



## Sixth College Academic Advising Understanding Procrastination

- Procrastination is the avoidance of doing a task which needs to be accomplished. This can lead to feelings of guilt, inadequacy, depression and self-doubt among students.
- Procrastination has a high potential for painful consequences. It interferes with the academic and personal success of students.
- It is estimated that 90% of college students procrastinate.



### Why do Students Procrastinate?

- *Poor Time Management*-Not managing time wisely.
- *Difficulty Concentrating*-Study environment noisy/messy.
- *Fear and Anxiety*-Overwhelmed with the task.
- *Personal Problems*- Financial difficulties, family issues
- *Finding the Task Boring*
- *Unrealistic Expectations*-Perfectionism
- *Fear of Failure*-If you don't get an 'A', you're a failure.

### How to Overcome Procrastination:

- Recognize self-defeating problems such as fear and anxiety, difficulty concentrating, poor time management, etc. Then make positive self-statements.
- Identify your own goals, strengths and weaknesses, values and priorities.
- Compare your actions with the values you feel you have. Are your values consistent with your actions?
- Discipline yourself to use time wisely and increase productivity. Set priorities!
- Study in small blocks instead of long time periods. For example, you will accomplish more in 60 minute blocks and take frequent 10 minute breaks in between, than if you study for 2-3 hours straight, with no breaks. Reward yourself after you complete a task.
- Motivate yourself to study. Dwell on success, not on failure.
- Set realistic goals. Realize that human beings need variety and relaxation.
- Modify your environment: Eliminate or minimize noise/distraction. Have necessary equipment on hand. Don't get too comfortable when studying. A desk and straight backed chair is usually best (a bed is no place to study).