

## **The Effect of a Training Program Based on Productive Habits of Mind on Reducing Academic Procrastination and Future Anxiety for Faculty of Education Students**

### **Abstract:**

The current study aimed to explore the effect of a training program based on productive habits of mind in order to reduce the academic procrastination and future anxiety of education faculty students. The total participants of the pilot study consisted of (٣٤٧) students, and the main study sample included (N=١٣٠) students at the Faculty of Education, Fayoum University. All ١٣٠ students were divided into two groups: an experimental group (N=٦٥) and a control group (N=٦٥). The researcher prepared two scales for academic procrastination and future anxiety. The researcher also prepared a training program based on some productive habits of mind (ex: perseverance, flexible thinking, managing impulsivity, listening with sympathy and empathy, and responding with wondering and inquiring). The results indicated that there are statistically significant differences between experimental and control group in the mean scores of post-test of all dimensions of both academic procrastination and future anxiety, in favor of the experimental group. In addition , the results indicated that there are statistically significant differences between repeated measures (pre-test – post-test – follow up) in mean scores of academic procrastination and future anxiety in favor of the post-test and follow up tests scores.

**Key Words:** Productive Habits of Mind – Academic Procrastination– Future Anxiety.