

PROCRASTINATION AND MOTIVATION – FYSM1310K

Course	FYSM1310K	
Instructor	Dr. Timothy A. Pychyl	
Term	Fall/Winter 2020-21	
Email Address	tim.pychyl@carleton.ca	
Office Location	A826 Loeb (but not relevant for 2020-21 as Prof Pychyl will not be campus)	
Office Hours	By appointment, online only	

COURSE DESCRIPTION/INSTRUCTOR'S STATEMENT

We all know the experience of getting to a point in the day where we intended to do a task, but we think, "I don't want to, I don't feel like it, I'll feel more like this tomorrow." Why is it that we procrastinate? What motivates us? In this seminar, we will explore research that answers these questions and many more related to successful goal pursuit. To learn more about this topic and your course instructor, see procrastination.ca

EVALUATION

There are no tests or exams in this course. All evaluation is based on written assignments and/or multi-media projects including:

Weekly reading assignments and/or reading reflections:	20%
Research paper summaries:	20%
Annotated bibliography:	15%
Popular media "self-help" writing:	20%
Culminating Project:	25%

(Note: The culminating project will be in the form of a major research paper *or* website *or* video series *or* an information-based resource negotiated with the instructor.)

Note: For many of the assignments and writing projects, drafts of the work will be submitted for formative feedback throughout the course.

TEXT

There is no text for the course. We will be reading original research from journals available through the library, as well as materials available online.