

Counseling the Procrastinator in Academic Settings

Procrastination, as a sporadic or chronic response to task engagement, is a pervasive problem for a large number of individuals in many societies. For example, researchers have estimated that in academic settings in North America, over 70 per cent of students exhibit this behavior. Many of these individuals are highly vulnerable to negative consequences such as poor performance, decreased subjective well-being, negative affect, and reduced life achievements. In *Counseling the Procrastinator in Academic Settings*, a number of recently designed practical counseling methods for use in academic settings are described with the aim of promoting new intervention that can lead to change. In doing so, the authors also present theories of procrastination and provide an overview of recent research. School counselors, psychologists, educators, and administrators will find this book invaluable as they look for ways to counsel others on procrastination, work habits, productivity, and self-regulation.

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