

OVERCOMING

PROCRASTINATION

Problem…

**The Ugly Truth**

It is estimated that 90% of college students procrastinate. Of those students, 25% are classified as chronic procrastinators and are the ones who end up dropping out of college.

**What is it?**

Procrastination is the avoidance of doing a task which needs to be accomplished. Procrastination has a high potential for painful consequences and interferes with the academic and personal success of students.

**What is it?**

Procrastination begins with some kind of negative feeling that distracts us. However negative is often just a label put on top of neutral energy.

**Unrealistic expectation** You may believe that you MUST read everything ever written on a subject before you can begin to write your paper. You may think that you haven’t done the best you possibly could do, so it’s not good enough to hand in.

**Fear of failure.** You may think that if you don’t get an “A”, you are a failure, or if you fail an exam

you are a failure, rather than that you are a perfectly ok person who has failed an exam.

**Difficulty concentrating.** When you sit at your desk you find yourself daydreaming, staring into space, looking at pictures of your boyfriend/ girlfriend, etc., instead of doing the task.

**Finding the task boring.**

**Poor time management.**

You may be uncertain of your priorities and objectives. You may also be overwhelmed with the task. As a result, you keep putting off your assignments for later, or spending a great deal of time with your friends, or worrying about your upcoming exam or class.

**Fear and anxiety.**

You may be overwhelmed with the task and afraid of getting a failing grade. As a result, you spend a great deal of time worrying about your upcoming exams, papers and projects, rather than completing them.

**Personal problems.**

For example, financial difficulties, problems with your boyfriend/girlfriend, etc.

Let go of those beliefs. Start early, do the best you can at the moment. Review and revise later.

Reframe failure – use it to learn. Move on to the next event. Compete only with yourself! Visit the professor - “How can I do better on the next exam?”

the next exam?”

Seek counseling.

Make a weekly schedule, daily priority list and monthly calendar.

Keep a record of how you are using your time.

Break the large task into small parts. Set specific goals. “Bite it off, one small bite at a time.”

Summarize your time usage by categories.

Focus on our priorities and goals. Apply material to your self