

# HD 100PM : PROCRASTINATION & MOTIVATION

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## 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