
I, Procrastinator

Gathering Ourselves

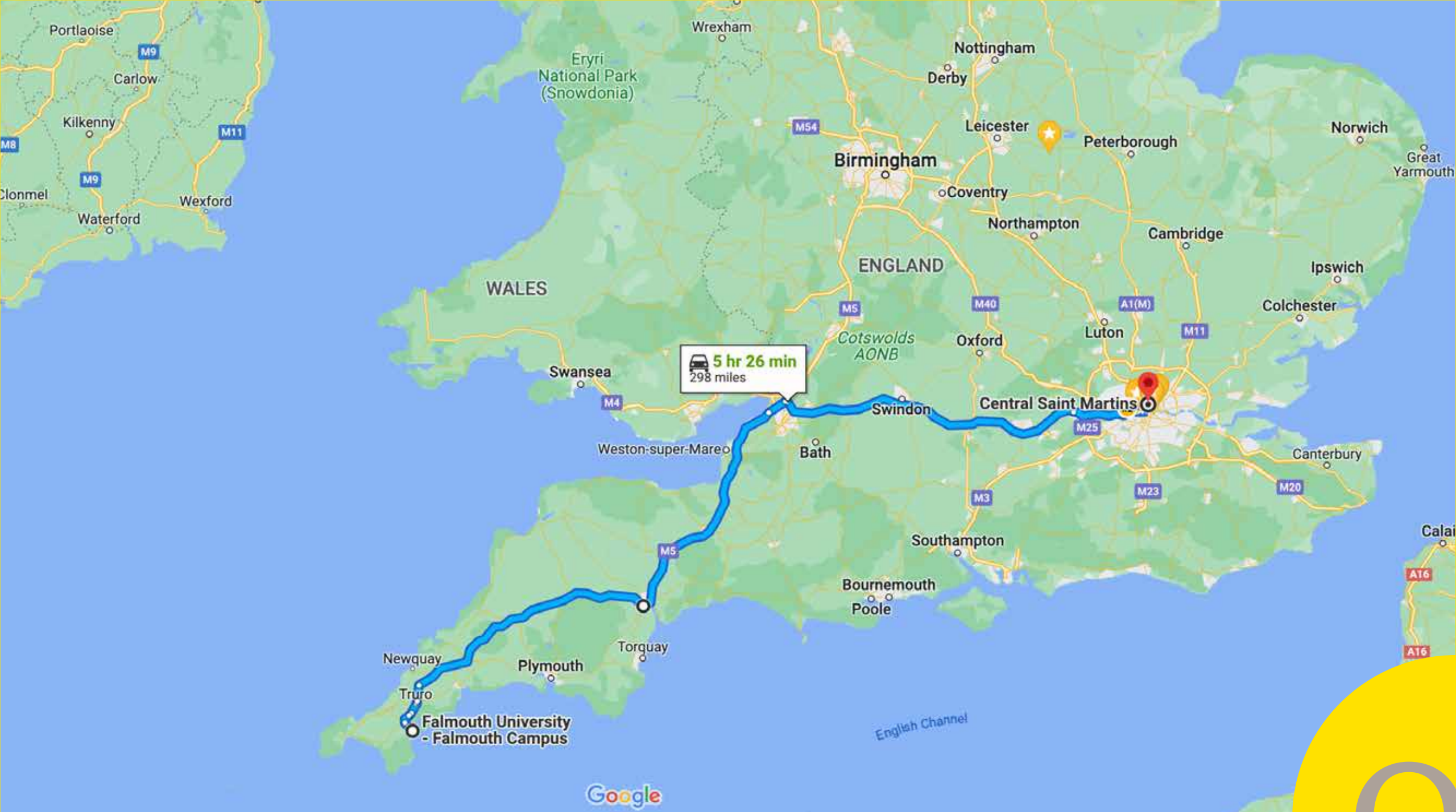
GLAD2023



Andy Neal MDES FISTD FHEA

Head of Year | BA(Hons) Graphic Design | Falmouth University

I, Procrastinator Can our curriculum design address the increasing levels of student anxiety, hesitancy & lack-of-confidence, by directly focusing on the resulting procrastination, unhealthy creative routines or self-doubt and turn negative behaviour into a positive opportunity?



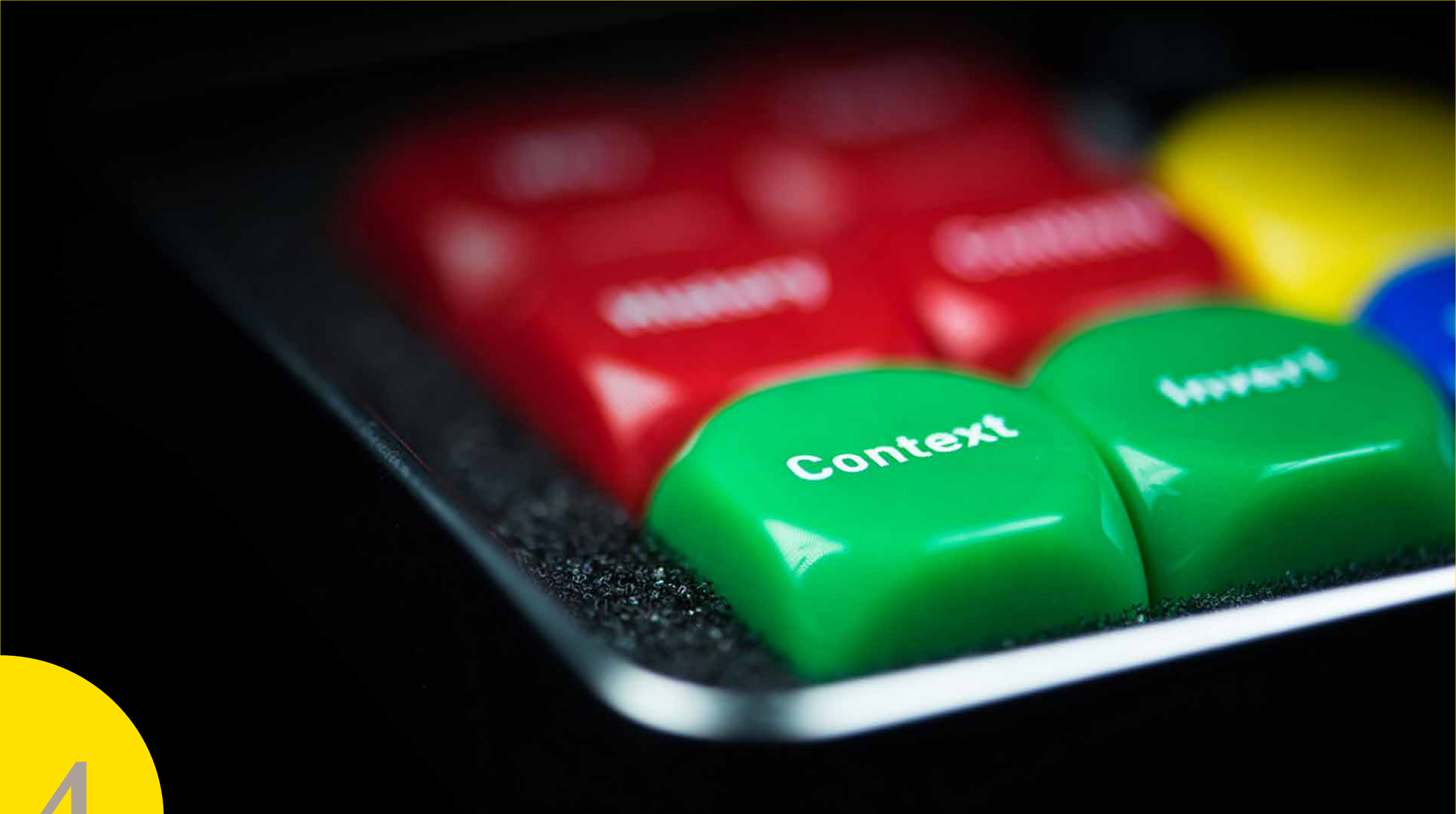
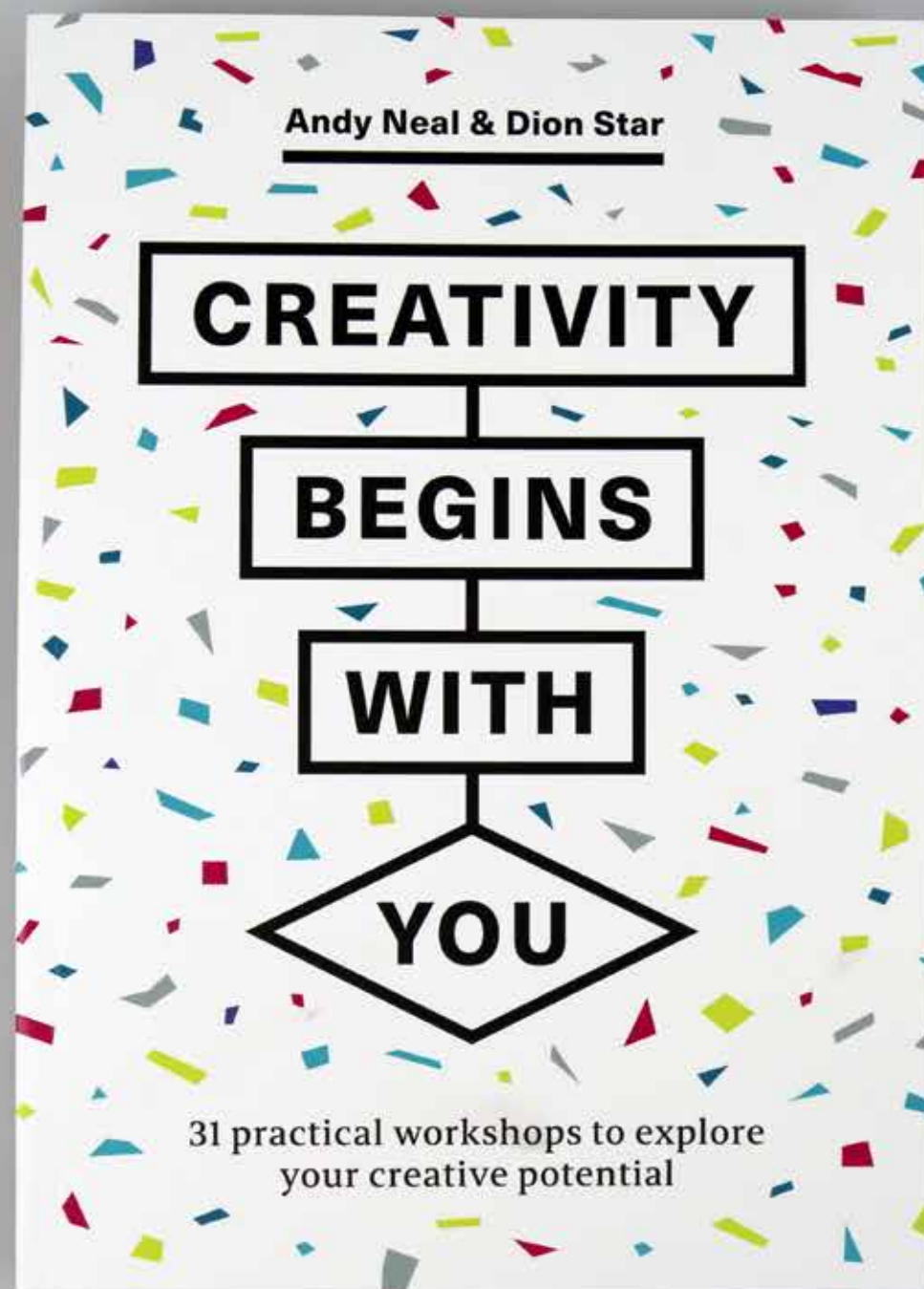
03





04

process



Context

gather

covid

course leader

restructure



Design

observation
problem
opportunity



‘Increased levels of student anxiety, wellbeing and mental health issues are now commonplace in HE, both pre- and (particularly) post-pandemic. Students also appear increasingly hesitant, less curious and more nervous when invited to explore open-ended design briefs – where the lack of a ‘right’ answer, or the pressures of comparison can compound these problems further. ...’

Opportunity

collaborative

practice

20 credit

4 weeks

‘A four-week, collaborative deep-dive into the world of procrastination, creativity and the ways we value or measure both. Starting with an initial framework of reflective exercises and workshops, we’ll co-design a unique investigation that begins with your own practice, extends to consider the work of others’ and ultimately resolves in the form of a co-authored (and designed) 400 page book. The first few pages are loosely in place. The rest, we’ll work out together...’

People often come up with their best ideas when time is tight—at least that's what many executives assume. The trouble is, as new research reveals, it's not true.

Creativity Under the Gun

TRULY BREAKTHROUGH IDEAS rarely hatch overnight. Consider, for example, Charles Darwin's theory of evolution, which had a protracted evolution of its own. Darwin spent decades reading scientific literature, making voyages on the HMS Beagle to the Galapagos and other exotic destinations, carrying out painstakingly detailed observations, and producing thousands of pages of notes on those observations and his ideas for explaining them. It's inconceivable that his breakthrough would have occurred if he'd tried to rush it. In business, too, there are striking examples of the value of having relatively unstructured, unpressured time to create and develop new ideas. Scientists working at AT&T's legendary Bell Labs, operating under its corporate philosophy that big ideas take time, produced work-changing innovations including the transistor and the laser beam. Their ingenuity earned the researchers several Nobel prizes. They, like Darwin, had the time to think creatively.

But we can all point to examples where creativity seemed to be sparked by extreme time pressure. In 1970, during Apollo 13's flight to the moon, a crippling explosion occurred on board, damaging the air filtration system and leading to a dangerous buildup of carbon dioxide in the cabin. If the system could not be fixed or replaced, the astronauts would be dead within a few hours. Back at NASA mission control in Houston, virtually all engineers, scientists, and technicians immediately focused their attention on the problem. Working with a set of materials

identical to those on board the spacecraft, they desperately tried to build a filtration system that the astronauts might be able to replicate. Every conceivable material was considered, including the cover of a flight procedure manual. With little time to spare, they came up with something that was ugly, inelegant, and far from perfect but that seemed like it just might do the job. The engineers quickly conveyed the design with enough clarity that the cognitively impaired astronauts were, almost unbelievably, able to build the filter. It worked, and three lives were saved.

The business examples of creativity under pressure are decidedly less dramatic than that, but they abound as well. The lauded design firm Ideo has put its innovative spin on personal computers, medical equipment, automotive electronics, toys, and even animatronic movie robots—and many of the new designs for those products were drawn up in three months or less. If you're like most managers, you have almost certainly worked with people who swear that they do their most creative work under tight deadlines. You may use pressure as a management technique, believing that it will spur people on to great leaps of insight. You may even manage yourself this way. If so, are you right?

Based on our research, the short answer is "no." When creativity is under the gun, it usually ends up getting killed. Although time pressure may drive people to work more and get more done, and may even make them feel

by Teresa M. Amabile, Constance N. Hadley, and Steven J. Kramer

52

HARVARD BUSINESS REVIEW

theWARofART

Break Through the Blocks and Win Your Inner Creative Battles



STEVEN PRESSFIELD
"A vital gem...a kick in the ass." —Esquire

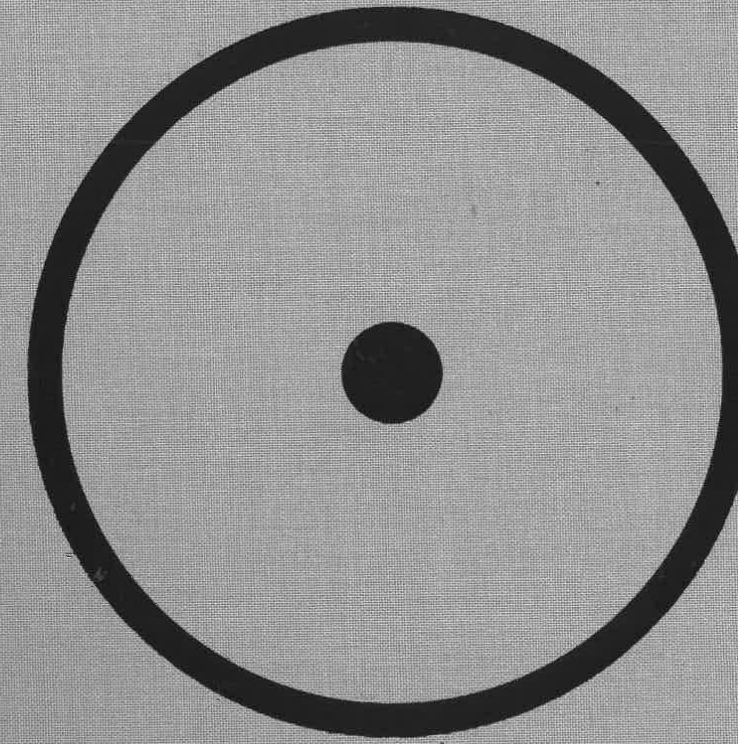
BLACK IRISH ENTERTAINMENT LLC 0-44689437

The NOW HABIT

A Strategic Program for Overcoming Procrastination and Enjoying Guilt-Free Play

II

The Creative Act: A Way of Being



Rick Rubin

PROCRASTINATION

"Burka and Yuen's advice could change your life for the better, so don't postpone reading this book."
—Emily Wilkens, King Features Syndicate



► Why You Do It
► What To Do About It

Jane B. Burka, Ph.D.
Lenora M. Yuen, Ph.D.

HOW TO BE HERE

NEW YORK TIMES BESTSELLING AUTHOR OF LOVE WINS

Two Harvard Professors Reveal One Reason Our Brains Love to Procr... <https://jamesclear.com/time-inconsistency>

Two Harvard Professors Reveal One Reason Our Brains Love to Procrastinate

James Clear

Sometime around 2006, two Harvard professors began to study why we procrastinate. Why do we avoid doing the things we know we should do, even when it's clear that they are good for us?

To answer this question, the two professors — Todd Rogers and Max Bazerman — conducted a study where participants were asked whether they would agree to enroll in a savings plan that automatically placed two percent of their paycheck in a savings account.

Nearly every participant agreed that saving money was a good idea, but their behavior said otherwise:

- One version of the question asked participants to enroll in the savings plan as soon as possible. In this scenario, only 30 percent of people said they would agree to enroll in the plan.
- In another version of the question, participants were asked to enroll in a savings plan in the distant future (like a year from today). In this scenario, 77 percent of people said they would agree to enroll in the plan.

Why did the timeline alter their responses so much?

As it turns out, this little experiment can tell us a lot about why we procrastinate on behaviors that we know we should do.

Why We Procrastinate: Present You vs. Future You

We have a tendency to care too much about our present selves and not enough about our future selves. We like to enjoy immediate benefits in the present, especially if the costs of our choices don't become apparent until far in the future.

For example:

- The payoff of eating a donut is immediate (sugar!) and the cost of skipping workouts won't show up until you've skipped for months.
- The payoff of spending money today is immediate (new iPhone!) and the cost of forgetting to save for retirement won't show up until you're years behind.
- The payoff of unhindered fossil fuel usage is immediate (more energy! more heat! more electricity!) and the cost of climate change won't reveal itself until decades of damage have been done.

However, when we consider these problems in the distant future, our choices usually change. In one year, would you rather be overweight and eating donuts or healthy and exercising consistently? In the long-run the choice is easy, but when it comes time to make the choice today, in this very moment, we discount the long-term costs and overvalue the immediate benefits of unproductive behaviors.

1 of 3

21/03/2023 10:54



THE PROCRASTINATION EQUATION

How to Stop Putting Things Off and Start Getting Stuff Done

PIERS STEEL



RANDOM HOUSE CANADA

Doc_9780007257168_7p_all_1.indd 8

9/20/10 3:21 PM

HOW TO KILL CREATIVITY

Keep doing what you're doing. Or, if you want to spark innovation, rethink how you motivate, reward, and assign work to people.

BY TERESA M. AMABILE

WHEN I CONSIDER all the organizations I have studied and worked with over the past 22 years, there can be no doubt: creativity gets killed much more often than it gets supported. For the most part, this isn't because managers have a vendetta against creativity. On the contrary, most believe in the value of new and useful ideas. However, creativity is undermined unintentionally every day in work environments that were established—for entirely good reasons—to maximize business imperatives such as coordination, productivity, and control.

Managers cannot be expected to ignore business imperatives, of course. But in working toward these imperatives, they may be inadvertently designing organizations that systematically crush creativity. My research shows that it is possible to develop the best of both worlds: organizations in

Teresa M. Amabile is the M.R.A. Class of 1934 Professor of Business Administration and senior associate dean for research at the Harvard Business School in Boston, Massachusetts.

ARTWORK BY BRYAN LEISTER

77

Reading...

Motivation...

Dream project...

Inspiration...

Discussions...

One thing would you love to see change...

What would 'success' look like for you?

Expert advice...

Polar Procrastinator...

Personality tests...

One thing...

I2

‘Procrastination is not the cause of our problems, it is the mechanism for coping with the anxiety associated with starting or completing any task or decision ... If properly used, the creative right hemisphere of your cerebral cortex (in just seconds) can provide more than enough ideas and images to fill a book or make a movie...’



THEMES

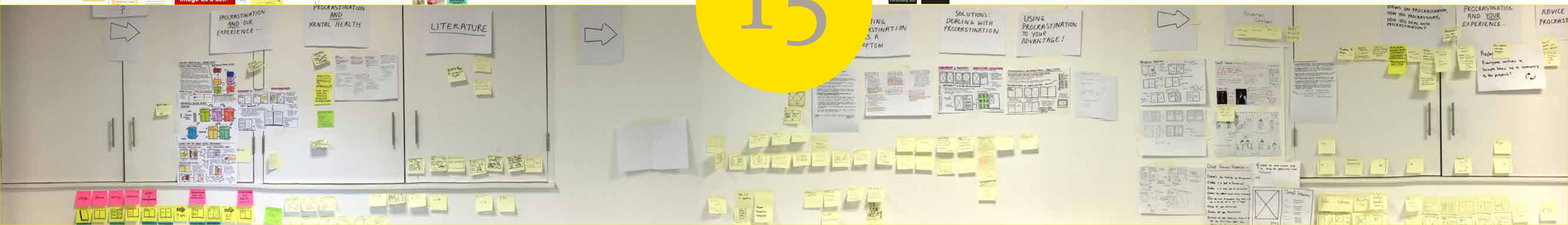
Main themes	Sub themes	Content
Intro: What is procrastination?	Procrastination and mental health, Procrastination And Our Experience	Illustration workshop, Quotes from texts, reviews we've read, Raw sketches and early thoughts, Visualisation of procrastination?, Written presentation view and group discussion of procrastination, Photography
Good / Bad procrastination	Solutions: Dealing With Procrastination, Living Procrastination To Your Advantage, Procrastination and mental health, Treating Procrastination As A Symptom	Motivational quotes (intentional to provide a break in the reading), Quotes from texts, reviews we've read, GOOD + BAD Positive and negative habits, thoughts and solutions, Original Reading from Mondays, Quotes from texts, reviews we've read, LITERATURE: Readings and content from personal articles, SOLUTIONS: Practical solutions, peer procrastination cards, Documentation of the process from start to finish, Work done thus far over the module - week 1, week 2 etc, Reflection pages at the end, Whole group summary, Polar Procrastinator, Procrastination: Personal reflections on how they procrastinate, Infographics
PERSONAL SECTION: Views on procrastination	Personal advice on procrastination, Procrastination And your Experience, Personal advice on procrastination (sent to you via card back)	Mental Health, PERSONAL SECTION: Responses to a set of questions aimed at a generalist or group, INTERVIEW: Could be a small set of questions aimed at a generalist or group, Personal Profiler: writing questions to create personal content, Personal advice on procrastination, Specific 'Thoughts That Trigger Procrastination', PERSONAL SECTION: Personality test

OVERLAPPING

Illustration	Mental Health	Interview	Quotations	Good / Bad
Illustration workshop	Mental Health	INTERVIEW: Could be a small set of questions aimed at a generalist or group	Motivational quotes (intentional to provide a break in the reading)	GOOD + BAD Positive and negative habits, thoughts and solutions
Illustration workshop	Mental Health ADHD part	Interview: 3 questions to be answered by responses to a generalist	Quotes from texts, reviews we've read	
Good balance of visual content	PERSONAL SECTION: Responses to a set of questions aimed at a generalist or group			
Readings	Process	Personal	Personality	Card / Set
Original Reading from Mondays	Documentation of the process from start to finish	Compare days of two procrastinators	PERSONALITY TEST: How they procrastinate, how they procrastinate	PROCRASTINATOR CARDS: working solution
Quotes from texts, reviews we've read	Work done thus far over the module - week 1, week 2 etc	Procrastination	PERSONAL SECTION: Personality test	SOLUTIONS: Practical solutions, peer procrastination cards
LITERATURE: Readings and content from personal articles	Reflection pages at the end, Whole group summary	Personal Profiler: writing questions to create personal content	Possibly a question?	
Motivational quotes to provide a break in the reading	Raw sketches and early thoughts	Specific 'Thoughts That Trigger Procrastination'		
PERSONAL SECTION: Responses to a set of questions aimed at a generalist or group	PERSONAL SECTION: Personality test	PERSONAL SECTION: Responses to a set of questions aimed at a generalist or group		
		Personal advice on procrastination		

CONTENT

Work done thus far over the module - week 1, week 2 etc	Original Reading from Mondays	Specific 'Thoughts That Trigger Procrastination'	Illustration workshop	Motivational quotes to provide a break in the reading	Personal Profiler: writing questions to create personal content	Interview: 3 questions to be answered by responses to a generalist
Mental Health ADHD part	Personal advice on procrastination	Procrastination	Quotes from texts, reviews we've read	Compare days of two procrastinators	Good balance of visual content	Documentation of the process from start to finish
INTRO: about the book	LITERATURE: Readings and content from personal articles	SOLUTIONS: Practical solutions, peer procrastination cards	GOOD + BAD Positive and negative habits, thoughts and solutions	PERSONALITY TEST: How they procrastinate, how they procrastinate	SOLUTIONS: Practical solutions, peer procrastination cards	INTERVIEW: Could be a small set of questions aimed at a generalist or group
Procrastination: Personal reflections on how they procrastinate	PERSONAL SECTION: Responses to a set of questions aimed at a generalist or group	PROCRASTINATOR CARDS: working solution	Raw sketches and early thoughts	PERSONAL SECTION: Responses to a set of questions aimed at a generalist or group	Reflection pages at the end, Whole group summary	Motivational quotes (intentional to provide a break in the reading)
PERSONAL SECTION: Personality test	Mental Health					



Section	Pages	Content
S1	6	What is it?
S2	8+	Procrastination and mental health
S3	42	Literature
S4	30	Literature
S5	10	Wisdom
S6	62+	Procrastination as a symptom
S7	14	Procrastination and mental health
S8	272	Responses
S9	12	Responses

WHAT IS THE RELATIONSHIP BETWEEN PROCRASTINATION AND MENTAL HEALTH?

These are a few key aspects to explore:

Increased stress and anxiety: Procrastination often leads to increased stress and anxiety. When tasks are delayed or left unfinished, the looming deadlines can create a sense of pressure and overwhelm, leading to heightened levels of stress and anxiety.

Reduced self-esteem and self-worth: Chronic procrastination can negatively impact self-esteem and self-worth. When individuals consistently fail to meet their

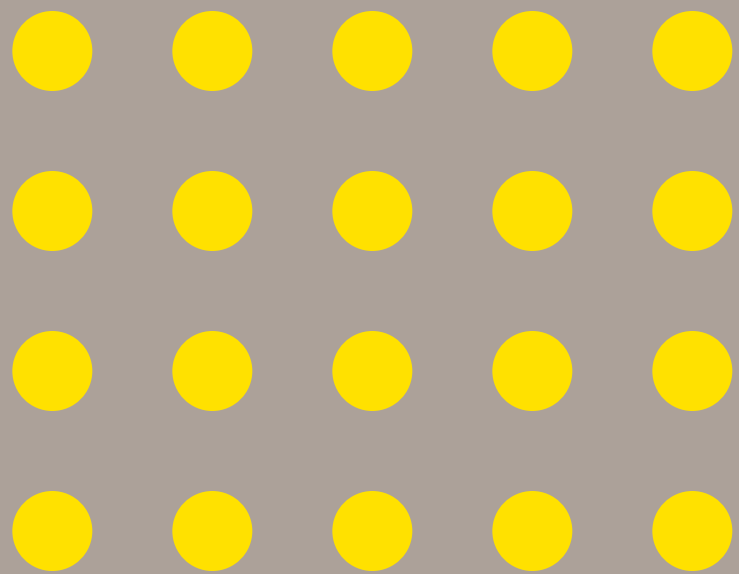
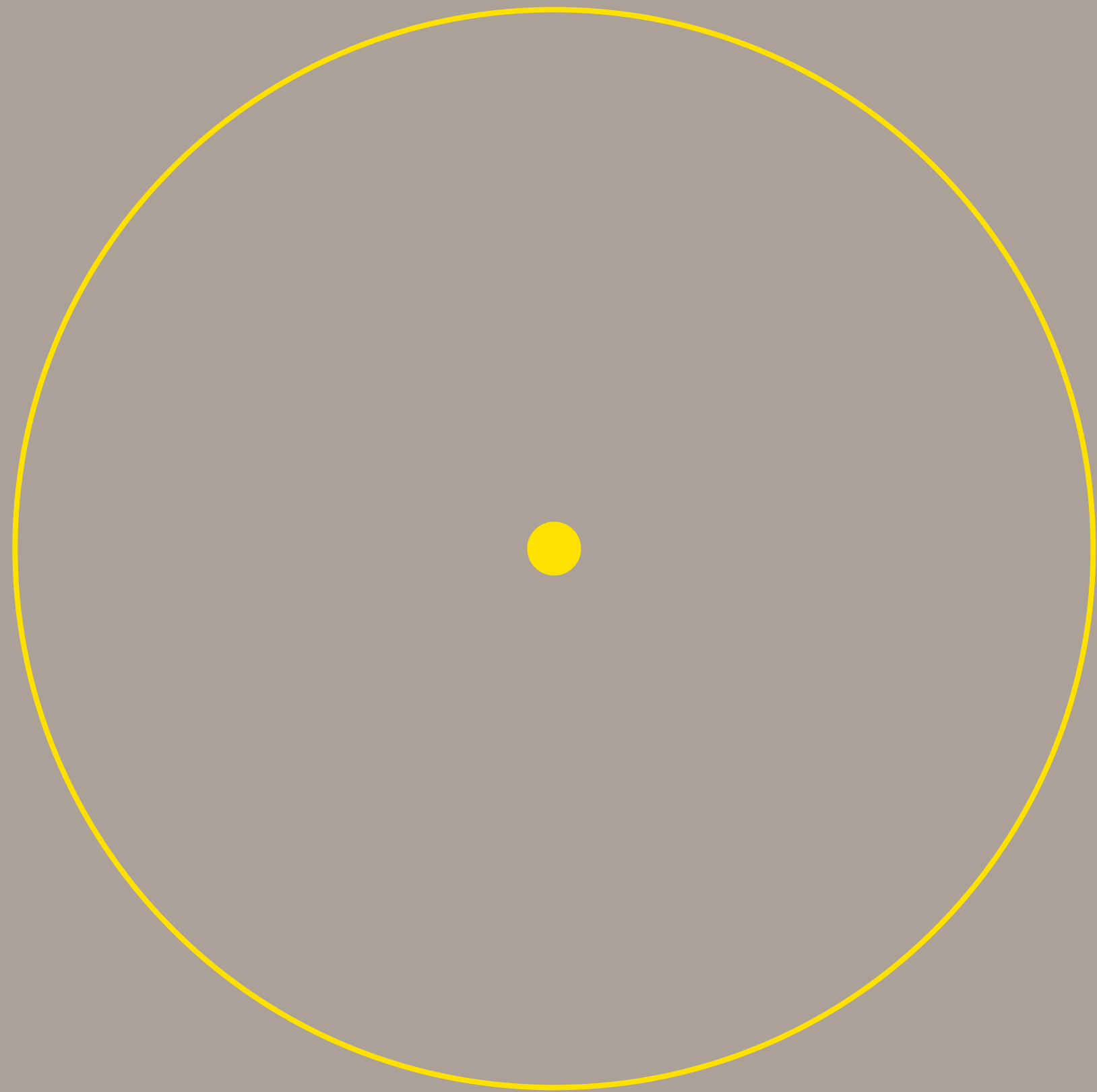
own expectations or struggle to accomplish tasks in a timely manner, they may start to doubt their abilities, leading to feelings of inadequacy and diminished self-esteem.

Mood disturbances and depression: Procrastination can contribute to mood disturbances and depression. Constantly putting off important tasks can lead to feelings of guilt, frustration, and disappointment, which can contribute to a cycle of negative emotions and potentially exacerbate symptoms of depression.

It's important to note that while procrastination can have negative consequences for mental health, it is not necessarily indicative of a mental health disorder. However, for some individuals, chronic and severe procrastination may be a symptom of underlying mental health conditions such as anxiety disorders.



‘...I’ve cared much less about grades or how my work looks – which has allowed me to have fun and love what I’m producing...’; ‘...it has allowed me to accept any mistakes that I make and generate ideas better...’; ‘...to start taking more responsibility in my organisation, management and my work...’; ‘...I also realised that I spend most of my time convincing myself that I am not capable, instead of going for it...’; ‘...some of the doubts I thought were just my own are shared among more people than I thought...’; ‘...to be less



18





19

I, Procrastinator

Gathering Ourselves

GLAD2023



andy@falmouth.ac.uk