

## **Harleyjack - Presentation**

### **Alaska:**

Hi, I'm Alaska Young bringing you a special report on the procrastination wave that is sweeping across the student population. First we talked to two students in our regional studios to find out how procrastination is affecting them. So first to Brendan from Ireland. Brendan how have you found procrastination has affected your studies?

### **Brendan:**

I've just started the DD202 today. And I've just had a sudden urge to alphabetise my record collection. I just don't seem to be getting anywhere with the module. I just don't understand why.

### **Alaska:**

And Edwina. You're a final year student, how is procrastination been affecting you?

### **Edwina:**

Well I'm in my final year Economics Module for my degree and I'm just not getting anywhere with my studying at the moment. I've got a colour coded schedule, plenty of time to do it but I just keep getting distracted by everything.

### **Alaska:**

I'm sorry I'm going to have to interrupt you there. We've just heard that the Dean is issuing a live statement on the issue of spreading procrastination. Our reporter Bruce is outside Walton Hall now. Bruce?

### **Bruce:**

Hi Alaska. I am here outside Walton Hall. And the weather has been quite chilly here but the Dean is receiving a warm welcome while she is issuing a live statement about this crippling disease and her strategy how to deal with it.

### **Dean:**

The issue of procrastination is one of my top priorities of this term. I have dedicated an elite team of academics to the task of studying procrastination and developing a solution to this problem which is blighting the student population.

At this present time we are recommending that all students stay indoors and keep away from YouTube and anything that can be cleaned or alphabetised.

### **Bruce:**

So the Dean has just finished her Press Conference. And now we know from her address that dealing with procrastination is one of her top priorities. Now we've got Phyllis Parker here who is one of the lead researchers on the Disease Procrastination Research Team that we have just heard about.

So Phyllis what is your team working on at the moment?

**Phyllis Parker:**

Well we're currently looking in to the causes of procrastination. And what we've found is that about 20% of all people identify as being chronic procrastinators. We've found that the main cause for this is them lying to themselves and believing that they have ample to complete tasks. We're still very much looking in to the causes and effects of this but we are quite hopeful that we can get to the bottom of this chronic condition.

**Bruce:**

So Phyllis how does it directly affect students on a day-to-day basis?

**Phyllis Parker:**

Well that is a very interesting question. We've carried out some research and we had two groups of students. And we asked them to complete a three week assignment. And we gave one group of students a deadline of the three weeks and the other group we said that they could hand it in whenever they wanted to.

And what we found was that the group of students who had the firm deadline performed much better than the students who could hand it in whenever they wanted to. Again because, you know, having a good deadline does eradicate procrastination to some extent.

**Bruce:**

OK. So we have now seen that the way the research team is dealing with this epidemic is now yielding results. Now that they know the causes we just have to see how quickly they can come up with a solution. Back to the studio Alaska.

**Alaska:**

Thanks Bruce. We now break for our 60 Second Round Up but after that we'll be speaking to Déjà Vu, best selling author of the book Help I Keep Watching that Cat Video on YouTube, and OU module writer, Larry Fastbuck.

**Roberta:**

Hi, my name is Roberta Fit bringing you your 60 Second update, a man has become mother to a group of baby ducklings. Experts say that they will imprint upon him until they have reached maturity. In other news the cat YouTube video has reached 2 million views. They say that its success is better than Gangnam Style and can be attributed to procrastination which has swept the nation.

That's it for your 60 Second update, back to the studio.

**Alaska:**

So as I said before the break I'm now interviewing Déjà Vu author of the book Help I Keep Watching that Cat Video on YouTube. Deja this book has become a top seller after the recent outbreak of procrastination. What separates your methods from the research methods we've seen from the Dean and his team?

**Déjà Vu:**

Well what usually you'd see in this project is that it wouldn't involve students. What I've done with my book is to involve students in current solutions to beat procrastination.

**Alaska:**

I'm sorry did you just say that you have a solution to beating procrastination?

**Déjà Vu:**

Yes, liaising with students is the best way to procrastination. What we've found as the main problem is that the tasks seem big and daunting. So what we've come up with is to break it down in to bite sized chunks. To may be see, instead of thinking I have a huge assignment to do, that may be see as, well I need to write an induction or I need to write my plan and just break it down in to more manageable bite sized pieces.

**Larry Fastbuck:**

Yes I would agree with that Ms Vu. That's a very good point. I always think that some students try to do far too much. Spend three or four hours trying to do their work when in fact that's only the right thing for the great minds like mine. For the average student 90 minutes might be enough time. And for most students, well frankly 20 minutes is enough time for them before they need to move on to something else.

**Déjà Vu:**

Indeed.

**Alaska:**

So you both seem to be saying that there are really simple solutions to beating procrastination?

**Déjà Vu:**

Actually as we've already said there's some very simple solutions to beating procrastination such as the ones we've already recommended.

**Larry Fastbuck:**

Yes and I would add to all the students out there do make sure that you find some time for yourselves. Have a bit of fun. Take a break. Like me every afternoon I always go to the senior common room where I have a quick sip of the sherry and have a little lay down. I do that most afternoons. Actually I do that most mornings as well. And I find that's a great way to unwind and relax. Students are far too serious sometimes. You must find time to relax, get those stress levels down.

**Déjà Vu:**

Personally I prefer a cheeky Vimto.

**Alaska:**

Well you've heard it here first, there's nothing to worry about. It's just about a few things from planning, remembering it's OK to take a break, using the resources available to you and talking to your tutors.

Thanks for tuning in and join us next week for our discussion about whether computers can actually ever be self aware. I'm Alaska Young for Connections News.