



Going Beyond Procrastination



Next course begins
Wedn. 19 July 2023,
16.00 - 17.30
(8 consecutive weeks
until 23 August).

Registration until 16th July
via zsb@uni-bielefeld.de

Not all those who wander are lost, even when it doesn't seem to make sense to procrastinate on the very things that matter the most to you. Unlike common belief, procrastination is more than just a question of laziness or willpower. Breaking free from the vicious cycle of anxiety, guilt and procrastination requires an understanding of its psychological, emotional and behavioural components as well as appropriate strategies that works uniquely for you.

The ZSB invites you to a weekly training group in English, first meeting on Wednesday 19th July from 16:00 – 17:30.

The training group will offer you the opportunity to actually bring the work that you have been putting off to the session, learn the skills needed to face procrastination head-on and apply them in the very session to carry on your work together.

This 8-week training will be guided by Kim Dang (MSc Psych) and will be a supportive and confidential space.

Registration until Sunday 16th July via email zsb@uni-bielefeld.de

International and German students are welcome.