

Procrastination is an irrational task delay, despite awareness that the negative consequences of this behavior might outweigh the positive outcomes. Increased tendency to procrastinate is a prevalent problem, especially common among students, which negatively affects their academic performance and quality of life. The causes of increased tendency to delay tasks has not been fully explored, however there is some evidence that cognitive dysfunctions might play a crucial role here, which has been shown in studies using behavioral and neuroimaging techniques. For example, people who often procrastinate have lower ability to concentrate on the ongoing task and to maintain the task-relevant information in their mind. Moreover, high procrastinating participants present lower activation of some brain areas in response to committing a mistake, which might result in lower control over one's behavior.

The above mentioned difficulties might be associated with higher mind-wandering tendencies, which absorbs cognitive resources and hinder focusing attention on the task. Indeed, there is some evidence that procrastination is related to experiencing more frequent task-unrelated thoughts. However, to our best knowledge, none of the previously conducted studies on mind-wandering tendencies in procrastination used methods based on measuring electrical brain activity (EEG) and so called "thought sampling". What is more, unresolved remains the role of task-unrelated thoughts in previously observed cognitive dysfunctions among high procrastinating individuals.

The presented project aims to fill these gaps. Students with a high or low tendency to procrastinate will take part in the planned study. They will perform computer tasks, which measure different aspects of cognitive functioning. In addition, during task completion, EEG will be recorded to measure electrical brain activity. From time to time, participants will be asked whether in a particular moment, their mind was on- or off-task.

The planned study provides an opportunity to better understand the problem of procrastination and related deficits in cognitive functioning. In a longer perspective, the outcomes of the presented project might contribute to the development of psychological interventions for people dealing with this problem.