Improving Procrastinating Study Routines Through Digital Productivity Tools

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INTRODUCTION

Procrastination in study routines is a common problem among students, especially in academic environments with increasing workloads and digital distractions. Many students delay tasks until the last minute, leading to stress and poor academic outcomes. This issue is relevant because it affects students' productivity, mental health, and learning quality. Students at all academic levels are affected, particularly those who struggle with time management and self-discipline.

PROBLEM DESCRIPTION

Procrastination occurs when students intentionally delay studying or completing academic tasks despite knowing the negative consequences. Common observations include last-minute studying, missed deadlines, and ineffective learning habits. Factors such as poor time management, lack of motivation, and constant digital distractions contribute to the problem. One major challenge is maintaining focus and consistency in study routines over time.

PROPOSED SOLUTION

A tech-enabled digital study management system can help reduce procrastination by providing structure and accountability.

Key Features:

- Task lists with deadlines and reminders
- Time-blocking and Pomodoro timer
- Progress tracking and daily goals
- Focus mode to limit distractions

Target Users:
Students in high school and college who struggle with study routines.

Expected Impact:

- Improved time management
- Reduced procrastination
- Better academic performance
- Healthier and more consistent study habits

CONCLUSION

Procrastinating study routines negatively affect students' academic performance and well-being. By using digital productivity tools, students can better manage their time, stay focused, and develop effective study habits. Implementing a structured and technology-based solution provides a practical way to address procrastination. Overall, this project highlights how simple digital tools can create meaningful improvements in student productivity.

REFERENCES

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