

## WHAT CAN BE DONE ABOUT PROCRASTINATION?



Choose a few strategies that resonate with you, and reflect on how you can incorporate these strategies into your daily life.

Strategy	Reflection
<p><b>NOTICE HOW OTHERS MISUSE YOUR STUDY TIME AND LEARN TO SAY "NO."</b> You will be frequently interrupted by others who want to socialize and hang out when you have already planned to study. Be firm about your priorities and practice saying "no." Remember that your friends and relatives are not the ones who are getting your grades.</p>	<p><i>Whom do you need to say "no" to the most, and how can you successfully do so?</i></p>
<p><b>REALIZE THAT PERFECTION IS NOT ALWAYS NECESSARY.</b> Ask yourself if what you are doing needs to be perfect; if not, accept lower standards when appropriate, especially when time is short.</p>	<p><i>What are some tasks that you do not need to do perfectly?</i></p>
<p><b>USE POSITIVE SELF-TALK.</b> Notice how often you talk yourself out of beginning a project by saying such things as, "I can always do it later," or "I'm the world's worst procrastinator." Change those negative self-statements to positive statements such as "If I get it done now, I'll have time to watch TV or go out later without feeling guilty—and I'll feel better about myself."</p>	<p><i>What negative self-talk do you engage in, and how can you turn it into positive self-talk?</i></p>

Strategy	Reflection
<p><b>REINFORCE YOUR GOOD HABITS.</b> Focus on what has been accomplished. Treat yourself to ice cream, watch your favorite TV show, or text your friend AFTER getting those 20 math problems done. Be sure to reward yourself only if you have done the amount of work specified; allowing yourself to be rewarded even though you still have a chapter left to read defeats the purpose of a reward system.</p>	<p><i>When and how can you reward yourself?</i></p>
<p><b>LIST EXCUSES AND ESCAPE ROUTES YOU USE FOR PUTTING OFF YOUR RESPONSIBILITIES AND AVOID THEM.</b> Some students use the excuse that they do not have enough time to get everything done. Others escape studying by spending a lot of time opening textbooks and finding materials, cleaning the room so they can concentrate better, or checking Twitter and Facebook during long breaks.</p>	<p><i>What excuses or escape routes do you use, and how can you avoid them?</i></p>
<p><b>DEVELOP THE HABIT OF FINISHING WHAT YOU START.</b> Don't jump from one thing to another, leaving a string of unfinished tasks behind you.</p>	<p><i>What are tasks you tend to leave unfinished, and how can you start finishing them?</i></p>