

Get Started

Learn how to beat the annoying habit of procrastinating and just get started



Module 1

You, the monkey and the monster

CEDARS – Counselling and Person Enrichment Section (CoPE)

Contents

About Caring Universities	P1
Acknowledgments	P2
How to use this workbook	P3
Introduction	P4
TED-Talk	P5
A look at what's to come	P6
Wrap-up	P7
Resources	P8



About Caring Universities

The Caring Universities project is embedded within the World Health Organization (WHO) College Student Mental Health Surveys (WMH-ICS). This international initiative aims at improving our knowledge on college students' mental wellbeing. Realizing the needs of students will help us in prevention but also in early detection and treatment of mental disorders during college years. Caring Universities takes it one step further by also offering free web-based interventions to students in need.

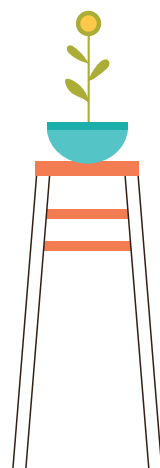
Primarily developed by Ms. Sevin Ozmen, Coach, UX Expert & Programme Creator, the online programmes introduce important life skills to college students who would like to improve mood, reduce stress, and overcome procrastination, etc..

For further details of Caring Universities, please visit <https://caring-universities.com>.

With the permission from Caring Universities, Counselling and Person Enrichment Section of The Centre of Development and Resources for Students (CEDARS) adapted the online programs into e-workbooks for promoting the mental health of students at The University of Hong Kong.

Acknowledgments

CEDARS is very grateful to Professor Pim Cuijpers, Professor of Clinical Psychology at the Department of Clinical, Neuro and Developmental Psychology, Amsterdam Public Health research institute, Vrije Universiteit Amsterdam, and his team for giving us access to Caring Universities. Last but not least, we would like to thank Dr. Sascha Struijs, coordinator of Caring Universities, in facilitating the process.



How to Use this Workbook

This workbook is part of a self-help program which intends to help you overcome procrastination. The program is based on Cognitive Behavioural Therapy and consists of reading and multimedia materials, reflective exercises and practices. It covers topics such as psychology of procrastination, ways to analyse your own procrastination and beat it, and practical tips to motivate yourself and make your tasks more manageable.

The program is a series of 5 learning modules, each takes you roughly 30 minutes to go through. We recommend completing each module in one sitting and doing 1 module weekly for 5 consecutive weeks.

At the end of this workbook, you will find a list of resources in the community that you could make use of when you need support.

Enquiries and Feedback

CEDARS – Counselling and Person Enrichment Section (CoPE)

Tel: 3917-8388 | Email: cedars-cope@hku.hk



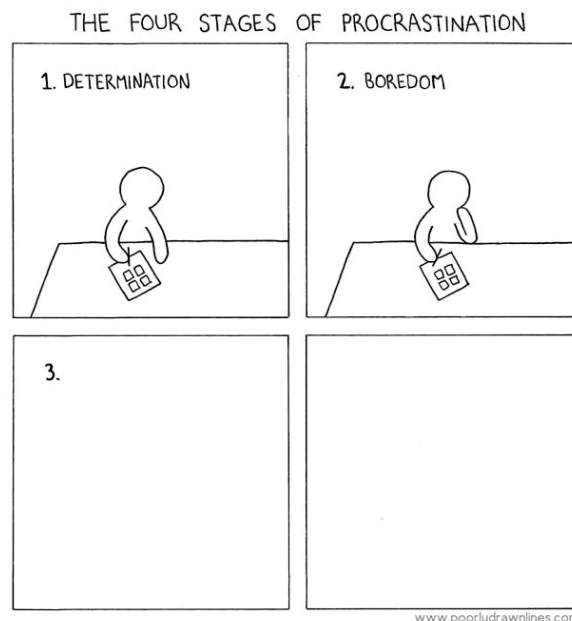
Module 1

You, the monkey and the monster

Introduction

Hello and welcome to the first module of the procrastination programme. Good to see you here! We're going to start easy. In the first module you're going to watch a very good TED-talk and get a sense of what you will learn in this programme - and that's it!

- ▶ This module will take around 20 minutes
- ▶ We recommend a quiet place so you can hear the video
- ▶ Have these things at hand:
 - Headphones (if you can't play the video out loud)
 - Your calendar
 - A notepad or notes app on your phone



Comic from Poorly Drawn Lines, but don't click this link to procrastinate on doing this module ;)

TED-Talk

Before we get started on the video: what's going on in your life at the moment that makes you want to follow this programme?

And what would you like to have achieved after finishing this programme?

Click and watch the video below!



TED is the owner of the TED Talk, and you can find the original video [here](#)

A look at what's to come

And just like that, you've (almost) completed the first lesson already. Here's an overview of what to expect from this programme.

Procrastination Programme



You, the monkey and the monster
An introduction into the programme

module 1 ✓



A chat with procrastination brain
A dive into your own brain: what's the underlying reason you procrastinate?

module 2

Protection level: 5000
Understand the psychological mechanism behind procrastination

module 3



Self high-five
Recognising how far you've come and some tips for the future

module 4

I've got to break free
Learn how to break free of procrastination and get started on a task

module 5

Wrap-up

That was it for the first anti-procrastination lesson! It wasn't so bad, was it? :)

As a closing question: what insights did you get from the TED-talk?

Now you can do one of two things, your pick:

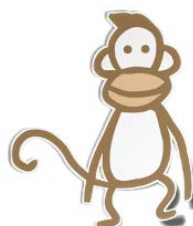
- ▶ You can wait a few days before the next module and do the assignment below in the meantime, or
- ▶ **The recommended option:** you can keep up the momentum and do the second module straight away.

Assignment

Let's practice becoming more aware of procrastination. Every time you notice yourself procrastinating, write down the task you're putting off. Also write down what you do **instead**, your so-called 'monkey actions'.

An example

Task	Monkey action
Writing paper	Netflixing



You can keep track however you want: on a notepad, in your phone...And you don't need to analyse or change anything, simply observe yourself and write it down.

What did you think of this module? Please click [here](#) to let us know your views. You are highly encouraged to complete the next module.

Good luck and until next time!

Resources

Counselling and Psychological Services at HKU

If you would like to have a further discussion on the issue of procrastination, feel free to make an appointment with the professional counsellors at the Counselling and Person Enrichment (CoPE) Section of CEDARS. It is free-of-charge, professional and confidential. Don't hesitate to seek help if needed. There are also services and support in the community. You may explore further with the community resources below:

Email : cedars-cope@hku.hk Phone : 3917-8388

Community resources

Online Counselling	
Open Up - Jockey Club Online Youth Emotional Support	Website: www.openup.hk Facebook: www.facebook.com/hkopenup WhatsApp/SMS: (852) 9101-2012 WeChat: hkopenup
The Jockey Club TourHeart+ Project - self-help psychological interventions	Website: https://www.jcthplus.org/
uTouch online & WhatsApp counselling (Tue – Thur, 4:00 pm – 10:00 pm; Fri – Sat, 4:00 pm – 2:00 am)	Website: utouch.hk Facebook: utouch.hk Instagram: @utouch_hkfyg Whatsapp: (852) 6277-8899 Telegram: @utouchsocialworker
headwind - online service by Youth Mental Health Team, HKU Department of Psychiatry	Website: https://www.youthmentalhealth.hku.hk/
“Counseline@MHAHK” - mobile app of Mental Health Association of HK Online counselling via mobile app (Mon – Fri, 2:00 pm – 10:00 pm)	“Counseline@MHAHK” could be downloaded from Apple Store or Google Play for free
LevelMind@JC	Website: https://www.levelmind.hk/
Caritas Infinity Teens - Cyber Youth Support Team	Website: https://it.caritas.org.hk/ Instagram: @caristas.infinityteens Whatsapp / Signal: 9377-3666 Telegram: @caritasinfinityteens
Stewards - Teens Online 天使在線	Website: https://www.teenonline.hk/ Phone: 2648-0299 Whatsapp: 9734-8185 Email: teenonline@stewards.hk

24 Hours Hotlines	
The Samaritans Befrienders Hong Kong	(852) 2389-2223
The Samaritans – 24-hour Multi-lingual Suicide Prevention Services	(852) 2896-0000
Suicide Prevention Services	(852) 2382-0000
Caritas Family Crisis Support Centre	(852) 18288
Social Welfare Department Hotline (will be transferred to the Tung Wah Group of Hospitals hotline for certain hours)	(852) 2343-2255
Tung Wah Group of Hospitals (TWGHs) CEASE Crisis Centre	(852) 18281
24-hour Hospital Authority Psychiatric Hotline	(852) 2466-7350
Counselling Hotlines	
HKFYG U-Line (Mon – Sat, 2:00 pm – 2:00 am) (For university students)	U-Line: (852) 2777-0309 Hotline Counselling Services: (852) 2777-8899
YWCA Hotline (Mon – Fri, 7:00 pm – 9:30 pm)	(852) 2711-6622 Website: https://fwcyyc.ywca.org.hk/services/rexianfuwu
Joyful (Mental Health) Foundation (Mon – Fri, 10:00am – 1:00pm, 2:00pm – 5:00pm ; Sat, 10:00am – 1:00pm)	(852) 2301-2303 Website: https://www.jmhf.org/service

Disclaimer

CEDARS is not responsible for and makes no representations or endorsements to the services offered by any third party mentioned in this workbook. Inclusion on this list does not imply endorsement and omission does not indicate disapproval. The information (e.g., service links) is subject to change by the third party with no control from us. The services listed may not be exhaustive.