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Task Management Group

A Task Management Group is intended for students who find themselves procrastinating at study tasks, such as preparing for exams or finishing their final thesis. Students can participate for a period of one year, as long as they follow the rules of the group. At the University of Groningen, such groups have been organized for almost 20 years, now. The group is supervised by a student counselor, who presents the sessions as a game. Counselors act as game master or host.

The purpose of the group is to get students to follow a regular pattern of studying. Students split up long term individual goals into feasible weekly tasks. In each session the counselor explicitly monitors execution of this task and the other rules.

In this presentation we will explain what the strict rules of this group are. Also, we will explain what we do in a session (every session is the same as any other) and why we do it. After this workshop you will have enough information to start a similar group at your university.