
PROCRASTINATION

This seemingly innocent vice—avoiding doing a task that needs to be done—is linked to much more serious issues such as guilt, inadequacy, depression, and self-doubt. It may not surprise you that a study showed that 90 percent of students procrastinate; 25 percent of those students are chronic procrastinators who usually ended up dropping out of college all together (Knaus). Procrastination is usually the single most common time management problem among college students, so let's do something about it! We will begin by identifying potential reasons for procrastination and then discuss tips for remedying it.

Remember: If you procrastinate because you are stressed, it will only lead to more stress and then you are caught in an unending cycle.

Why Procrastinate?

- There is always a tremendous amount of work to do. Regardless of how much time you spend studying, it can seem impossible to get "finished."
- For most students, only a small number of hours each day are spent in classes and labs. The majority of time is unstructured, and you're responsible for deciding what to do and when to do it.
- In the university environment, particularly in residence, there is usually something more enjoyable to do than studying. Many activities compete for a limited number of hours in a week; studying is often pushed to the bottom of the list.
- Procrastination is common among high-achieving and high-ability students because of its connection to perfectionism. You may be overwhelmed with the task and afraid you won't get an A.
- Maybe you just find the task at hand boring, and have no interest in completing it.

Combating Procrastination Tips

Make a To-Do list. Then do it.

Establish a weekly routine. Use a schedule or planner to help monitor your activities.

Use self-bribery. Reward yourself for completing set tasks with a walk, phone time, or food.

Divide and conquer. Break your large task into smaller ones thereby eliminating how daunting the task seems. As you complete each small unit, you'll be amazed to discover you've suddenly finished the entire task.

Use the 10 minute rule. If you have trouble getting started, work for ten minutes, break, then continue the task. Keep working in ten minute blocks until you've completed your task.

Add on. When you've finished studying, do one more thing before you quit: start another assignment or read so many pages. You will be ahead the next time you sit down to work.

Take your work with you. Carry flashcards, notes, or other study materials with you so you can make better use of your open time.

Do two things at once. Combine reviewing notes or reciting terms with jogging, eating lunch, or riding on the bus.