

Causes of Procrastination	Effects and Consequences	Existing Solutions	Potential New Ideas	Business Opportunities
Lack of motivation or interest Tjperez@email.sc.edu	Increased stress levels Tjperez@email.sc.edu	To-Do list apps Tjperez@email.sc.edu	Gamified productivity tracker Tjperez@email.sc.edu	A subscription-based productivity coaching app. Tjperez@email.sc.edu
Poor time management skills Tjperez@email.sc.edu	Sleep deprivation Tjperez@email.sc.edu	Timers Tjperez@email.sc.edu	Social accountability app, Tjperez@email.sc.edu	App with a student leaderboard for early submissions. Tjperez@email.sc.edu
Overwhelmed by large tasks Tjperez@email.sc.edu	Lower grades or rushed work. Tjperez@email.sc.edu	Study accountability groups Tjperez@email.sc.edu	AI assistant that breaks larger tasks into smaller steps Tjperez@email.sc.edu	Integration with learning management systems. Tjperez@email.sc.edu
Distractions Tjperez@email.sc.edu	Missed deadlines Tjperez@email.sc.edu	Campus counseling services Tjperez@email.sc.edu	Reward system for finishing tasks early Tjperez@email.sc.edu	
Fear of Failure Tjperez@email.sc.edu	Reduced learning retention Tjperez@email.sc.edu	Time-blocking methods. Tjperez@email.sc.edu	Browser extension that blocks distractions Tjperez@email.sc.edu	