

## **What went on behind the self-study**

This section aims to highlight certain factors that influenced the self-study but didn't qualify as effective prevention measures due to their broad nature. In the initial week of my self-study, I focused on fostering self-acceptance and self-love. While this significantly aided in temporarily enhancing my work ethic, the impact faded rapidly. This is because self-acceptance and self-love are habits that require daily cultivation, and a one-time execution doesn't bring about lasting change in one's life.

While working on myself I identified the key reasons that were holding me back in self-study, the boredom of the before standing work and the complexity of it. I therefore embarked on a search to prepare better learning material that allowed me to enjoy myself more. This resulted in an immediate effect on motivation. Additionally I'd like to mention that overall health strongly influences the intensity of procrastination; The healthier an individual is, the greater their motivation tends to be.

The last honorable mention is school and its distractions on my project. Before heading into my study, I need to address how school may have altered the outcome of my study. With various deadlines and exams, I frequently had to take days off from the experiment. Through this, it has become apparent that self-discipline, the antagonist of procrastination, shares similar traits with habits; The more discipline is applied, the more significant its impact. The results may not be as precise as desired due to the frequent breaks.

## **Reflection of my work**

This reflection summarizes everything I've learnt throughout this self-study. The good things first, I see this project as one of the few I truly dedicated myself to complete and went the extra mile. Retrospectively there's a lot that hasn't gone perfect but as Mahatma Gandhi put it so beautifully "the path is the goal".

Let's begin by covering the mistakes I committed throughout the project. One mistake I committed was selecting a removal stimulus as my reward. This means,

taking away something pleasant until the task is completed, it's known as negative reinforcement. In this instance, I chose chocolate as the reward, which in hindsight was not the wisest choice, as I would have consumed the chocolate regardless. A more effective approach to self-reward would have been to reward myself with something unusual or special. The adding of a stimulus is referred to as positive reinforcement in psychological terms.

Another aspect worth-mentioning is that I couldn't attempt a further prevention measure, displacement. This describes the switching of your workplace to a designated workroom, for instance a cafe or a library. This sadly wasn't compatible with my self-study, considering that I programmed on a computer not a laptop.

I'm satisfied with the product I've created over the course of the last month and even if the grade were to not reflect my effort, I still carry home the competencies I've gained through this project.