**CSE 310—Applied Programming**

**W09 Prove – Soft Skills - Procrastination**

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After watching the video “Inside the Mind of a Master Procrastinator”, ponder and then answer the following two questions (minimum 100 words for each question).

Question 1 – Make a list of specific triggers that cause the “Instant Gratification Monkey” to appear in your mind when you are trying to complete a task for either school, work, church, or home. It would be useful to keep a journal for a few days to write down every time you observe procrastination occurring. Identify a “small and simple” goal to respond to the “Instant Gratification Monkey” for one of those triggers.

I have ADHD so procrastinating is something that I really struggle with. I have a lot of triggers and often just forget to do certain things. Here are some of the triggers I’ve found.

Other people talking near me when I’m trying to work

Other people doing something like watching TV or playing games near me

The longer I have to take on a task at a time the harder it is for me to focus

I have a hard time when I am given very open ended tasks

I have a hard time starting on something when I am overwhelmed or don’t know where to start

Question 2 – What can you do in one of your Sprints to allow the “Panic Monster” to be more helpful early in the project instead of the day before the assignment is due?

I really wish I had more control over my panic monster. I feel like this is where I struggle the most. I think what works the best for me is developing a routine. Forcing myself to work at least one hour everyday on a project is the best way for me.