

Topic for Bachelor's Thesis

Title: Experiment design for studying academic procrastination

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Starting period: immediately

Description:

Take this situation as an example: You are in a university course and need to submit an assignment at a certain date. Another example: You need to study to sit an exam at a certain date. Issues academic personnel may face: They need to submit a research paper, or a review of a research paper, or graded assignments and exams at certain dates. What often happens instead of timely execution of these tasks is procrastination. The aims of this thesis are 1) conducting a literature review of prior experimental studies on academic procrastination and 2) suggesting an experiment design for two interventions that might help combat academic procrastination.

Literature to start with:

Kim, K. R., & Seo, E. H. (2015). The relationship between procrastination and academic performance: A meta-analysis. *Personality and Individual Differences*, 82, 26-33.
<http://dx.doi.org/10.1016/j.paid.2015.02.038>

Steel, P. (2007). The nature of procrastination: a meta-analytic and theoretical review of quintessential self-regulatory failure. *Psychological bulletin*, 133(1), 65-94.
<http://dx.doi.org/10.1037/0033-2909.133.1.65>

Valenzuela, R., Codina, N., Castillo, I., & Pestana, J. V. (2020). Young university students' academic self-regulation profiles and their associated procrastination: autonomous functioning requires self-regulated operations. *Frontiers in psychology*, 11, 354.
<https://doi.org/10.3389/fpsyg.2020.00354>

Visser, L., Korthagen, F. A., & Schoonenboom, J. (2018). Differences in learning characteristics between students with high, average, and low levels of academic procrastination: students' views on factors influencing their learning. *Frontiers in psychology*, 9, 808.
<https://doi.org/10.3389/fpsyg.2018.00808>

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