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**Course and Section Number:**

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UNIT 3 WORKSHEET 1 Note: the following are prompts to help you organize your work. Please make your answers clear and easy to read! Take all the space you need to answer the questions.

**My general area of study is:** Procrastination.

1. After doing some preliminary research, I am able to note below at least one **argument / discussion / problem** that surrounds my area of study:

Procrastination can have positive affects for the person that is actually procrastinating.

2. The people or community of people most affected by this problem are...:

Students

3. Here are some key terms or phrases particularly associated with this issue. (*For example, if your proposal is about hiking, you might use phrases like “manageable distances,” “maps,” “excursions,” “rough terrain,” “backpack,” “dehydration,” “survival in the elements,” “pathfinding,” et al.*):

Stress, depression, time management, fear,

4. Here are the sources I have used so far to read about and otherwise learn about this issue. (Wikipedia, CNN, personal interviews, *The New York Times*, *Psychology Today* – **whatever** the source, please note it. *Did you use the key terms you just listed, above, when you conducted your searches?* If not, take some time and do so!):

Leslie. “The Perks of Procrastination.” *Harvard Professional Development | Harvard DCE*, 3 Feb. 2017,  
[www.extension.harvard.edu/professional-development/blog/perks-procrastination](http://www.extension.harvard.edu/professional-development/blog/perks-procrastination).

Hsin Chun Chu, Angela & Choi, Jin. (2005). Rethinking Procrastination: Positive Effects of "Active" Procrastination Behavior on Attitudes and Performance. *The Journal of social psychology*. 145. 245-64. 10.3200/SOCP.145.3.245-264.

Kane, Suzanne. “10 Good and 10 Bad Things About Procrastination.” *Psych Central*, 8 Oct. 2018, [psychcentral.com/lib/10-good-and-10-bad-things-about-procrastination/](http://psychcentral.com/lib/10-good-and-10-bad-things-about-procrastination/).