# Transcript: IT Podcast - Ep 74 - Managing Your Time and Emotions with Julianne Koch and jessica Galterio

*The following transcript is a verbatim account of the video or audio file accompanying this transcript.*

Speaker #1 (Narrator):

WGU's IT Audio Series. Flexible, portable profound.

Speaker #2 (Julianne Koch):

Hello and welcome to the IT Audio Series. I'm Julianne Koch and I've been a program mentor at WGU since 2012.

Speaker #3 (Jessica Galterio):

I'm Jessica Galterio and I've been a program mentor in the IT college since 2015. Today we're going to talk about getting to the root of why you are procrastinating.

Speaker #2 (Julianne Koch):

It turns out that time management is one of the most necessary and crucial skills that you need as an adult student. We don't have too many students here who have the luxury of solely focusing on school and even for the students who do have that ability, we still need ways to structure and manage our time soour study sessions are truly effective. Easier said than done.

Speaker #3 (Jessica Galterio):

I recently found an article published in the Journal of Contextual Behavioral Science, where a groundbreaking concept has been introduced. That managing time is really more about managing emotions. I'll say that again, managing your time is really more about managing your emotions. The first time I heard this, I felt like my mind was blown. I felt attacked, but it really resonated with me, but I wanted to share with you some of these interesting information. The study focused on Acceptance Commitment Therapy or ACT, which is an offshoot of cognitive behavioral therapy. From the study, ACT teaches the benefits of psychological flexibility. That is, being able to tolerate uncomfortable thoughts and feelings, staying present in the moment in spite of them, and prioritizing choices and actions that help you get closer to what you most value in life. Relevant here is cutting edge research that has shown students who procrastinate more tend to score higher on psychological inflexibility. That is, they're dominated by their psychological reactions like frustration and worry at the expense of their life values. Let's talk about that for a minute. We are unmotivated, we procrastinate, which leads to guilt. It all becomes a very complicated slippery slope. When in reality, being involved in a college is a challenge you took head on. You knew that it would enrich your life, that it could help you increase your salary, that it would push you to achieve things that you hadn't in the past and of course, that at the end you would obtain your Bachelor's Degree. No one enrolls in WGU with the intention of dropping out. However, we are often unprepared to deal with this deluge of feelings and emotions, which easily leads to stagnation. Most students are often shocked to find themselves in this predicament. They never would have envisioned this during their enrollment calls, but it happens to many students somewhere along the line in their journey.

Speaker #2 (Julianne Koch):

Wow. Definitely and that's really interesting. How do we address this?

Speaker #3 (Jessica Galterio):

When someone finally recognizes that procrastination isn't a time management problem, but instead an emotional regulation problemthen they are finally ready to embrace this valuable tip. Also from the study, the next time you're tempted to procrastinate, make your focus as simple as what's the next action? A simple next step. I could take this task on if I were able to get started on it right now. "By doing this, he says, takes your mind off your feelings and onto easily achievable actions. Our research and lived experience shows very clearly that once we get started, we're typically able to keep going. Getting started is everything. " What a powerful concept. Often times the emotion of working on or completing the task gets tied to the ability to start working, when in reality we only need to take that one small step to start. By effectively managing your emotions, you are more likely to be able to set a study schedule and more importantly to stick to it. Students who can prioritize this type of purposeful activity, will be more likely to follow through the plan to the letter because it was purposeful, actionable, and attainable.

Speaker #2 (Julianne Koch):

This is great information, Jessica. I can't wait to share this with some of my students, thank you for joining us today.

Speaker #1 (Narrator):

Schedule time with your program mentor to explore more deeply. WGU, a new kind of you.