PROCRASTINATION
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Why do you PROCRASTINATE?

- Tasks seem too difficult
- Tasks seem too time consuming
- Trouble getting started
- Lack of motivation
- Fear of success or failure

If tasks seem to difficult....

- Talk with others who have done it
  - learn what they did to be successful
- Get help
  - From instructors or supervisors
  - From classmates or co-workers
  - From tutors or mentors
If tasks seem to time consuming....

- Break down big tasks into smaller units
- Be realistic about how many obligations you can take on
- Set up a schedule to complete the task
- Learn to SAY NO
  - You only procrastinate if you have to do it

If you have trouble getting started....

- DO IT NOW!
- Once you start, it’s easier to do more
- Keep your work area neat organized

If you lack motivation.....

- Make it MEANINGFUL
  - Focus on why you should do it, not on your negative feelings
- Do unpleasant parts first
- Plan rewards
  - For completing parts
  - Or all of the project
  - Not things you will do anyway
If you are afraid of success or failure......

- Have a stern talk with yourself
- Assume an attitude of confidence
- Talk to someone about it
  - Someone who has done it & can give you strategies
  - Someone who will bolster your confidence

APP Support Group (Anti-Procrastination Plan)

- MAKE DEADLINES
- Ask others to remind you to stay on task
- Tell others so they can suggest ways
- to get it done