

PROCRASTINATION

and how *Information Technology* can be applied...

INSIGHTS



Phones can **influence** one's procrastination

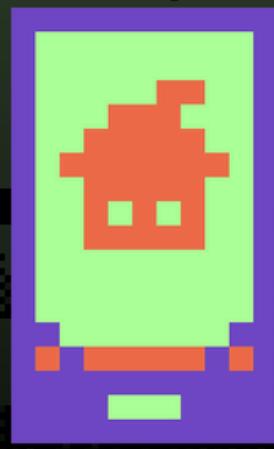


Procrastination can be caused by emotional **discomfort** from work you dislike



Procrastination becomes a **short-term** way to escape!

A Solution:



TASK ANALYZER

and study app

This can serve as a way for students to ease into comfort, while also influencing students to strategize with their work.