Stop Student Procrastination with *The Now Habit*

For many first-year students, the concept that they ought to be studying for twice as long outside of class as they do inside it seems onerous. Faculty often see the effect of this attitude in class discussions that barely dip below the surface level and rushed problem sets and papers.

I’ll often encounter these students after they’ve done poorly on a paper that they cobbled together at the last minute. In our meetings, I hear them express a desire to do better while at the same time berating themselves for procrastinating so much.

I often refer these students to Neil Fiore’s book, *The Now Habit: A Strategic Program for Overcoming Procrastination and Enjoying Guilt-free Play* because of the way that Fiore breaks down the reasons why we avoid work and presents inspired models for how to change our outlook.

Any teacher would benefit from reading the book because of the way it challenges the conventional knowledge about how procrastination is normally dealt with. As a reformed procrastinator myself, I love how Fiore treats procrastinators with sympathy and understanding while presenting a way for anyone to enjoy the benefits of remarkable productivity. As an educator, I love the last chapter, “The Procrastinator in Your Life,” which offers strategies with more nuance than the traditional carrot or stick approach. Most of all, I love how the book offers hope to students who once felt smart but are now doubting their abilities.

By Shawn Doyle, Writing Consultant for First-Year Students
Conversations About Teaching take place on the first Friday of the block at 11:30 in Cole 108. Participants are encouraged to bring a brown bag lunch.

- **Friday, Feb 4: Taming the Workshop Monster.** Facilitators: Jen Rouse, Consulting Librarian for Education, Theatre, and the Humanities; Shawn Doyle, Writing Consultant for First-Year Students

- **Friday, March 4: We have an App for That.** Facilitators: Derin Sherman, Associate Professor of Physics; CTL staff

**Spring CAT Schedule**

There is not such a cradle of democracy upon the earth as the Free Public Library, this republic of letters, where neither rank, office, nor wealth receives the slightest consideration.

—Andrew Carnegie

- **Friday, April 8: And the Bill Comes To....The Cost of Textbooks and Copyright/Fair Use.** Facilitators: Devan Baty, Assistant Professor of French; Laurel Whisler, College Librarian

- **Friday, May 6th: Games, Projects, and Imagination: Creativity in Teaching and Learning.** Facilitators: David Yaminishi, Assistant Professor of Politics; Katy Stavreva, Associate Professor of English and Creative Writing

**The Return of Trivia Night**

Last winter over 10 teams participated in Cole Library’s first-ever Trivia Night. It was a memorable evening filled with musical clues, fast-as-you-can cataloging, and serenading by the one and only Shawn Doyle. We’re about to do it all over again, so don’t miss out on all the fun!

**The need to know:**

- Maximum of 4 people per team
- No minimum team size
- Faculty, staff, and students are all encouraged to participate
- All teams get an opportunity to answer all questions
- Registration begins at 6:15PM

**Showcasing Faculty Research and Creative Projects**

We believe it’s important for students to see the scholarly work that you are doing in your field, so the library is making space near Cole 310 to showcase faculty publications. These publications and projects will be displayed on a rotating basis, each for at least two blocks. We are happy to display books, articles, photographs of creative projects, scores, etc. If you would like us to display some of your publications, or photos of a creative piece, along with a photo of yourself and brief statement about the work, feel free to contact your consulting librarian.

“If you have a garden and a library, you have everything you need.”

—Cicero

**Teaching With Entertaining Educational Technology**

Classroom Response Systems, more commonly known as clickers, are fast becoming ubiquitous on college campuses, as evidenced by a recent New York Times article discussing increased clicker usage at Northwestern, University of Arizona, Vanderbilt, and Harvard University. The instructors interviewed for the article cite “student engagement” as a chief reason for employing clicker technology. A clicker system, when employed thoughtfully and intentionally, can increase student participation by giving students the opportunity to reflect on questions posed by the professor and respond anonymously using an electronic remote. By using clickers, instructors can keep students directly engaged with the task at hand, while at the same time giving the class iterative feedback by posing questions, discussing the response, and then polling the same questions once again. If you are interested in using clickers here at Cornell, please contact the Academic Technology Studio.