

# OVERCOMING PROCRASTINATION



## Intro

### 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.

### Why do 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.

### 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.

### 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.

### 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.

## Problem

### 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.

### Unrealistic expectations.

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.

### Personal problems.

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

### Finding the task boring.

## Solution

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?"

Focus on your priorities and goals. Apply material to yourself.

Seek counseling.

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

Keep a record of how you are using your time.

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

Summarize your time usage by categories.

