

Regular Chat Room
June 11th and 13th, 2024

Theme: Procrastination (先延ばし)

Self-introductions for new participants:

- What is your name?
- Where are you from?
- What do/did you do for work (job title, raised children, etc.)?
- What do you like to do for fun?

Questions:

1. Have you ever procrastinated on homework or a school project?
 - a. Describe the assignment. Why did you wait?
 - b. How long did you wait?
 - c. What made you finally start on it?
 - d. Did you finish it on time? What happened?
2. Do you procrastinate on everyday tasks like washing the dishes, vacuuming, etc.?
 - a. Has anyone ever gotten angry with you for procrastinating on a task?
3. Is there anything else you procrastinate on?
 - a. Are there certain tasks that you procrastinate on more than others? Why?
 - b. What do you think makes people procrastinate?
4. Do some people procrastinate more than others?
 - a. Would you describe yourself as a procrastinator? Why or why not?
 - b. Have you ever met anyone who doesn't procrastinate? What were they like?
5. Have you ever forgotten to do something as a result of procrastination?
 - a. How did you remember?
 - b. What happened?
6. When can procrastination be beneficial?
 - a. Do you think procrastination can make you more creative?
7. When is it bad to procrastinate? (Types of situations, tasks, etc.)
8. How do you feel when other people procrastinate on things you want them to do?
 - a. How do you encourage someone not to procrastinate?
9. How can someone stop procrastinating?
 - a. Do you think to-do lists, reminders, and deadlines are effective?
 - b. What things do you do to stop yourself from procrastinating?