

I would like to do a case study on procrastination. I am planning on interviewing multiple people (10-20 people) to get their opinion on procrastination. I am hoping to be able to play devil's advocate to cause people to actually think and argue their views on procrastination. This means that I must research both side and gather a good amount of information to play devil's advocate when interviewing the subjects. With my questioning I am hoping to open people to the negative and positive sides of procrastination.

I want to do this because procrastination is a very interesting topic to me. It affects me a lot and I manage to get all my work done on time and well at the same time, but it also causes a lot of unneeded stress and self hatred. I know that there are other people that are very similar to me and I would like to know their experiences with procrastination and what is their view on the issues that procrastination can cause.

There is also the chance that the person being interview may not know the positive sides of procrastination and it might actually change their answers a bit. This might cause the person to not only answer my questions, but ask me questions back that would cause the conversation to change from a survey to a debate. If it does turn into a debate, I will be recording the major points that are said and what each person said to defend their point.

I would also like to get a decent amount of information on how they procrastinate and how they overcome it to actually complete the task since it is different from person to person. The things that I aim to get out of the case study is, what type of procrastinator the person is, how does procrastination affect them, and do they believe that the procrastination is a good thing for them.

*Passive procrastinators are procrastinators in the traditional sense. They are paralyzed by their indecision to act and fail to complete tasks on time. In contrast, active procrastinators are a *"positive" type of procrastinator. They prefer to work under pressure, and they make deliberate decisions to procrastinate.

Questions:

1. Name:
 - a.
2. Age:
 - a.
3. Occupation(if student then say student):
 - a.
4. Where do they live (as specific as they want):
 - a. glendale
5. What is your opinion on procrastination?
 - a.
6. How often do you procrastinate? why?
 - a.

7. Has procrastination affected you negatively? What extent?
 - a.
8. Has procrastination affected you positively? How
 - a.
9. Do you believe that by procrastinating on a project, you are not procrastinating as long as you think about it and plan what you are going to do?
 - a.
10. How do you feel about procrastination being caused by people's fear to make mistakes?
 - a.
11. Does procrastination allow for more creative thoughts?
 - a.
12. How do you feel about the fact that procrastination can help someone with prioritizing tasks?
 - a.
13. Do you feel that by having less time, you organize your time better than having more time?
 - a.
14. How do you feel about the fact that procrastination causes negative emotions?
 - a.
15. How do you feel about the fact that procrastination can be caused by lack of motivation?
 - a.
16. How do you feel about the fact that procrastination has two versions, active and passive?
 - a.
17. Knowing this, what type of procrastinator are you?
 - a.
18. When procrastinating, what do you do?

Leslie. "The Perks of Procrastination." *Harvard Professional Development | Harvard DCE*, 3 Feb. 2017, www.extension.harvard.edu/professional-development/blog/perks-procrastination.

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