**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.

1. Netflix
2. Snapchat
3. Bleacher Report
4. Youtube
5. HBO Max

To respond to the "Instant Gratification Monkey" when faced with the trigger of procrastination, a small and simple goal could be setting a 25-minute timer to focus solely on the immediate task at hand. This creates a structured and time-bound environment, making the task seem less overwhelming. The goal is to work diligently for the specified duration without distractions. Once the timer rings, a short break is allowed, satisfying the desire for a quick reward. Breaking down tasks into manageable time blocks helps the monkey recognize that progress is being made, combating the urge to procrastinate and providing a sense of accomplishment.

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 think some of the most important things one can do is make a roadmap and stick to it as best as you possibly can, for that belief I believe the following “guide” could be viewed as a positive improvement in that area. In one sprint, I'd initiate an early-stage risk assessment, dedicating time at the project's outset to identify challenges, dependencies, and risks. This proactive approach engages the "Panic Monster" early, addressing potential issues before escalation. I'd assess tasks for roadblocks, Regular check-ins during the sprint would discuss progress and emerging issues, ensuring timely resolution. This risk management strategy promotes a controlled, predictable project trajectory.