

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