

## **LNAP REPORT**

November 19-20, 2015

Dr. Lucie Moussu, Director, Centre for Writers



### **A QUICK WORD ABOUT PROCRASTINATION:**

- Research shows that procrastination comes from (self-)expectations that are too high, self-doubts, fear of failure, evaluation threat, etc.
- Procrastination affects grades, self-esteem, mental health, and general well-being, and produces more stress and illnesses.
- According to research, 70-95% of students procrastinate (depending on the study).
- Active procrastinators prefer time pressure, are able to complete tasks well, and have adaptive coping styles.
- Passive procrastinators postpone tasks, are rarely able to do well, use time in an unproductive manner, and are unable to act in a timely/effective manner.

### **WHAT IS THE LONG NIGHT AGAINST PROCRASTINATION?**

The LNAP is like one big writing group, where students will help students with their writing, share effective learning tips and strategies, and encourage healthy studying habits. Staff and faculty members from across the university will support these students by providing writing-

related workshops and other activities such as yoga, discussions with a psychologist, library tips, time management strategies, etc.

- In 2010, in Germany, some students went to a writing centre and complained that it was never open at times when they were able to work on their papers (for example during the night). Those complaints resulted in the first Long Night Against Procrastination event.
- Today, a number of writing centres in Canada, the United States, Germany, and several other countries around the world, hold “LNAPs” every year.
- We do not want to encourage procrastination, but we know that some students will procrastinate; procrastination is human nature; so we are providing students with holistic strategies and techniques to aid them in reducing their stress levels and increasing their efficacy, however and whenever they choose to do their work.
- For example, we want to show students that it is smart to work in groups, to get regular feedback on their work, to eat healthy food, to take regular breaks, to think about something else for a period of time to give some their brain some rest, to move, to be with supportive friends, etc.
- Also, some people work better at night or have no choice but to work at night (students who work, have families, etc.).
- Writing is too often associated with lonely suffering. We provide a supportive and collaborative environment that allows students to feel like they belong to a community of writers.
- In our university contexts, the “fun” and collaborative aspect of writing too often gets lost under the burden of assignments, exams, deadlines, and the pressure of grades.



## **OUR GOALS:**

- To help students whose schedules (family, work, classes) do not permit them to visit writing support centres during the day.
- To send the message to NOT procrastinate with final papers until the end of the semester but to start thinking about final papers early, to start brainstorming with a tutor, to start writing, and to get some more feedback from a tutor after a few of hours.
- To decrease the stress students will most likely feel at the end of the semester when all their papers are due at the same time.
- To teach and promote healthy habits and strategies to study more effectively through fun and educational activities and workshops.
- To provide a supportive, creative, and relaxed teaching/learning environment.
- To give international students the opportunity to see that native speakers also use writing centres and also sometimes struggle with their writing.
- To give tutors/staff from different campuses and units the opportunity to meet and work together.
- To allow writing centre directors to come together and bring a common vision to life.
- To find sponsors who support writing centre work and can be allies and collaborators.
- To create an image that makes writing centers attractive to students and desirable for universities.
- To raise awareness of the important work of writing centres.
- To foster a community of writers (collaboration, support, exchange of strategies, raises confidence and self-esteem, better understanding of academic writing, etc.).
- In short: to help participants become better writers and see that it's more fun to write when they can do it with great support, delicious food, and friends, whatever time of the day or night it might be.

## **HOW DID WE PROMOTE THE EVENT?**

- Memo to Deans of all Faculties
- C4W website
- Banners (large and small)
- Posters
- Facebook and Twitter
- Emails (department of English and Film Studies)
- Buttons
- T-shirts
- Arts Facebook
- Arts Communication Team
- Student groups newsletters

- InfoLink
- SUTV monitors
- SU newsletters
- GSA newsletters



To the question “how have you heard about the LNAP?” participants responded the following (participants might have heard about the event from multiple sources):

Word of mouth/friends/teacher/classmate/librarian	49%
Social media/email/newsletter	41%
Ads/posters/banners/signs/TV screens	26%
The Student Union/club/association/fraternity/GSA/CAPS	15%
Centre for Writers/La Centrale/Student Success Centre	3%

### **WORKSHOPS AND ACTIVITIES:**

#### ***November 19, 2015:***

8:00pm-8:30pm: Grand opening and Rapid Fire Theatre show -- Rutherford Atrium

8:35pm-9:00pm: "Spending too much time trolling the web?": Katherine Koch -- Rutherford South, 2-05A

9:00pm-12:00am: "Come relax, unwind, and chat, with the Peer Support Centre" -- Rutherford South, 2-01B

9:00pm-10:00pm: "How graduate students can screw up their writing: Prose and practice": Kevin Haggerty -- Rutherford South, 2-05B

9:00pm-12:00am: Stress therapy dogs -- Rutherford North

10:00pm-11:00pm: "Staying on track: Managing your graduate writing project": Rob Desjardins -- Rutherford South, 2-05A

10:00pm-11:00pm: "It takes two to tango: Argentine Tango for beginners": Silvia Sgaramella and Domenico Manocchio -- Rutherford South, Henderson Hall

10:00pm-11:00pm: Health webinar: Secrets to exam success -- online and in Rutherford South, 2-03

11:00pm-12:00am: "Points of clarity: Editing your thesis so your supervisor won't bust a head gasket": Michael Lahey & Debby Waldman -- Rutherford South, 2-05A

11:00pm-12:00am: "Building a resilient, anti-procrastination mindset": Jason Murray -- Rutherford South, 2-05B

**MIDNIGHT: INTERNATIONAL DINNER** -- Rutherford South, 2-09, Carrel Room

***November 20, 2015:***

12:00am-1:30am: Stress therapy dogs -- Rutherford North

1:00am-7:00am: "Come relax, unwind, and chat, with the Peer Support Centre" -- Rutherford South, 2-01B

1:00am-2:00am: "So you know English, eh?" Bart Lambrecht -- Rutherford South, 2-05A

1:00am-2:00am: West Coast swing dancing: Nadia Ady -- Rutherford South, Henderson Room

2:00am-2:30am: Ghost tour: Join Safewalk on a 30-minute tour of the creepier parts of campus -- meet in Rutherford Atrium by 1:55am

2:00am-3:00am: "From writing blocks to starting blocks: Getting into the swim on that paper you've been putting off": Betsy Sargent -- Rutherford South, 2-05A

3:00am-4:00am: "Français oral et français écrit: How one can help improve the other": Anne-José Villeneuve-- Rutherford South, 2-05A

3:00am-4:00am: From procrastination to creation: Painting suncatchers with Anna Chilewska -- Rutherford South, 2-01B

3:00am-4:00am: "Top secret writing secrets: What nobody told you but you really gotta know!" Christina Grant -- Rutherford South, 2-05B

4:00am-4:20am: Speed walk: A quick 20-minute walk to keep you awake and get you ready for the home stretch -- meet in Rutherford Atrium by 3:55am

4:00am-5:00am: "Goal Setting: Progress not procrastination": Jason Murray -- Rutherford South, 2-05A

5:00am-6:00am: "Améliorer son français écrit? Trop facile!": Thao Tran-Minh -- Rutherford South, 2-05A

5:30am-6:00am: "'Kill the fluffy kittens, kill, kill' -- On the art of close editing": Ted Bishop -- Rutherford South, 2-05B

6:00am-7:00am: "Expressing your inner rock star -- Tips for being an engaging public speaker":

Wendy Doughty -- Rutherford South, 2-05A

6:30am-8:00am: Stress therapy dogs -- Rutherford North

7:00am: **SURVIVORS' BREAKFAST** -- Rutherford South, 2-09, Carrel Room

8:00am: **THE END**



### **ONE-ON-ONE TUTORING:**

*November 19, 2015*

9:00pm-12:00am: general tutoring, Centre for Writers tutors

9:00pm-11:00pm: rapid resume review: Peer Educators, University of Alberta Career Centre

9:00pm-10:00pm: Graduate student tutoring: Rob Desjardins, Student Success Centre

9:00pm-11:00pm: Science tutoring: Indra Roy

9:00pm-11:00pm: Graduate student tutoring: Michael Lahey and Debby Waldman, Student Success Centre

9:00pm-12:00am: En français--French tutoring: Sophie Meunier, Sarah-Jeanne Bélec, Germain Richard, Emelie El-Hage, Cecilia Rosette Adou, and René Beuparlant, Campus Saint Jean

9:00pm-12:00am: Mental health tutoring: Counselling and Clinical Services

9:00pm-12:00am: En français--French and English tutoring: Marianne Krajicek

10:00pm-12:00am: Writing Studies 101 tutoring (including Bridging Program): Christina Grant

10:00pm-12:00am: Science tutoring: Nathan Bird

10:00pm-12:00am: Science tutoring: Sonya Widen and Caroline Cheng

10:00pm-12:00am: English-classes tutoring: Nicole Brandsma

11:00pm-12:00am: Graduate student tutoring: Rob Desjardins, Student Success Centre

***November 20, 2015***

12:00am-7:00am: general tutoring, Centre for Writers tutors

1:00am-2:00am: Writing Studies 101 tutoring (including Bridging Program): Christina Grant

1:00am-2:00am: En français--French and English tutoring: Marianne Krajicek

1:00am-7:00am: En français--French tutoring: Cecilia Rosette Adou, Campus Saint Jean

2:00am-3:00am: Writing Studies 101 tutoring (including Bridging Program): Anna Chilewska

4:00am-7:00am: "Stop dreaming those ideas and let them see the light of day! Essay writing strategies that turn ideas into words on the page": Dorothy Woodman

6:00am-8:00am: Mental health tutoring: Counselling and Clinical Services

8:00am: **THE END**



**IMPORTANT NUMBERS, CHECK-IN FORM:**

Total number of participants who checked in (approximately 100 students were already in the Rutherford Library when the event started and therefore never checked in): **511**. Total number of participants who checked in during the 2014 LNAP event: 529.

*Campus:*

From the UofA North Campus	81%
From the Faculty of Extension	9%
From MacEwan/SAIT/other	6%
From Campus Saint Jean	4%

*First language:*

English speakers	57%
Non-native English speakers	39%
French	4%

*Status:*

Undergraduate students	80%
Graduate students	10%
Faculty/staff members/teaching assistant	4%
Volunteer	3%
Other	3%

*Facuties:*

Science	26%
Arts	25%
Engineering	13%
ALES	9%
Business	7%
Education	6%
Extension	5%
Campus Saint Jean	2%
Other	2%
Nursing	1.5%
Medicine and Dentistry	1%
Dean of Students	0.5%
Law	0.5%
Native Studies	0.5%
Rehabilitation Medicine	0.5%
St. Stephen's College	0.5%
Pharmacy and Pharmaceutical Sciences	0
Physical Education	0
Public Health	0
Augustana Campus	0
St. Joseph College	0



**IMPORTANT NUMBERS, FEEDBACK FORM:**

*Overall satisfaction (from 5=excellent to 1=poor):*

One-on-one writing help	4.4
Workshops, activities, and other support	4.49
Volunteer support	4.5
International dinner	4.18
Snacks	3.95
Survivors' breakfast	4.16
Usefulness of the event for multilingual/ international students	4.31
Usefulness of the event for undergraduate students	4.3
Usefulness of the event for graduate students	4.27
Venue and amenities	4.4
Timing of the event	4.33
Promotion of the event	3.95
General organization of the event	4.39
General atmosphere of the event	4.55
Relevance to your writing needs	4.3
Your overall satisfaction with the event	4.43



*Average number of hours participants stayed at the event: 7 hours*

### **PARTICIPANTS' POSITIVE COMMENTS:**

Thank you! Do this again please. This event is awesome! I hope there are several activities in this year. Got lots done! Thanks! Very good time. So fun - wish I had the stamina to stay all night. Thank you for the food; all the volunteers were super kind. Great energy for the volunteer. Keep it up! It was awesome! :) I think this event should be held more frequently, especially during exam time! It was great. Really liked the painting! Love it! Coming back. I go to this every year and it's always a productive time! I enjoy this even a lot, it's fun to study late with lots of people around, good atmosphere. Loved the dogs! Great job, but maybe not on a weekday. Thank you had a grand time! Just keep it going. I wish it was everyday during exam times. Great French attendance. Amazing!! Thank you for all the help! I loved the vegan Vietnamese food!!!! I learned a lot and had fun doing so. I'm anticipating the next one already. Another productive year! Loved activities such as dance to stimulate the people more. Good idea. Amazing!!!! Thank you!

### **PARTICIPANTS' LESS POSITIVE COMMENTS:**

Check in/out a bit messy at the start. More yoga and athletic activities. Better advertising, more focus on it maybe advertise earlier. Kitten therapy. I would recommend it be a week before

reading week. More puppies. Interview, job search strategies. Videogames/yoga. More hot water for tea. Better advertising for the types of tutoring available. Incentives. Could be on Friday. Have other faculty/TA's present as well. More coffee, cause it's hard to survive without that. One thing with Rutherford library is there is a limited amount of power outlets, this may affect the number of people wishing to do work with the laptops needing more battery. Start the supper earlier than midnight. People who serve food should know whether it's vegetarian or not. More explore writing workshops. Background music for some rooms! More science focused writing workshops + citing. Host during midterms or finals.

*Participants willing to come back next year:*

Yes	86%
No	2%
Maybe	12%



**FEEDBACK FROM THE LEAD ORGANIZER:**

This event was well attended, both this year and last year, and the overall feedback from participants was extremely positive both years, too. In addition, the generous funding that was offered from our sponsors (\$9,300 in 2014, \$15,000 in 2015) demonstrates that this event is perceived as being highly valued and essential to student success.

It was a real pleasure to organize this event and work with sponsors, students, volunteers, tutors, co-organizers, and other campus partners. However, the amount of work necessary to organize this event is enormous and too much for one person (a faculty member) to carry alone.

Here are some of the main planning duties:

- Network with all areas and levels of the university (Provost, Deans, Student Services, the Graduate Students Association, International Students Services, the Students' Union, etc.) to find the necessary funds;
- Find a large but comfortable venue (with adequate check-in/out, tutoring, food, quiet study, workshop, and computer space);
- Network with other University of Alberta and Edmonton campuses (e.g., Campus Saint Jean) so that their students can participate, too;
- Recruit and train a volunteer coordinator; recruit and mentor more than 100 volunteers, manage them during the event;
- Recruit and train a volunteer in charge of the tutoring schedule; schedule more than 40 tutors and staff (teaching assistants and staff from different faculties, psychologists, librarians, stress therapy dogs, etc.);
- Find 20-30 presenters; organize and schedule workshops and activities that will take place every hour throughout the night (see above schedules);
- Work with designers and producers of promotional products to create and order promotional material (buttons, posters, social media, banners, t-shirts, etc.);
- Work with different campus units to distribute and post promotional material (SUTV, etc.);
- Get supplies (notebooks, plastic ware, signage, incentives, name tags, etc.);
- Create an event website and regularly update online information (volunteer recruitment, online registration, menus, schedule, etc.); promote the event on Twitter, Facebook, and other social media platforms; regularly remind our partners to promote the event on their social media platforms, too, before and during the event;
- Create check-in and feedback forms, proof of attendance form, programs, maps, name tags, schedules, and other necessary signage;
- Find and distribute thank-you notes and gifts to all volunteers and presenters;
- Coordinate with campus units to provide support throughout the night (Safewalk, Wellness Office, Peer Support Centre, International Students Association, garbage collection, etc.);
- Find and organize adequate international student groups, restaurants, and caterers for food (snacks, coffee, international dinner, survivors' breakfast);
- Invite speakers and find entertainment for the opening ceremony;
- Work with the Office of Sustainability to create a sustainable event (order, pick up, and return recycling bins and reusable dishes, etc.);
- Ensure the safety of organizers and participants (hire campus security officers, get special

- parking passes for the night, collect keys, organize safe transportation between campuses, create an emergency plan, etc.);
- Work with the university's communications office and the media (press release, interview with CBC radio, campus newspaper, articles, video, etc.);
  - Regularly verify the budget (money transfers, spending, etc.); pay tutors; pay vendors; reconcile budget;
  - Write a report to share with sponsors and other stakeholders.

It is hoped that in the future, our faithful sponsors and the university as a whole will recognize the importance of this event and support it fully in order to provide adequate support in the essential areas mentioned above.

### **SPONSORS AND PARTNERS:**

The Office of the Provost  
University of Alberta Libraries  
University of Alberta International  
The Faculty of Science  
The Faculty of Graduate Studies and Research (FGSR)  
The Students Union (SU)  
The Faculty of Arts  
The Office of the Dean of Students  
The Healthy Campus Unit  
Le centre d'écriture bilingue, Campus Saint Jean  
The Faculty of Native Studies  
The Faculty of Extension  
The Faculty of Agricultural, Life and Environmental Sciences  
The Student Success Centre  
Writing Across the Curriculum  
The Graduate Students' Association (GSA)  
The Faculty of Nursing  
Safewalk  
The International Students Association  
Counselling and Clinical Services  
Peer Educators, University of Alberta Career Centre  
Chimo Animal-Assisted Wellness and Learning Society

### **THANK YOU TO:**

All the participants  
The sponsors  
The volunteers

The tutors  
The staff  
The volunteer coordinator  
The instructors  
The walkers  
The artists  
The dancers  
The presenters  
Our partners  
The visitors  
The dogs and their owners  
The enthusiastic supporters  
The last-minute helpers  
And everyone who believed in this crazy project!

**Please watch a video of the event (by Bruno Florin):** <https://youtu.be/3oVLRaXx-dY>

