

Procrastination, Perfectionism and the Pursuit of Academic Achievement



The Psychologists in Schools Interest Group is pleased to announce the next in our ongoing series of webinars - **Procrastination, Perfectionism and the Pursuit of Academic Achievement**

A recent US survey of approximately 1,300 high school and college students found that procrastination is widespread, with 87 percent saying they procrastinate, and 45 percent reporting that procrastination negatively impacts their grades on at least a fairly regular basis. There is also evidence suggesting that procrastination is a pattern that worsens over time (McCown & Roberts, 1994). Academic procrastination has potentially high costs to students. These costs can be both academic (poor performance, lower marks, career restrictions) and health-related (stress problems, increased risk of anxiety or depression, poor physical health, poorer quality of life).

Yet despite the prevalence and often significant emotional and practical costs of academic procrastination, it continues to be a problem area where treatment improvements are often mixed at best. In this presentation both a theoretical and clinical cognitive behavioural model will be presented as a way to both understand what drives and maintains academic procrastination and to generate ideas as how best to intervene with this often chronic problem.

Issues such as task approach, time management, self-critical thinking, emotion regulation and negative core beliefs will be covered, with a particular emphasis on the often destructive role of perfectionism.

Date: Tuesday May 10, 2016

Time: 11AM, AEST

Cost:

FREE for PISIG Members

APS Members \$20

Non APS Members \$25

Further Details and Bookings:

<http://www.psychology.org.au/Events/EventView.aspx?ID=16594>

About the Presenter

Jonathan Gaston is a clinical psychologist who has previously worked in both public health and University settings and co-founded the Sydney Anxiety Disorders Practice in 1998. From 1999 to 2010 Jonathan held the position of Clinic Director at the Macquarie University Centre for Emotional Health, where his work involved the design and evaluation of group treatment programs for adult anxiety disorders, including social phobia, GAD, panic disorder and blood-injection-injury phobia. He also helped establish the Anxiety Practitioners' Network in 2001, a non-profit association dedicated to the advancement of the treatment of anxiety disorders. Jonathan's interest in treating academic procrastination began with his first clinical role at the UNSW Student Counselling Service. This interest continues today in his role as a private practitioner at Aberfoyle Psychology in Marrick-

Webinar

