**Study Protocol:**

The study will be carried out under the Helsinki Declaration, with each participant providing written informed consent. The participants will be recruited through Academic Procrastination Scale (APS). The study will be carried out in the center for counseling and social wellbeing (UOH-CCSW) at The University of Haripur, Khyber Pakhtunkhwa, Pakistan. In case of allocation for intervention enrollment to the analysis we will follow the CONSORT statement 2010. Participants in each group received evaluations of the primary measure at baseline Academic Procrastination Scale (APS), in the intervention and control group 4 weeks later to repeat this testing. Participants whose scores are at the moderate and high level will select and recruit in the study. The study includes eight sessions in four weeks. Recruited participants will be divided into two groups, each group consisting of 20 participants. Each session will consist of 90 to 120 minutes.