

# WHY DO I PROCRASTINATE



## ***Why do I procrastinate?***

The task seems enormous.

I do not know how to begin.

I do not understand the assignment.

I underestimate the amount of time things will take.

I have too many obligations and too much to do.

## ***How can I get started?***

I know what I need to do, but I just can't seem to get started. What can I do to avoid procrastination and use my time more effectively? The more you put off starting an assignment, the more likely it is that you will put it off until the last minute. These practical recommendations will get you moving.

## ***How can I stop procrastinating?***

- Divide the task into smaller segments so that it is less intimidating.
- Start small. Take some notes or draw a diagram to get going. Another approach is to begin with a difficult task, such as writing an introduction, to get you over the initial hurdle.
- Meet with the professor soon after getting the assignment and ask questions!
- Plan ahead and get started early! Rushed work results in less than your best work, and your grade will reflect it. Reward yourself for finishing significant parts of your assignments, but remember to keep the reward equivalent to the work.

Your primary focus should be your academics. Activities and organizations are an important part of college, but wise time management involves knowing when to sacrifice activities for academic study.

## ***Planning for Change***

You've identified your problems, clarified your goals, and developed a plan of action for taking charge of your education. Now, you must come face to face with the reality of making choices. Making appropriate choices is critical, because your choices reflect your values and priorities. Also, remember that your choices impact not only you but your friends, family, and those around you. When making changes in your lifestyle and habits, letting your friends and family know about these changes may help them to support you better and reduce frustration and communication difficulties between the two of you.

Developing a plan of action for meeting your goals is the easiest way to make changes for success. To give your plan of action a chance to work, it is important to make good decisions on small choices! Good decisions are made when you do the following:

## ***Determine what the choices are:***

- Explore the consequences of each choice.
- Consider how you will manage this choice (possibility for success, potential obstacles).
- Communicate your choices clearly to your friends and family.