

# Do you sometimes procrastinate while studying?

Procrastination is what we do when we delay an activity even though we know it probably has negative consequences. This is a common problem among students, and we are now going to investigate the phenomenon in a scientific study. We are looking for participants for the study, would you like to join?

In practice, participating means you will answer questions about your current situation in an app a few times a day for two weeks.

By participating in the study, you might gain insights into yourself and how you function. Additionally, you contribute to science!

Come on board! You can start right away by visiting **[www.abo.fi/intakt](http://www.abo.fi/intakt)**

