



LD1003 Procrastination and Perfectionism 2.0 credits

Prokrastinering och perfektionism

This is a translation of the Swedish, legally binding, course syllabus.

If the course is discontinued, students may request to be examined during the following two academic years

Establishment

The official course syllabus is valid from the spring semester 2023 in accordance with the decision by the head of the school: M-2022-1074. Date of decision: 17/06/2022

Grading scale

P, F

Education cycle

First cycle

Main field of study

Technology and Learning

Specific prerequisites

General entry requirements

Language of instruction

The language of instruction is specified in the course offering information in the course catalogue.

Intended learning outcomes

After passing the course, the student should be able to:

1. Describe and give an account of basic mechanisms around how procrastination and perfectionism function, based on psychological research.
2. Analyse situations, thoughts and feelings that could influence procrastination and perfectionism, based on prevailing research results.
3. Apply exercises and strategies to decrease non-desirable effects of procrastination and perfectionism.

Course contents

The course intends to develop skills and abilities to understand, analyse, plan and implement learning strategies that could improve students' learning.

- Presentation of basic key concepts about procrastination and perfectionism based on current research.
- Exercises to decrease procrastination and perfectionism.
- Discussions of practical strategies to handle procrastination and perfectionism

Examination

- LEXA - Continuous assessment, 2.0 credits, grading scale: P, F

Based on recommendation from KTH's coordinator for disabilities, the examiner will decide how to adapt an examination for students with documented disability.

The examiner may apply another examination format when re-examining individual students.

Ethical approach

- All members of a group are responsible for the group's work.
- In any assessment, every student shall honestly disclose any help received and sources used.
- In an oral assessment, every student shall be able to present and answer questions about the entire assignment and solution.