

Effects of Stress and Procrastination on the College Application Process in High School Students

Counsellor and University Viewpoint



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South and Central Asia 2024

SPEAKERS



Arshita Kapoor
The British School



Shikha Vij
Step by Step School



Tanushree Bhattacharya
University of British Columbia



Alexandra Salcedo
Boston University



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"I'm not procrastinating. I'm proactively delaying the implementation of the energy-intensive phase of the project until the enthusiasm factor is at its maximum effectiveness."



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WHAT WE WILL COVER...

- Understanding the student pressure
- Effects of Stress and Procrastination
- How this effects counsellor's work
- How this affects the student's application
- Understanding the University Viewpoint
- How we can make the process streamlined for the students



AVOIDING WORK? WATCH THIS



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COUNSELLOR VIEWPOINT

Understanding the student pressure

- Multi-tasking - Extra curriculars, Academics, Application
- Application to multiple destinations
- Meeting deadlines/ timelines
- Social pressure for niche universities
- Parental pressure/expectations
- Poor understanding of best fit



COUNSELLOR VIEWPOINT

Why students (Gen Z & Gen Alpha) procrastinate

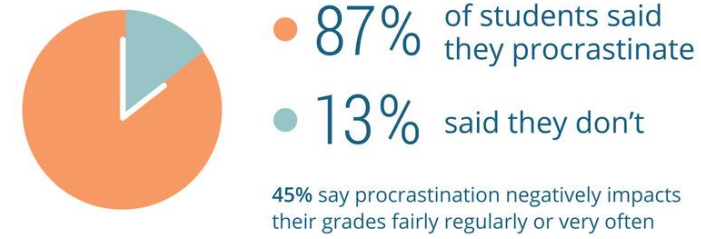
- Social Media Usage
- Poor time management
- Inability to concentrate on work
- Fear of failure
- Negative beliefs about one's capabilities
- Unrealistic expectations
- Perfectionism



PROCRASTINATION

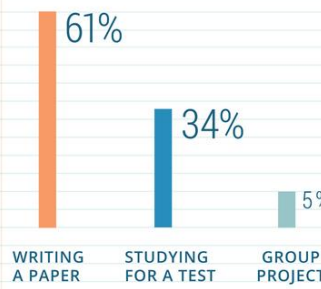


The vast majority of high school and college students are self-proclaimed procrastinators



Males are more likely to procrastinate than females
More than 70% of all students pulled at least one all-nighter this school year

WHAT ARE STUDENTS MOST LIKELY TO PROCRASTINATE ON?



WHY DO STUDENTS PROCRASTINATE?

48%

“ I get distracted by other things I'd rather be doing.

40%

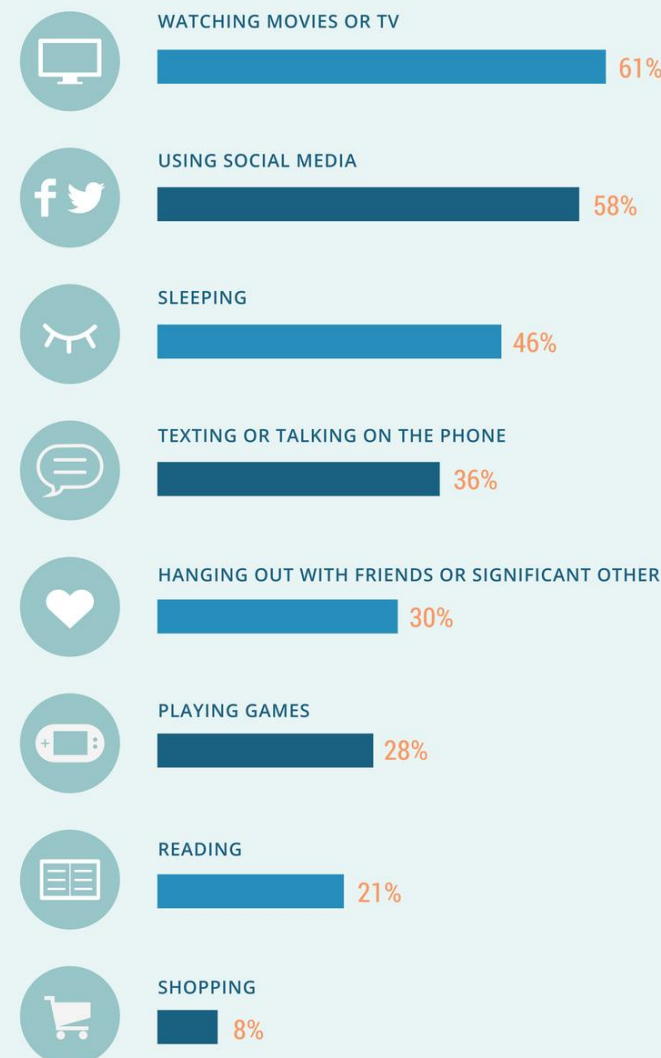
“ I get overwhelmed and don't know where to start.

12%

“ I don't like doing my schoolwork

MORE THAN HALF of COLLEGE FEMALES procrastinate because they are overwhelmed

METHODS of PROCRASTINATION



COUNSELLOR VIEWPOINT

Effects of Stress and Procrastination on the College Application

- 50% of the students felt they procrastinated
- 60% felt guilt for not putting in their best
- 60% would do things differently next time
- 53% felt an impact on self image

Kapoor, A. (2022). Effects of stress and procrastination in the college application process for high school students from elite high schools. *IJSSER*.



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COUNSELLOR VIEWPOINT

Result of Stress and Procrastination

- Incomplete application
- Last minute errors
- Dissatisfaction
- Not getting into Top 3 choice universities
- Rushed LORs by teacher and counsellor
- Decreased quality of work- by child and counsellor
- High attrition rate
- Missing deadline for Scholarship



UNIVERSITY VIEWPOINT

For Fall 2024, BU received 78,000+ applications

- Over half of applicants submitted applications within 12 hours of the deadline
- In January 2024, 2 days before the Regular Decision deadline, we had only received about 42 thousand applications

Effects of procrastination on rushed applications at selective institutions:

- Quality of the writing samples
- Scholarship review
- Letters of recommendation
- Incomplete applications



UNIVERSITY VIEWPOINT

For Fall 2024 UBC received 44,826 + applications

Application deadline – January 15

No. of applicants who applied by January 8th'24 - **29,150**

No. of applicants who applied by January 15th '24 – **44,826**

Effects of procrastination on rushed applications at selective institutions

For Fall 2022 UBC cancelled – 4800 applications

For Fall 2023 UBC Cancelled – 4600 applications (incomplete application/non submission of required documents)

- Rushed research about the University
- Applying to wrong programs
- Quality of Essays
- Impact on Scholarships
- Panic emails to Admissions office



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SUGGESTIONS

1. Start early?
2. College readiness and awareness
3. Deadlines and timelines ahead of time
4. Do regular check-ins with students to help them stay on track.
5. Track student progress
6. Mock sessions
7. Guides and Handbooks



TECHNIQUES

Pomodoro Technique

The Pomodoro Technique was created by entrepreneur and author Francesco Cirillo. This technique uses a timer to break down your work into intervals. Each interval is known as a *Pomodoro*, named after the tomato-shaped timer that Cirillo created.

How it works:

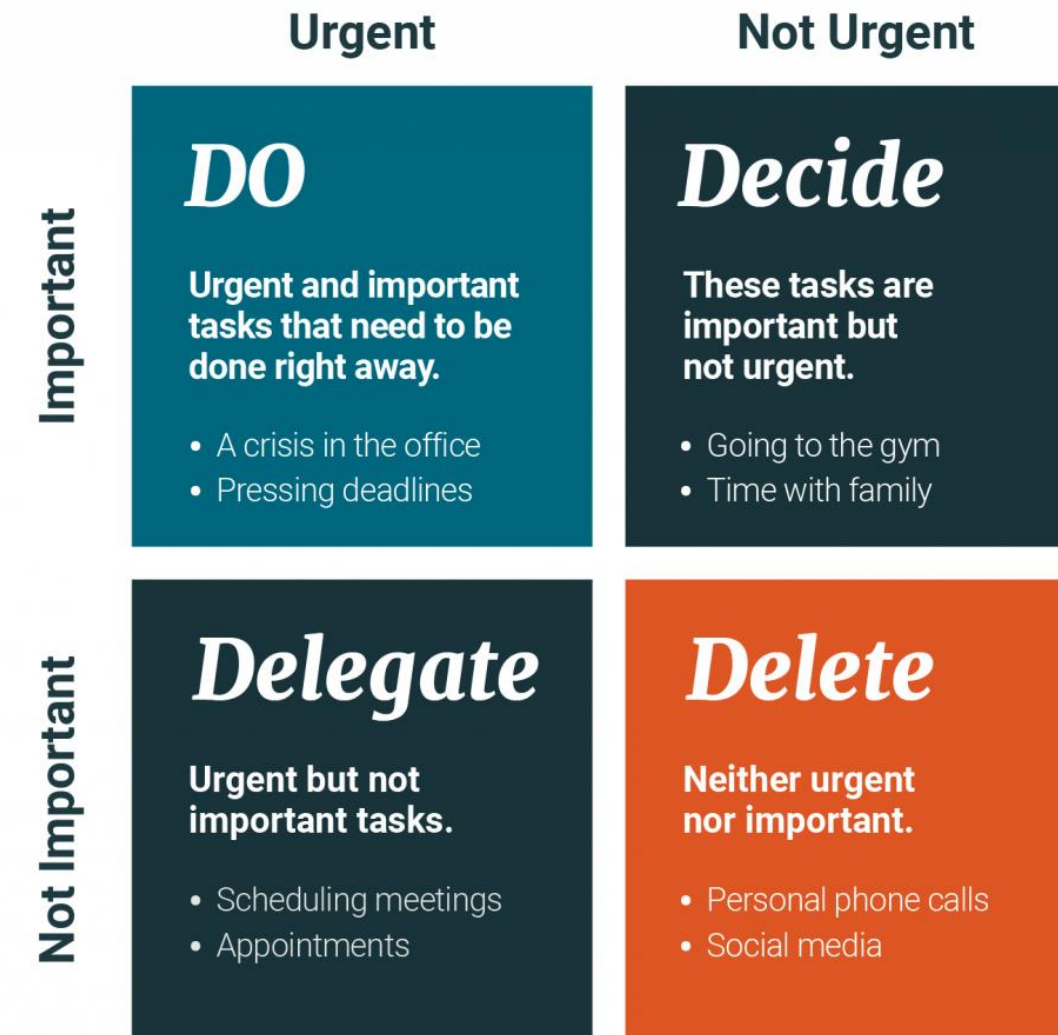
- **Choose a task you need to get done.**
- **Set a timer (e.g., for 25 mins).**
- **Focus on the task at hand.**
- **When the timer rings, put a checkmark on a piece of paper.**
- **Take a short break:** Take a break for about three to five minutes. Go for a walk, grab a cup of coffee, do something non-work-related to give your brain a break.
- **Repeat steps two to five:** Once you have completed this process four times, you can begin to take longer breaks (20–30 mins).



TECHNIQUES

Eisenhower Matrix

Organize your task list into four separate quadrants, sorting them by important vs. unimportant and urgent vs. not urgent, as shown in the graphic below. Urgent tasks are those we feel need to get done immediately. Important tasks are those that contribute to your long-term goals or values. Ideally, you should only work on tasks in the top two quadrants—the other tasks, you should delegate or delete.



TECHNIQUES FOR PARENTS

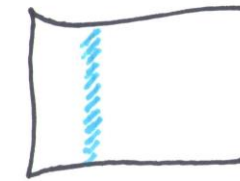
- Listen
- Support and Scaffold
- Try to decrease pressure
- Help them plan, prepare and execute
- Match abilities with aptitude
- Eat healthy, rest



Walk outside.



Bike.



Hug a pillow.



Drink water.



Listen to music.



Draw or write.



Read.



Talk to a caring person.

Jennifer Miller 12-8-20



Do a puzzle.



Effective Ways To Handle Stress In Teens

Encourage them to have at least eight hours of sleep



Help them focus on positive things in life

Encourage regular physical activity



Allow them to do what they love

Encourage healthy eating through a well-balanced diet



Initiate and establish open communication



ALUMNI SPEAKS

Aazeen Asad Kidwai graduated from Step By Step School, Noida with an IB diploma this year.

She plans to pursue a BA in Psychology from the University of Melbourne and harbours a keen interest in fields such as neurolinguistics and consumer psychology.

Her other interests include writing, public speaking and tennis.



AUDIENCE QUESTIONS?



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