when instant gratification and the rational non-procrastinator can overlap. In other words, sticking to a deadline-based task can have a fun, carefree part(s) to it. Applying knowledge of motivation (extrinsic), coping (intrinsic), and procrastination can promote this overlapping and thus balance out being productive and being able to stop for a time and be non-

productive. Being motivated to be effective would be like I can break and have the ice cream cone when I complete this part of the task.

Connections

In what ways is procrastination a negative form of coping?

Procrastinators tend to be avoiding having to deal with emotions. Avoided emotions can be as insignificant as telling someone you were wrong or that you did or didn't do something that either should or should not have been done. Some may attribute this as being a lack of self-regulation skills. Procrastination is seen as an emotion-focused strategy to cope with negative emotions. Putting off undesirable tasks delays the inevitable, making the task or situation of not performing the task worse than just doing it. Worrying that, when you complete a job that you may be let go from or realize you still may not pass your class at school, you put it off until the very last moment thinking, I have nothing to gain so...

In what ways is procrastination a positive form of coping?

In searching for positive ways, procrastination is a form of coping that seems like an oxymoron. I found that it boosts energy, knowing the deadline is now hours away and not weeks away.

Another form of the positive state of coping by procrastination, holding off till the last minute, which forces focus. When procrastination has moved us up against a looming deadline, there is nothing left but head down, pencils up and work, work, work! by procrastination, we tend to lower our standards and cut corners, making things appear more straightforward.

How might being intrinsically or extrinsically motivated relate to procrastination?

Being intrinsically motivated, your satisfaction or reward at the end of the task is internal, something that's not physically tangible. We are prone to procrastinate more as the expectation

of completing the job is more internal. Such intrinsic motivation would be more in line with our values. Values like an inherent sense of accomplishment rather than the consequences of not doing the task. Being motivated intrinsically more times than not, we tend. Extrinsically, motivation is your satisfaction or reward at the end of the job that is more tangible. In this case, you are driven by a reward for completing the task. Examples of this type of motivation would be recognized by our peers, parents, and others around us. It also could come as a promotion and or a pay raise, a more prestigious role in society, or a reward or gift from parents. This type of motivation would most likely lessen the procrastination "instant Gratification monkey" that Tim Urban jokingly speaks of in his TED talk video.

Resilience

When might procrastination be considered a good thing?

Procrastination may be considered a good thing when you are given a task and the deadline is six weeks out. You can temporarily rebel against the future due date and lessen the stress of having to research and do the homework given to you. By lowering pressure, you boost your energy and are more focused with less time to work on completing your job. Articles have shown that procrastinators are not lazy. They are more successful. Dan Scotti says that research indicates that up to 20% of people are chronic procrastinators. In an article from Elite Daily, 2014. He says that procrastinators work better under the gun to accomplish a task.

According to the speaker, how can our inner “rational decision maker” and “instant gratification seeker” coexist?

The coexistence of the rational decision maker and instant gratification seeker occurs when there is an overlapping of easy, fun, and making sense in this scenario, having dinner, going to bed, or

enjoying leisure time. These can be and are fun and easy, and they make sense too. We realize that fun and ease must be prioritized in our daily lives. However, we also need to prioritize "what makes sense" to need to do what is suitable such as beginning, working on, and completing the task at hand.

How do you think we can reframe procrastination in a more adaptive way to promote resilience?

Procrastination can be reframed to promote resilience by meeting the task head-on. Deal with the task's difficulty in smaller, more manageable chunks, lessening the stress of picturing the whole task given to you. Building resiliency prepares people for future and more complex tasks, showing how we can break them down and conquer them step by step, not all at once perceiving the task as a steep rocky cliff we "have to climb." Resiliency building also helps with creating and strengthening coping skills, which will lessen the likelihood of passive procrastination relating to the more significant stress of a task.