ETM
Department of Engineering and Technology Management
Technology Management Seminar Series
Graduate Seminars – Fall 2013

Beating Procrastination and Achieving Goals

Working productively towards long-term goals is inherently difficult for most of us, because it requires such extensive efforts in delaying gratification. 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. Procrastination is a strong predictor of stress and illness, and may lead to severe losses in productivity.

This talk will present practical guidelines and techniques that help with time management and goal achievement. It will first cover general principles of sustainable productivity, including many practical tips and resources that have been developed to help us meet our own goals and deadlines. The second part of the talk will introduce a coaching framework and a guide for a two-step intervention. 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.
Portland State University

Ursina Teuscher has a PhD in psychology and a professional degree (MS) as a career counselor from the University of Freiburg, Switzerland. As a decision coach/consultant, she helps individuals and organizations think more creatively and systematically about their decisions, and achieve their goals.

Ursina’s published research and teaching over the years, has focused on cognitive psychology and neuroscience, learning, memory, decision making, and coaching techniques. Her consulting and educational projects include strategic planning for small businesses and non-profit organizations, and post-graduate training courses in decision aiding techniques for career counselors. She is currently teaching decision making classes at Portland State University (PSU) and at the Small Business Development Center at Portland Community College (CLIMB PCC).

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Day: November 8, 2013
Time: 3:40 pm – 4:40 pm
Room: EB 102
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Portland, OR 97201