ETM
Department of Engineering and Technology Management

Technology Management Seminar Series

Spring 2012

Beating Procrastination and Achieving Goals

Procrastination is a strong predictor of stress and illness, and may lead to severe loss in productivity. Students declare procrastination as the most important issue that gets in the way of their academic performance, but it is also a widespread problem in the general population and in work teams.

In this seminar, Ursina will present a very hands-on approach on how to increase personal productivity and overcome procrastination. I will first cover general principles on prioritizing and realistic scheduling, including many practical tips and resources that have been developed to help us meet our own goals and deadlines. In the second part she will introduce a guide for a two-step intervention. Since one size does not fit all, you will get a toolkit to diagnose your own worst procrastination triggers and obstacles, and learn how to tackle them one by one.

Ursina Teuscher, Ph.D.
Ph.D. in Psychology, University of Freiburg

Ursina Teuscher has a PhD in psychology and a professional degree (MS) as a career counselor from the University of Freiburg, Switzerland. She has taught a variety of university classes, professional training courses, and other workshops on cognitive psychology, learning, memory, decision making, and counseling techniques. She is currently teaching decision making classes at PSU and has a counseling practice downtown Portland, offering decision coaching and consulting to individuals and organizations.

http://www.teuscher-counseling.com
http://www.teuscher.ch/ursina

Day: April 20, 2012
Time: 3:15 – 4:20 pm
Room: FAB 10
1900 SW 4th Avenue
Portland, OR 97201