**CSE 310—Applied Programming**

# W06 Activity– Soft Skills - Procrastination

Name:

Date:

After watching the video “Inside the Mind of a Master Procrastinator”, think about how this can be used to improve your personal soft skills.  Use the following prompts to help you think about the content.

**Prompt 1** – Make a list of specific triggers that cause the “Instant Gratification Monkey” to appear in your mind when you are trying to complete a task for either school, work, church, or home. It would be useful to keep a journal for a few days to write down every time you observe procrastination occurring. Identify a “small and simple” goal to respond to the “Instant Gratification Monkey” for one of those triggers.

**Prompt 2** – What can you do in one of your Sprints to allow the “Panic Monster” to be more helpful early in the project instead of the day before the assignment is due?

## Task:

Demonstrates your understanding and application of the principle/skill.  Answer each prompt with a well thought out statement. This likely cannot be done in fewer than two or three sentences per response. Certainly, using only a few words is too short. After completing your answers, copy and paste your answers to the corresponding Microsoft Teams Channel as a new Post.

1. Description of principle/skill.
   * RESPONSE:
2. How the principle/skill can be used to enhance your software development skills.
   * RESPONSE:
3. How the principle/skill can improve working with team members.
   * RESPONSE:
4. How you can use the principle/skill in other areas of your life.
   * RESPONSE:
5. A quick assessment of where you think you are with this principle/skill.
   * RESPONSE:
6. An action plan to help you improve.
   * RESPONSE:

**I posted a copy of my responses in MS Teams (Yes/No) \_\_\_\_\_**

## Deliverables:

There are two deliverables.

1. Copy your response from above and paste it into a new message in the appropriate MS Teams Channel for this soft skill.
2. Upload this document to [Canvas](https://byui.instructure.com/calendar#view_name=agenda).