Dear students,

We are pleased to inform you that you have been invited to participate in a Reality Therapy-Based Intervention aimed at helping students improve their academic performance and overcome challenges like procrastination. This intervention is part of a research study organized by Department of Psychology, UoH and facilitated by trained psychologist.

The goal of this intervention is to help you identify and address the underlying causes of academic procrastination through group sessions based on reality therapy principles. These sessions will provide you with tools to take personal responsibility for your academic success, enhance motivation, and improve overall well-being.

The intervention will consist of 8 group sessions, spread over 4 weeks. All information shared during the sessions will be kept confidential and used only for the purpose of improving the intervention. Your identity will remain anonymous in any reports or publications related to the study.

Participation is entirely voluntary, and you are free to withdraw at any time without any negative consequences. If you choose to participate, we kindly request your commitment to attending all scheduled sessions and engaging in the activities.

If you have any questions regarding this intervention, please feel free to contact [Researcher Nosheen: 0348-9340283].

**Consent**

By signing below, I acknowledge that I have read and understood the purpose of this intervention and agree to participate voluntarily.

Student’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

We appreciate your willingness to participate and look forward to supporting you on your academic journey.

Sincerely,

Nosheen

Department of Psychology, University of Haripur

Email# nosheen2303@gmail.com