

Fact: You know you are procrastinating when you start looking up memes about procrastination.



somee cards
user card










Procrastination Panel, 11 January 2023

Dr. Vadim Zaytsev aka @grammarware, Programme Director

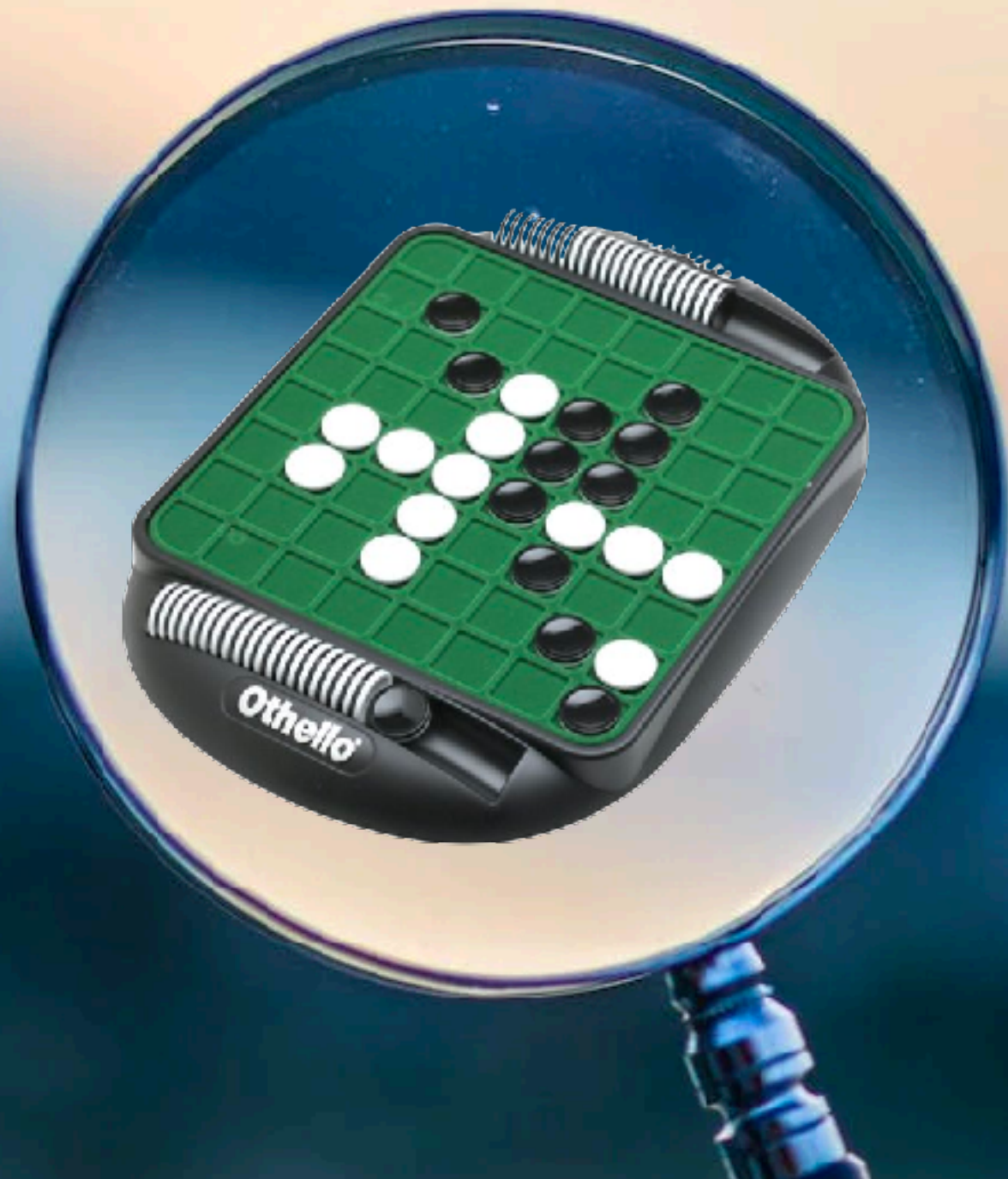


UNIVERSITY
OF TWENTE.

Introduction

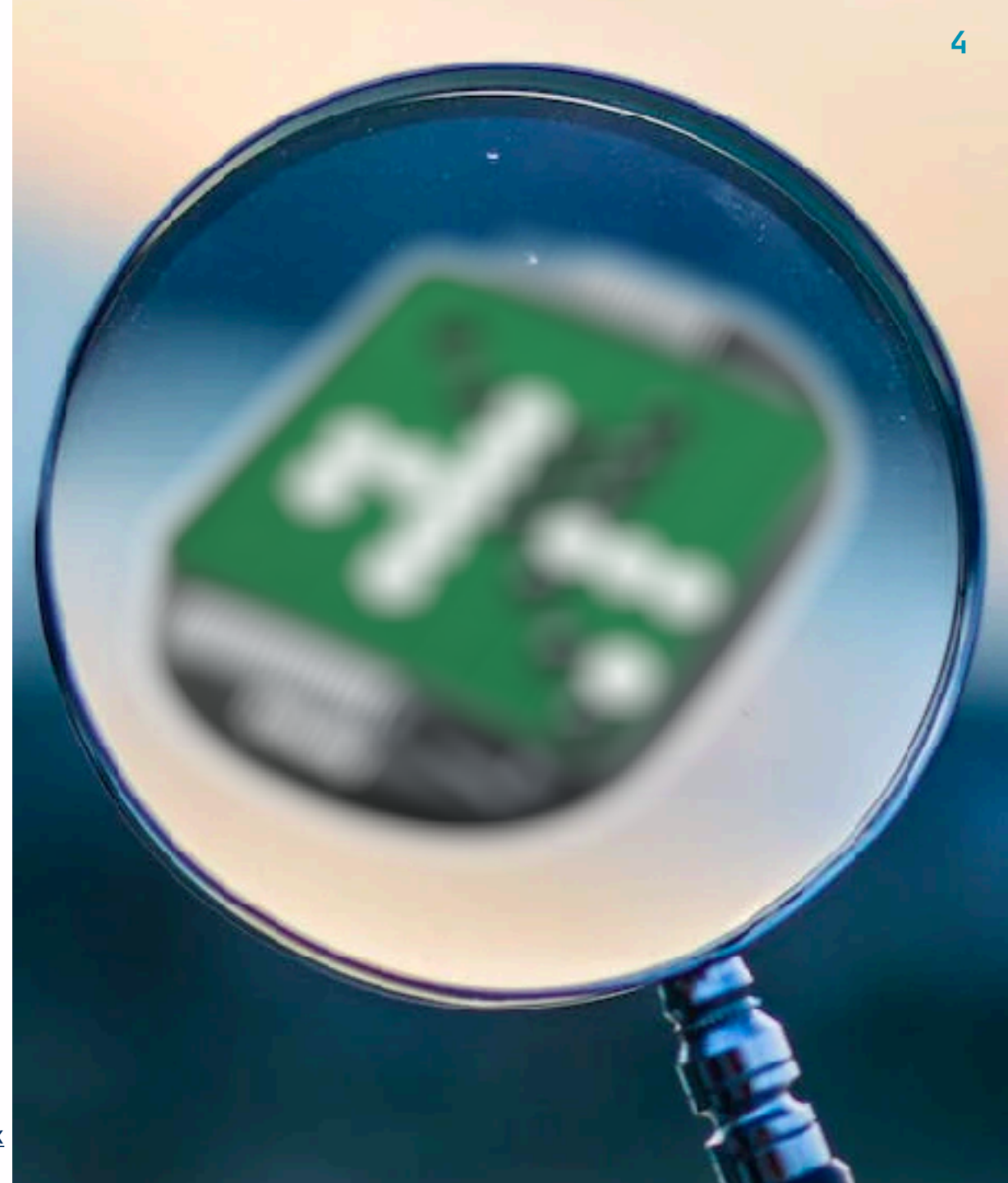
- Vadim Zaytsev aka [@grammarware](#) ()
 - **research** (, , )
 - **teaching** ()
 - **industry** (, raincode **LABS**)
 -   ————— 
- ~**200** emails/day
- **11+58** papers @ [DBLP](#) (**45%** solo)
- supervising **6** BSc + **10** MSc + **2** PhD





Hypofocus?

- Rest well
- Eat healthy
- Reduce stress
- Isolate distractions
- Divide larger tasks
- Take breaks
- Collaborate
- Reward yourself



Hypofocus?

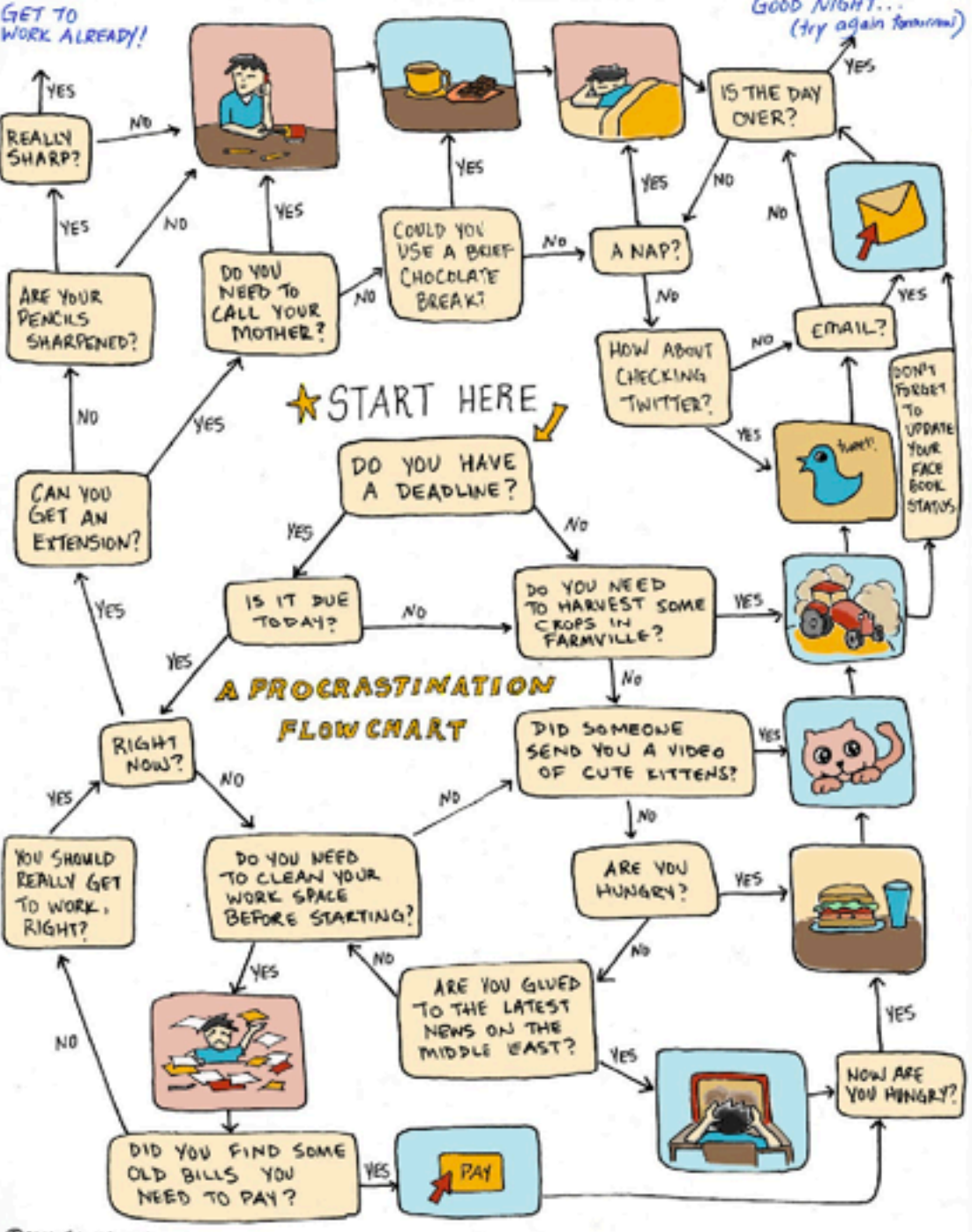
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<https://www.linkedin.com/career-advice/career-development/career-focus-at-work>



Unproductive Procrastination

- Staring into the wall
- Checking email
- Doomscrolling
- Snacking
- ChatGPT
- Gaming
- . . .
- ...
- ...

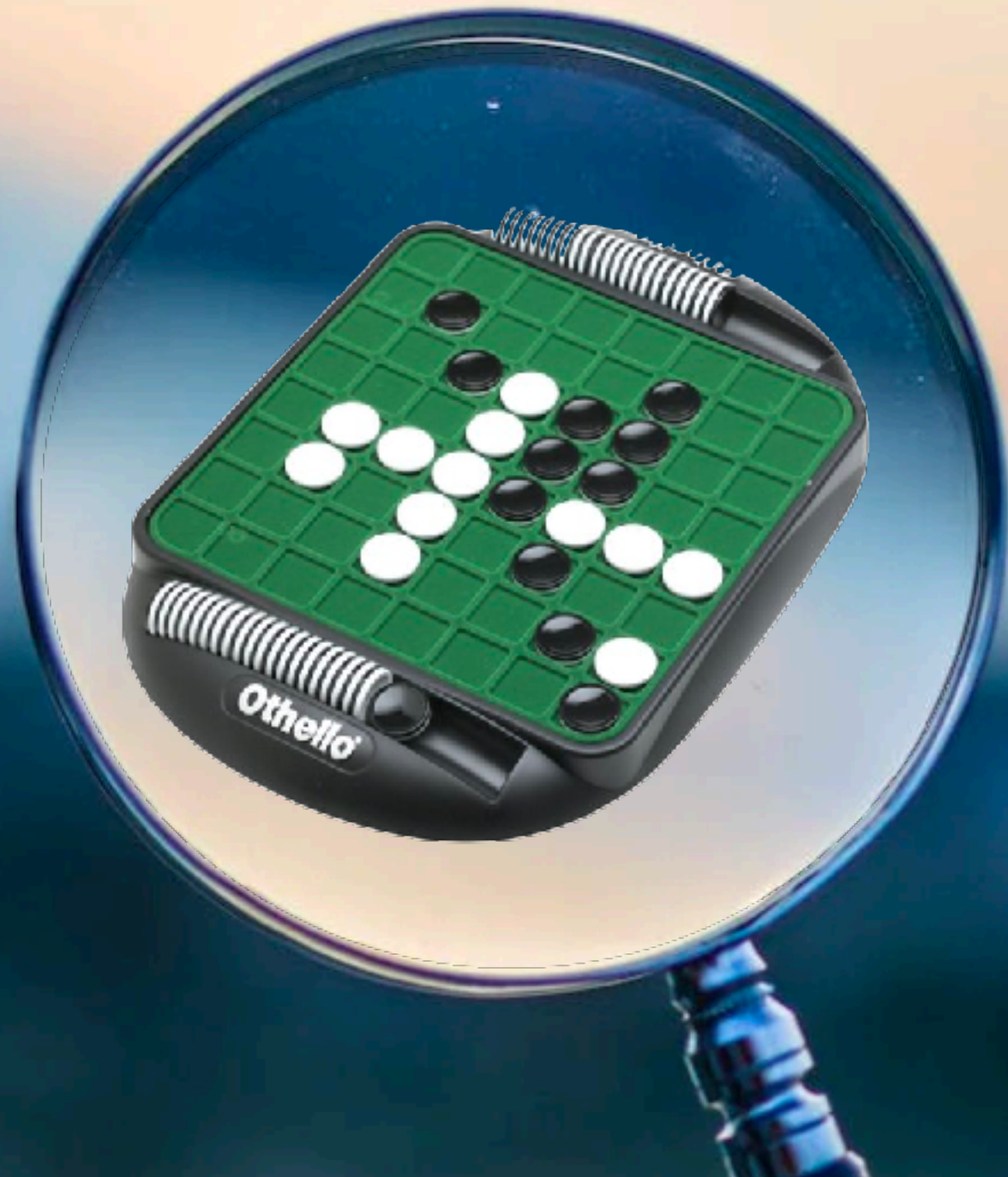


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Productive Procrastination

- Do meaningful things
- Clean up your room
- Work out
- Develop hobbies
- Learn different things
- Switch between strengths & weaknesses





Hyperfocus?

- Focus on the **right** things
- Start **appropriately**
- Practice **mindfulness**
- Set **timers** & **alarms**
- **Zone** & **move**
- Celebrate **milestones**
- Keep **schedules**
- Use **flow**



Practical Tips

- ~~TO DO lists?~~
 - DONE lists! Track progress!
- ~~Multitasking?~~
 - One thing at a time
- ~~Tasks?~~
 - Actionable goals
- ~~Procrastinate?~~
 - Productively and meaningfully
- Dream on?
 - Careful what you wish for

University of Twente

Calendar

Join with an ID Meet now New meeting

Today < > December 2022 Week

	12 Monday	13 Tuesday	14 Wednesday	15 Thursday	16 Friday	17 Saturday	18 Sunday
9	ASSTT granted Microsoft Chatroom, Zapfen, V. BEMCE	CS-NIT week 3 Microsoft Teams Meeting Zapfen, Vaden (UT-EMCE)	ASSTT Zapfen, Vaden (UT-EMCE)	MC Design Exam (MC Paten) MC-115, MC-116, Thornel, Thornel	Examination Board CE meeting Microsoft Teams Meeting Examinationcenter (CE-EMCE)	Interview second cybersecurity position as an assistant professor - Candidate Thijs van IJke H2B-24 - Learning, online via MS Teams (see the link in this invitation) Schulten Hoop, Barfink (UT-EMCE)	
10	Research Topic 12 Doc Zapfen, V. BEMCE	Graduate Support Office (OR-3F) Zapfen, V. BEMCE	Whistlebl Weekly Zaaring 2102 Zapfen, Vaden (UT-EMCE)				Midwinter/boom Wandering Hogekampioen
11	Numerus-Roux Workshop Zapfen, V. BEMCE	Meeting PC-CE December Online Paulberg Hokamp, Sabine (UT-EMCE)	Jeugdgericht Vaden JL 3005 Huisman, Wierke (UT-EMCE)				
12	Lunch	Lunch	Lunch	Spellen+ Zapfen, Vaden (UT-EMCE)	DEE Brainstorm Teams Zapfen, Vaden (UT-EMCE)		
13	Facult Structure Weekly Teams Zapfen, Vaden (UT-EMCE)	Short Examinations on Word Parsing 2102 Zapfen, Vaden (UT-EMCE)	SCAW-BC	Wijheid van de OUD Zapfen, V. BEMCE	Skills Redesign 2102 Zapfen, Vaden (UT-EMCE)		
14	Verification Test Survey Zapfen, V. BEMCE	Ask Weekly 2102 Zapfen, Vaden (UT-EMCE)	Shogun Shark in the Tank Zapfen, V. BEMCE	Graduation 21Weekly 2102 in Teams Zapfen, Vaden (UT-EMCE)	Coding Traditions Online Teams Zapfen, Vaden (UT-EMCE)		
15	Code (2114) weekly 2.0 Calvin Dekker	Workshop PC-De JL 4116 Kraai, Eindhoven (UT-EMCE)	Lunch				
16	Script follow-up Zaaring-Room-1016 Wapenik, Eline (UT-EMCE)	MC Design OR-1101 Teacher and Game	Marika	FWF Colloquium FWF Colloquium with Wierke Microsoft Teams (Eindhoven)			Karibornal WDR
17		Program Directors Meeting with Eline (JL 1116) Lunch, Board room (JL 1001) Bart	Lunch Zaaring-1017				
18			FWF Dinner (JL) Room 101				
19				(MC) Teacher/line The Faculty Eindhoven, Calvin			



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