Supplemental Material

In this supplement, we provide more details about the intervention exercises. First, Figure S1 displays the example worksheet that was given to subjects in the SMART-goal condition during the goal-setting exercise (i.e., after subjects had identified their top 3 of the 9 goals generated during the brainstorming session). This worksheet describes how someone could turn a general health-oriented goal (*I want to get in shape*) into a SMART goal (*I want to lose 20 pounds by the end of January*). Subjects were instructed to read this worksheet before they honed their personal academic goals into SMART goals.

The entire intervention exercises, completed electronically by subjects completed during Session 1, are also presented in this supplement. What is presented below is exactly how a subject saw the intervention exercises in the Qualtrics survey (except for the headers, footers, and survey labels like "Goal Setting A"). For the goal-setting exercise, both the control goals (Goal Setting A) and SMART goals (Goal Setting B) conditions are shown. For the temptation identification exercise, only the temptations plus implementation intentions condition is shown (Temptations 1). The temptations-only exercise is embedded within the implementation intentions exercise, so it is not also shown. Specifically, the temptations-only survey contains everything before the line *Stop! Before you start the second part of this exercise, ask the experimenter for more instructions!*, and did not include any unique items.

SMART Worksheet

We want the goals you write today to be SMART! That is, **specific, measureable, achievable, realistic, and time-defined**. The following instructions should be used to help you edit your academic goals to make them more SMART. Let's use a health goals as an example (but remember, your goals should be related to academics!)

Let's say you have this health goal: "*I want to get in shape*". We want to transform this goal into a SMART goal such as: *"I want to lose 20 pounds by the end of May"*

There are 5 steps to creating this type of "SMART" goal

SPECIFIC: Make sure it is clear what the goal will accomplish and what the end result of the goal is. It is also important to specify how the goal will be accomplished, so try to be as specific as you can

> *Example: "I want to lose weight" is much better than "I want to get in shape"*

MEASURABLE: Progress on good goals can be measured objectively. When you create goals and tasks, try to make sure you can quantify how much progress has been made or how you will know when you have completed it

> *Example: "I want to lose 20 pounds" is much better than "I want to lose weight"*

ACHIEVABLE: It is important that your goals are achievable. As you create goals, make sure that you know you have the ability to achieve the goals. If not, maybe you need to also specify what you need to do to make goals achievable

> *Example: "I want to lose 20 pounds" is achievable, but "I want to lose 50 pounds" is probably not (at least, in a few months)*

REALISTIC: Are you actually able to complete this goal? If you don't actually have the resources (like enough time, knowledge, or help available), you should try to rethink your goal and make it more realistic.

> *Example: "I want to lose 20 pounds over a few months" is much better than "I want to lose 20 pounds in 2 weeks"*

TIME-DEFINED: Your goals should be linked to a schedule (and remember, be as specific as possible!). Make sure your goals have a clear time-course to be completed.

> *Example: "I want to lose 20 pounds by the end of May" is much better than "I want to lose 20 pounds over a few months"*

Now you have a SMART goal. *"I want to lost 20 pounds by the end of May"* is SPECIFIC (losing weight), MEASURABLE (20 pounds), ACHIEVABLE (May is plenty of time), REALISTIC (20 pounds is reasonable), and TIME-DEFINED (by the end of May). These are the kinds of goals you should write down in this exercise.

Figure S1: The instructions sheet given to subjects before they complete the SMART intervention (in that condition only).

Goal Setting A

EXPERIMENTER: Please enter the subject number

[   ]

Your first task will be to brainstorm a few goals for each of the 3 academic domains you ranked as the most problematic in terms of procrastination.

For each goal, you will first copy down the domain (1, 2, or 3) and then come up with some goals that you can accomplish BETWEEN NOW AND THE NEXT SESSION OF YOUR EXPERIMENT.

For example, if you were writing health goals, you might write
1a: Run on a treadmill 3 times per week
1b: Only order take-out once per week
1c: Lose 10 pounds in the next 3 weeks

This example was for heath goals, but yours should be ACADEMIC GOALS for the domains you ranked ONE, TWO, AND THREE

What is the domain you ranked as number 1?

○ Writing for a term paper

○ Studying for exams

○ Keeping up on weekly reading and homework assignments

○ Academic administrative tasks

○ Attendance tasks

○ School activities in general

Goal 1A: (these should be academic goals that are related to the domain you chose as Rank 1 above)

[   ]

Goal 1B:

[   ]

Goal 1C:

[   ]

What is the domain you ranked as number 2?

○ Writing for a term paper

○ Studying for exams

○

○ Keeping up on weekly reading and homework assignments

○ Academic administrative tasks

○ Attendance tasks

○ School activities in general

Goal 2A: (these should be academic goals that are related to the domain you chose as Rank 2 above)

Goal 2B:

Goal 2C:

What is the domain you ranked as number 3?

○ Writing for a term paper

○ Studying for exams

○ Keeping up on weekly reading and homework assignments

○ Academic administrative tasks

○ Attendance tasks

○ School activities in general

Goal 3A: (these should be academic goals that are related to the domain you chose as Rank 3 above)

Goal 3B:

Goal 3C:

Now, you should look over your list of goals and choose one for each domain that you think is the most important. Copy these goals down here.

Also, please briefly answer the questions related to each goal. You may edit the wording of your goal based on the answers to these questions if you like

First, chose the most important goal from DOMAIN 1 above and copy it here

(COPY DOWN 1A, 1B, or 1C)

Is this a goal you plan to complete before session 2? (if no, please edit until you say yes!)

◯ Yes

◯ No

Which course(s) does this goal apply to? (You can write all if it applies to all)

Why is it important that you accomplish this goal? (please write 1-2 sentences)

First, chose the most important goal from DOMAIN 2 above and copy it here

(CHOSE FROM 2A, 2B, or 2C)

Is this a goal you plan to complete before session 2? (if no, please edit until you say yes!)

◯ Yes

◯ No

Which course(s) does this goal apply to? (You can write all if it applies to all)

Why is it important that you accomplish this goal? (please write 1-2 sentences)

First, chose the most important goal from DOMAIN 3 above and copy it here

(COPY DOWN 3A, 3B, or 3C)

Is this a goal you plan to complete before session 2? (if no, please edit until you say yes!)

◯ Yes

◯ No

Which course(s) does this goal apply to? (You can write all if it applies to all)

Why is it important that you accomplish this goal? (please write 1-2 sentences)

BEFORE YOU CLICK NEXT, PLEASE LET THE EXPERIMENTER CHECK OVER YOUR ANSWERS

Goal Setting B

EXPERIMENTER: Please enter the subject number

[   ]

Your first task will be to brainstorm a few goals for each of the 3 academic domains you ranked as the most problematic in terms of procrastination.

For each goal, you will first copy down the domain (1, 2, or 3) and then come up with some goals that you can accomplish BETWEEN NOW AND THE NEXT SESSION OF YOUR EXPERIMENT.

For example, if you were writing health goals, you might write
1a: Run on a treadmill 3 times per week
1b: Only order take-out once per week
1c: Lose 10 pounds in the next 3 weeks

This example was for heath goals, but yours should be ACADEMIC GOALS for the domains you ranked ONE, TWO, AND THREE

What is the domain you ranked as number 1?

○ Writing for a term paper

○ Studying for exams

○ Keeping up on weekly reading and homework assignments

○ Academic administrative tasks

○ Attendance tasks

○ School activities in general

Goal 1A: (these should be academic goals that are related to the domain you chose as Rank 1 above)

[   ]

Goal 1B:

[   ]

Goal 1C:

[   ]

What is the domain you ranked as number 2?

○ Writing for a term paper

○ Studying for exams

○

    Keeping up on weekly reading and homework assignments

  ◯ Academic administrative tasks

  ◯ Attendance tasks

  ◯ School activities in general

Goal 2A: (these should be academic goals that are related to the domain you chose as Rank 2 above)

[   ]

Goal 2B:

[   ]

Goal 2C:

[   ]

What is the domain you ranked as number 3?

  ◯ Writing for a term paper

  ◯ Studying for exams

  ◯ Keeping up on weekly reading and homework assignments

  ◯ Academic administrative tasks

  ◯ Attendance tasks

  ◯ School activities in general

Goal 3A: (these should be academic goals that are related to the domain you chose as Rank 3 above)

[   ]

Goal 3B:

[   ]

Goal 3C:

[   ]

PLEASE STOP HERE AND GET MORE INSTRUCTIONS FROM YOUR EXPERIMENTER

Read through the S.M.A.R.T goal worksheet.
Then, look over your list of goals above and choose one for each domain that you think is the most important.
You should edit your goals to make sure they meet ALL OF THE SMART GOAL CRITERIA.

First, chose the most important goal from DOMAIN 1 above and copy it here

(COPY DOWN 1A, 1B, or 1C)

[   ]

Does this goal comply with the five S.M.A.R.T criteria? Check yes for each box

If not, EDIT IT UNTIL YOU CHECK EVERY BOX!

Is your goal:

- ☐ Specific

- ☐ Measurable

- ☐ Achievable

- ☐ Realistic

- ☐ Time-Defined

Please write one immediate, concrete, action you can take towards achieving this goal

[   ]

Why is it important that you accomplish this goal? (please write 1-2 sentences)

[   ]

Chose the most important goal from DOMAIN 2 above and copy it here

(COPY DOWN 2A, 2B, or 2C)

[   ]

Does this goal comply with the five S.M.A.R.T criteria? Check yes for each box

If not, EDIT IT UNTIL YOU CHECK EVERY BOX!

Is your goal:

- ☐ Specific

- ☐ Measurable

- ☐ Achievable

- ☐ Realistic

- ☐ Time-Defined

Which course(s) does this goal apply to? (You can write all if it applies to all)

[   ]

Why is it important that you accomplish this goal? (please write 1-2 sentences)

Chose the most important goal from DOMAIN 3 above and copy it here

(COPY DOWN 3A, 3B, and 3C)

Does this goal comply with the five S.M.A.R.T criteria? Check yes for each box

If not, EDIT IT UNTIL YOU CHECK EVERY BOX!

Is your goal:

- ☐ Specific
- ☐ Measurable
- ☐ Achievable
- ☐ Realistic
- ☐ Time-Defined

Which course(s) does this goal apply to? (You can write all if it applies to all)

Why is it important that you accomplish this goal? (please write 1-2 sentences)

You are finished. BUT PLEASE LET THE EXPERIMENTER CHECK OVER YOUR ANSWERS BEFORE YOU CLICK NEXT

Temptations 1

EXPERIMENTER: Please enter the subject number

[   ]

Now you will be asked a few questions about your temptations that cause you to procrastinate.

First take a look at the 3 domains you ranked 1, 2, and 3 from the last exercise. Then, please write down some temptations that typically get in the way of progress in these domains and that you think might prevent you from accomplishing your top 3 academic goals from the last exercise. They can apply to any one domain or to all 3 domains.

For example, if you had a health goal that was to exercise every morning, you might write:
Temptation 1: I will want to sleep in and not get up in time for the gym
Temptation 2: I want to go to the coffee shop in the morning with my roomate

Again, these are examples of temptation that get in the way of health goals, but your temptations should be about your academic goals.

PLEASE MAKE SURE YOU WRITE DOWN REAL TEMPTATIONS THAT DISTRACT YOU, and not things like boredom or lack of interest in the class materials

Temptation 1

[   ]

Temptation 2

[   ]

Temptation 3

[   ]

Temptation 4

[   ]

Temptation 5

[   ]
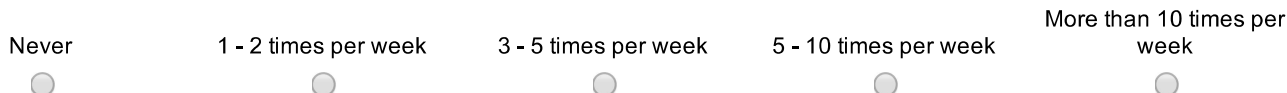
Temptation 6

[   ]

Now, please pick the top 3 temptations that you think will distract you from accomplishing your academic goals from part 1 and copy them below
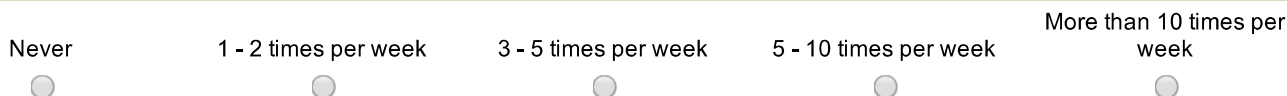
Top temptation #1:

(if you don't think this will distract you from your study goals between now and the next session you should pick a different temptation or write a new one!)

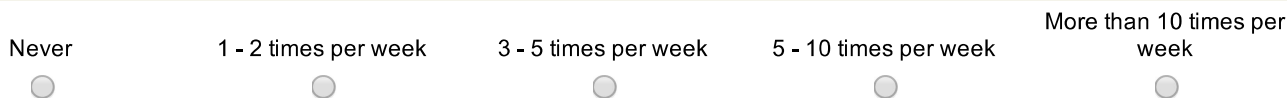On average, how much per week do you think this temptation will arise?

Never	1 - 2 times per week	3 - 5 times per week	5 - 10 times per week	More than 10 times per week
◯	◯	◯	◯	◯

Top temptation #2:

On average, how much per week do you think this temptation will arise?

Never	1 - 2 times per week	3 - 5 times per week	5 - 10 times per week	More than 10 times per week
◯	◯	◯	◯	◯

Top temptation #3:

On average, how much per week do you think this temptation will arise?

Never	1 - 2 times per week	3 - 5 times per week	5 - 10 times per week	More than 10 times per week
◯	◯	◯	◯	◯

Please verify that these temptations are real distractions that you think may get in the way of your study goals from the last survey - and are not something like boredom or lack of interest. IF THEY ARE NOT, YOU SHOULD CHANGE THEM!

◯   Yes, these temptations are real distractions

STOP! BEFORE YOU START THE SECOND PART OF THIS EXERCISE, ASK THE EXPERIMENTER FOR MORE INSTRUCTIONS!

Now, we want you to come up with some implementation intentions to help prevent you from being distracted by these temptations.

Remember, implementation intentions are IF/THEN rules that you follow when you notice that you are being distracted by one of your temptations. Here are some examples of implementation intentions for a health

temptation from before:

Goal: I will exercise at least 3 times per week
Temptation: I will want to go home instead of to the gym for my afternoon workout
Implementation Intention: IF I'm tempted to go home instead of do my afternoon workout at the gym, THEN I will walk home instead of taking the bus

Goal: I will cook food at home at least 6 out of 7 days a week
Temptation: My roommate asks me to order delivery
Implementation Intention: IF my roommate asks me to order delivery, THEN I will first make a salad at home, and at most only order an appetizer

Please write one implementation intention for each of your top 3 temptations. ASK THE EXPERIMENTER IF YOU HAVE ANY QUESTIONS ABOUT HOW TO WRITE IMPLEMENTATION INTENTIONS!

Implementation intention for TEMPTATION 1:

IF.... (remember, in most cases the 'IF' part of implementation intentions will just be a repetition of your temptation arising)

THEN....

Implementation intention for TEMPTATION 2:

IF....

THEN....

Implementation intention for TEMPTATION 3:

IF....

THEN....

Please verify that the 'THEN' part of each of these implementation intentions is a real action you can take that will help you resist the distraction and/or get you back on track to make progress on your study goals

○ Yes, the 'THEN' part of each implementation intention is a real action that will help me get back on track to complete my study goal

You are finished. BUT PLEASE LET THE EXPERIMENTER CHECK OVER YOUR ANSWERS BEFORE YOU CLICK NEXT