



The newsletters address themes relevant to PhD students at the University and is sent to registered members of the Association. Stay informed in-between newsletters, follow us on Facebook and Instagram! Or contact us on the down-low via doktorandforeningen@abo.fi

 <https://tinyurl.com/ycnmtnwj>  <https://tinyurl.com/yd78arla>

We hope that everyone had a good summer and that you have had a good start to the new academic year! We are happy to present the first newsletter sporting our new logo, once again a shout out goes to now life-time member **Joanna Pylvänäinen**. At the moment, the DÅCTA board is busy working on the website, which we hope to have up and running later this fall.

In the meantime, this edition of the newsletter will address something that most likely has plagued all of us before, but especially now while confined to our homes due to COVID, namely **that pesky 'superpower' called procrastination**. Thanks to a discussion at one of the departments, the DÅCTA board was lucky to get its hands on a great set of info on how to relate to procrastination that we naturally want to share with our members. A huge shout out goes to **Kim Ramstedt** who compiled the original info. We sincerely hope that this will help you get through the tough times when procrastination hits hard!

THE PROCRASTINATION EDITION



"Look at all these projects and papers I haven't started"

WE'RE SORRY, THERE'S NO SIMPLE SOLUTION...

You might have stumbled across loads of websites that proclaim to have the 'solution to procrastination' or "10 ways to combat procrastination" and the like. You might also have noticed that all of them offer somewhat banal or trivial tips and trix like "plan you time better", "make lists" and "better self-dicipline".

Tools like making lists or time management plans are all well and good, but if you do not get to the root of the reason behind procrastination they will do very little for you. In his info material **Ramstedt** recommends the following two psychology researchers that approach the issue of procrastination in a much more holistic way than the aforementioned website posts.

William Knaus, author of "The procrastination workbook" (2002)

This book can be found as a digital book online and goes under the subheading "Your personalised program for breaking free from the patterns that hold you back". There is also a series of video presentations on Knaus' material on YouTube here <https://tinyurl.com/y4zoso9t>.

Timothy Pynchyl, author of "Solving the procrastination puzzle" (2013)

This book can be found as a digital copy online and goes under the subheading "A concise guide to strategies for change". There is also a video lecture where Pynchyl himself discusses the research done to solve the procrastination puzzle. You can find the lecture here <https://tinyurl.com/yy89fy5>.

KNAUS AND PYNCHYL IN A NUTSHELL

1. Procrastination does not equal laziness or that there is something wrong with the task. It is a **biological fact that humans strive to minimize discomfort** in their lives, hence we turn to things that give us pleasure and immediate pay-off rather than finish seemingly arduous, time and energy consuming tasks.

2. People procrastinate in different ways with different tasks. A '**procrastination profile**' is apparently a thing. Consider getting to know yours to find out what get your procrastination going. See Knaus (2002) for a framework of questions to get to the bottom of your procrastination tendencies.

3. **Stop expecting perfection from the get go**. Take comfort in getting a draft done and ask for feedback.

4. When you notice yourself procrastinating - don't feel guilty. It happens, like we said, it's a biological fact. However, you should not fall into blaming yourself or others, because this shoves the responsibility for the task on others or other factors. **Take responsibility, but don't feel guilty**.

5. **Constant procrastination can become a habit** that you fall into without even noticing. When you notice yourself procrastinating. Stop. Think about why it's happening. Appreciate the fact that you recognized it and stopped it. **Consider what is more gratifying in the long run**, you continuing procrastinating or completing the task?

UPCOMING EVENTS



"SHUT UP AND WRITE" SESSIONS



The shut up and write sessions are still going on. The form (IRL or via Zoom) will vary according to the University regulations on COVID. Further info will be provided via e-mail and social media. The idea for the sessions stays the same: we get together in the afternoon and spend around 4 hours writing together. After which the days achievements are celebrated in a manner that is decided by the participants. Dates for the remaining fall sessions
Wednesday **October 7th** Thursday **November 5th**
Friday **December 4th**

WORKSHOP ON WELL-BEING



The Association will host a workshop on well-being with ÅAU study psychologist Daniel Ventus on **October 30th @ 10:00-11:30 via Zoom**. The workshop is free and open to all doctoral students at ÅAU. All you have to do to participate is register here <https://survey.abo.fi/lomakkeet/12823/lomake.html>. Deadline for registration is October 14th.

MEMBERSHIP FEE 2020



We have come so far in our new association that we can begin to collect membership fees from our members

The membership fee of **10 €** should be paid to DÅCTA's account **FI8115443000180815** by **October 31st**.

Write in your name in the message field when you pay.

Questions about the fee can be directed to Treasurer **Robin** (robin.isomaa@abo.fi). Other issues regarding membership can be directed to Membership secretary **Mohammed** (mohammed.zniber@abo.fi).

DISCUSSING HUMAN NATURE



A new community action initiative aims to create an interdisciplinary and philosophical discussion club around the **topic of human nature**. We invite everyone interested in or doing research focusing on any and all aspects of the human to join for our first meeting at **4 PM on November 4th @ Gastropub Löytö**. There we will try to figure out what kind of club we want to create and what themes we want to touch upon. If you have any questions you can contact CA-coordinator Jolanda (jolanda.linsen@abo.fi).

WE WANT YOU FOR DÅCTA 2021



An official invite will be sent to all our members during the fall, but we invite all of you to attend our **fall meeting on November 12th via Zoom**. We hope all of our current members take some time to think about joining the DÅCTA board next year to continue the work that has been done so far! And please feel free to contact the board with any questions you might have.

CHRISTMAS PARTY DECEMBER 16^T



We are dedicated to actually arranging a Christmas Party this year. As of now, we are still looking for a venue. We'll keep you up to date and send an official invitation to the party as soon as we have more details! So if you haven't already, please save the date! **If you are interested in helping out with planning the Christmas party**, please contact **Social events coordinator Sofia** (sofia.wanstrom@abo.fi).