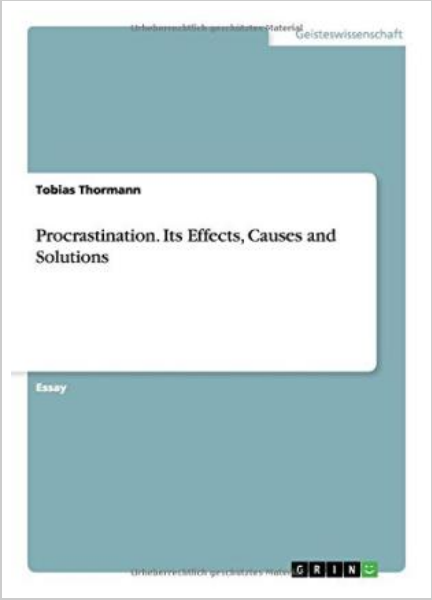


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Procrastination. Its Effects, Causes and Solutions

By Tobias Thormann

GRIN Verlag Gmbh Jun 2015, 2015. Taschenbuch. Book Condition: Neu. 210x148x1 mm. This item is printed on demand - Print on Demand Neuware - Essay aus dem Jahr 2013 im Fachbereich Psychologie - Lernpsychologie, Intelligenzforschung, Note: 1.3, Hochschule Fresenius; Hamburg, Sprache: Deutsch, Abstract: This essay is concerned with the motives and consequences of procrastination. It will analyze why one procrastinates and show some specific ways to deal with procrastination. Procrastination is an activity almost every high school student has done throughout their high school career. The meaning of procrastination is putting something off intentionally and delaying to work on a task to another day. Whether it is learning for an exam or writing a term paper due in a few weeks, almost every student will procrastinate at least once, no matter if they are role model students or well organized. Procrastination can have a huge impact on the grades of a student, but there is a lot to learn about why students do it and there are techniques to learn to cope with procrastination. 12 pp. Deutsch.

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