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**Motivation & Procrastination**

**DT228-1**

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**Brainstorming for Presentation**

1. **Define the topic in detail:**

The Topic of our presentation is Motivation and Procrastination .Motivation is the combination of a Motive and action, while Procrastination is the misconception of important but distant tasks as irrelevant until last minute. These two are linked and usually the lack of one is the cause of the other.

1. **Will you need help from an outside source? If yes, how and when will you contact them?**

No we will not need help from an outside source as there is relevant information and previous studies carried out on this topic to support our study.

1. **Materials needed? How will you get them?**

We will need a computer, with suitable software and internet access to obtain studies and information based on this topic.

1. **Who will do what? For when?**

Karl did the Introduction and Conclusion

Conor did Procrastination

Andrew did Motivation

Daniel did Procrastination and Motivation and how they link etc.

1. **Goal(s) (be very specific)**

Our goals were to Learn as much about the topic we were given as possible, to compile all our information and compress it down to its basics so that the class would be have a good understanding of our topic after our 40 minute presentation in class.

1. **How will you know you have met these goal(s)?**

I believe that we will know that we have met our goals by using the interaction with the class during the presentation to question and get the group to think and ask questions based around the information that we have presented.

1. **Strengths?**

The Strengths our group had would definitely be our presentation skills , as a group we were all confident speakers and that coupled with our extensive research of given topic I believe that stood to us well.

1. **Weaknesses?**

A weakness of ours would have been when one of our team members received an injury the weekend before the presentation , thankfully we all knew each other’s slides inside and out due to us rehearsing several times so this wasn’t a problem and just left more speaking time for each of the members present on the day

1. **Skills needed?**

The skills needed to do this assignment were Team working skills as we had to assign times where we would all come together to work on this, Communication skills as we had to converse over both social media and face to face, and all be able to express our views on how we should tackle different tasks etc.  
And most definitely Presentation / Public speaking skills as this skill in my eyes makes or breaks all the hard work that went into the assignment.

# Motivation & Procrastination

**Goals**

We had three main goals in mind while we were preparing this project , such as Improving our Public speaking skills and stage presence , Improving our Communication skills using both verbal and visual communication , and lastly to educate both ourselves and the rest of the group on Motivation and Procrastination 4.

There was a large emphasis on Public speaking in our communications class with us continually being reminded how often public speaking and stage presence come into play in the working world in this day of age, We were giving many opportunities to speak publically the two main times being both the Presentation on our main academic assignment and then again on the Presentation for the SLWC fundraiser. These were both great opportunities with our stage presence and confidence being put to the test and improved with rehearsals etc. 4.

From the beginning we all questioned ourselves about our communication skills and none of us were completely sure if this was our strong point or our Achilles heel, to figure this out we invited a few classmates to come watch us perform our presentation and to critique how well we were conveying our message and how much of what we were teaching was actually getting through to the audience. Our guest audience concluded that we were outputting too much verbal information and that most had become overwhelmed and stopped paying attention, we got together to brainstorm and to come up with a solution. We came to the conclusion that the sheer bulk of information presented needed to be reduced to keep the attention of the audience and the remaining load needed to be split to include more visual information to engage with the audience, we found that funny images based on this topic worked great as they were light hearted and gave the audience a break from the other facts we had been focusing on 5 7.

The Main goal of our group was to firstly educate ourselves to the best of our ability on motivation and procrastination and then try to compress the information into an in depth, and engaging presentation. We read a published study about the relationship between motivation and procrastination and University students which we found in online archives , this study really gave us an excellent insight on the correlations and causality of the two , This lead us to the agree on the conclusion of the study that the lack of one will cause the increase of the other 1 2 7 , with this knowledge under our belt I believe it enabled us to be more confident in the information that we were presenting and due to this, I believe we succeeded in this task as we used class interaction and the questions at the end were on things we didn’t cover in the slides which lead us to think that we had the class’s attention and the majority of the information we presented go through to the audience through both visual and verbal communication 1 4.

I conclude this section that I believe that the group as a whole were successful in completing the 3 goals we set out at the beginning, and we are happy to think of our presentation as a success in teaching the class about our topic, Motivation & Procrastination 3.

**Relevance of Presentations**

In 2014 presentations are a massive part of both College and Working life, Throughout College we are required to do many presentations and Depending on the job we are required to do multiple presentations a week, The skill of Presenting your work and Public speaking can be extremely important in the Business and working world in general , the Presentation of your hard work could either make or break any chance you had of getting , funding or a contract etc. which means that this skill is extremely important in order to show off your other skill in a better light 8.

Public Speaking is one of the most prevalent fears in the western world as most students seem to disregard it as a relevant and useful skill set, they are wrong as the skill of public speaking will improve self-confidence which will help you succeed later in life 8.

In an attempt to overcome any fears on anxieties our group had with public speaking we went looking for tips to help us practice online, throughout our searches we found a website which helped up greatly in overcoming those fears we had left 8.

The skill of Public Speaking is the most effective way of getting your message across, this can mean that if you have an idea you can voice your idea to your colleagues and not be side-lines for someone else with a different idea and better Public speaking skills, having this skill can lead to a better job satisfaction because now you can make a difference in the decisions made in the your business 8.

Learning and improving the skill of Public speaking can improve many other skills such as Leadership skills, Social skills, and communication skills. This can have great effects on your career and social life and can help to lead a more fulfilled life 8.

**Critique of Group Presentation**

I believe our presentation as a whole was very good as In my opinion our Presentation skills were excellent as they had improved a lot since our first rehearsal, Our stage confidence was very good with fidgeting or lack of eye contact not being a problem, this was a big problem when we started and we worked quite hard while rehearsing to minimise any signs of anxiety or stage fright while presenting to try present our content as smooth as possible.

We took this assignment as a perfect opportunity to try help our Public speaking skills which we had all agreed were not our strong point before starting college, and due to hard work and persistency I believe we improved a lot.

A weakness of ours to not put in more inspirational quotes, I believe a famous motivational quote at the footer of each slide would have looked very nice and would have given each slide a highlight these can be found with ease on the internet 6

We had prepared a list of crowd interactions which would help us see if what we were teaching was getting through to those listening to us, such as questions to engage the class. We could tell by what answers etc. We were receiving back from the group if we were presenting effectively or not, we were happy with the response to our questions and believe that we had good engagement with the crowd.

Along with class interactions we used an array of images to convey our message in a means other than verbal to try mix things up and not lose the attention of the audience.

The Groups Presentation who we have chosen to critique is “Party of 4 “. In our opinion this groups Presentation was One of the best , Sean began the introduction and it didn’t start off the best but It picked up very quickly and it made a turn for the better , The teams overall stage presence was brilliant and they were all very confident speakers.

Shane and Cormac did a great job of presenting their information to the class and used crowd interaction to their advantage, I am also extremely impressed with Cormac’s performance considering he started off with informing the class of his stutter and somehow came up with one of the best public speaking performances of the entire class.

**Resources Used for the Presentation**

**Pictures**

Pinterest. Available from: <http://pinterest.com/>

– This website is an excellent resource for Images based on motivation and procrastination, which are light hearted and humorous which helps keep the audience alert and engaged.

4chan Available from: <http://www.4chan.org/>

This website had different sub forums and some of them are great for motivational and procrastination images and .gif’s which can be embedded into a PowerPoint to provide a more entertaining viewing experience for the audience.

**Resources Used for the Essay**

1. Eunju Lee. The Relationship of Motivation and Flow Experience to Academic Procrastination in University Students [Internet]. South Korea: Halla University; 2005 [2010 Aug 7; cited 2014 Nov 12]. Available from: <http://www.tandfonline.com/doi/abs/10.3200/GNTP.166.1.5-15#preview>

This study helped us learn about the correlation and causality of both motivation and causality and gave us the confidence and knowledge needed to be able to teach the class about the topic.

1. Steve Pavelina. Overcoming Procrastination [Internet]. Santa Monica: stevepavelina.com;(undated) [cited 2014 Nov 12]Available from: <http://www.stevepavlina.com/articles/overcoming-procrastination.htm>

This article written by Steve Pavlina and put up on his personal website helped a lot throughout the research of our topic, Motivation & Procrastination. Steve covers alot of subtopics associated with Motivation and Procrastination such as Stress,Overwhelm,Laziness, Lack of Motivation, Lack of Discipline, Lack of Skill and Perfectionism. Throughout this article Steve discus’s the above topics and more in great detail and also goes over some solutions and work arounds to these problems affecting motivation.

1. Art Markman. Motivation and Procrastination: Just Keep Swimming [Internet]. Austin: Art Markman, Ph.D.; 2011 [cited 2014 Nov 12] Available from: <http://www.psychologytoday.com/blog/ulterior-motives/201112/motivation-and-procrastination-just-keep-swimming>

This article posted on psychologytoday.com posted by Dr Art Markman is extremely intriguing as He compares the Ethos of the Military “We do more before 9am than you do in a day “to some college student’slife, as some of them would correct the slogan with “More than a month”. He looks upon the different college students and the contrast between them as some are extremely motivated and others have a problem with procrastination, even though the two students may have the same academic ability, the highly motivated student will succeed and do much better in life.

1. Ann Coughlan. FEELING SWAMPED? GETTING ORGANISED! Staying motivated and avoiding procrastination [Internet]. Dublin: DCU Student Learning Resources 2007 [cited 2014 Nov 12]. Available from: <http://www.dcu.ie/studentlearning/pdfs/motivation.pdf>

(Ann Coughlan ,2007) this .pdf file written by Ann Coughlan is a very good resource especially for first year students like everyone in our group , as It is simple and easy to follow and understand. Ann states a number of issues with procrastination, followed by a strategy using motivation in order to counteract the issue and resolve the situation. The entirety of this pdf is simple and to the point. It also has a grid at the bottom where you can fill out and see visually what’s stopping you from going forward whether or not its lack of motivation or you seem to be a Perfectionist , this will most likely help you out.

1. Online Resources, Student Services, of Saint Mary’s University. Procrastination and Motivation [Internet]. Sacramento: Sacramento city college (undated) [cited 2014 Nov 12]. Available from: <http://www.scc.losrios.edu/411forsuccess/study-skills/procrastination-and-motivation/>

This is posted on the Sacramento community college website for 1st year student to help them prevent procrastination and I believe it is very helpful. It goes over many things such as time management and reality perception and planning and has an emphasis on doing your best and not striving to be perfect as nothings ever perfect and you’ll waste time setting unrealistic goals.

1. Kevin Kruse. Top 100 Inspirational Quotes [Internet]. New York City: Forbes; 2013 [cited 2014 Nov 12]. Available from: http://www.forbes.com/sites/kevinkruse/2013/05/28/inspirational-quotes/

This website is filled with extremely well written articles and has an article for “ top 100 inspirational Quotes ” Many of these are very Motivational and that’s why we have added them into our slides , there are also a number of quotes on this website which are anti-procrastination. Overall this is a very good source for motivation and procrastination based quotes.

1. Kevin Purdy. Top 10 Motivation Boosters and Procrastination Killers [Internet]. New York City: Gawker Media [cited 2014 Nov 12]. Available from: <http://lifehacker.com/5533897/top-10-motivation-boosters-and-procrastination-killers>

Kevin Purdy is an extremely popular journalist and writes for lifehacker.com , a popular tech website , In late 2010 he posted an article called “[Top 10 Motivation Boosters and Procrastination Killers](http://lifehacker.com/5533897/top-10-motivation-boosters-and-procrastination-killers)” this is filled with excellent tips which us as a team even used to help us get work done while working on this assignment , both presentation and Essay. One of the best tips on this article is “Overcome your fear of Failure” which is why a lot of people do not go out and take action of things on a day to day basis.

1. Ryan D. Speech Coach Tips – Performance Enhancing Advice For Public Speaking Coaches (Ep33) 2014 Jan 25, [cited 2014 Nov 12]. In: Public Speaking Power [internet]. Sydney: Public Speaking Power. 2014 Jan 25- . [1 page] Available from: <http://publicspeakingpower.com/–>

This Website has a lot of valuable information and tip video’s which helped us over come anxiety and fears of the unknown around presentations.