

Procrastination

Don't Wait!





PROCRASTINATION

HARD WORK OFTEN PAYS OFF AFTER TIME,
BUT LAZINESS ALWAYS PAYS OFF NOW.

What is “Procrastination”?

- To put off or defer (an action) until a later time
- Putting something off intentionally or habitually
- To delay until tomorrow



The Science of Procrastination

: Video Clip :

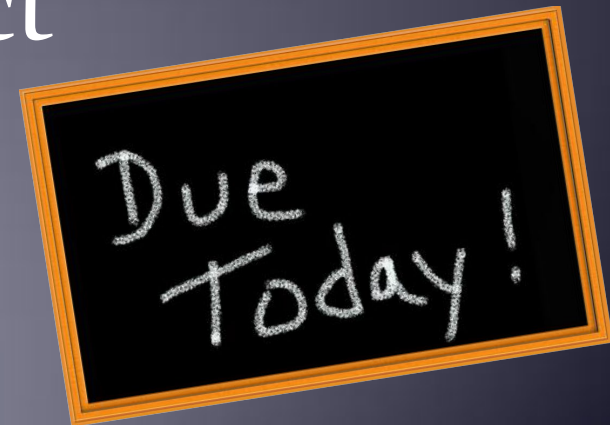


Causes of Procrastination

- The task at hand doesn't seem important or meaningful
- It might be difficult to get motivated
- The project has been imposed or assigned to you – it is not consistent with your own interests
- Perfectionism – having unreachable standards will discourage you from completing a task
- Anxiety can interfere with completion – people's opinions of your work

Causes Continued

- Uncertain of what is expected of you – fear of the unknown
- Lack of training, skill, or resources discourage you causing you to avoid the project completely



Truths not to be Avoided

- Do you act as though if you ignore a task, it will go away? The mid-term exam in your chemistry class is not likely to vaporize, no matter how much you ignore it.
- Don't aim for the minimum (ie. Low GPA to barely make it into a Medical Program), Shoot for the best possible results

Truths Continued

- Don't deceive yourself by substituting one worthy activity for another
 - Clean the apartment instead of writing your term paper.
Valuing a clean apartment is fine but if that value only becomes important when there is a paper due, you are procrastinating.

Truths Continued

- Don't waste time watching TV or engaging in Social Media when a project is due
 - These things are important, but not as important as your education



**Lets Share:
How often do you procrastinate?**



Lets Share:
What is your most
memorable
procrastination
story?



Tips to Overcome Procrastination

1. Set a “fake” deadline before the real deadline.
2. Celebrate progress and keep going.
3. Make a game out of it and have fun.
4. Find an accountability partner and report your progress.
5. Get someone to help you get started.

Tips Continued

6. Get a timer and set for 30 minutes of focus time.
7. Divide a big project into manageable parts and tackle one a day.
8. Decide what needs to be done first and DO it!
9. Prioritize them by the date you need them completed.
10. Write down a list of all the projects you have put off. (Planner, Calendar)

Final Thought: Let's Avoid This...



PROCRASTINATION

We hope that you enjoyed the presentation!

Please complete the Learning Summary form on our website.

The form must be turned in to receive credit for the workshop.

You may submit the form in by:

- **Printing the form and turning it in at the KEY Center**
- **Saving the form and submitting it to the KEY Center email Key@victoriacollege.edu**
- **Faxing the form to 361-582-2423**