



Fight Procrastination

Have you found yourself putting off assignments or studying on a regular basis? All individuals procrastinate to some degree; however, habitual procrastination can keep you from achieving your academic goals.

Why Do We Procrastinate?

Individuals procrastinate for different reasons.

For example, procrastination may be the thought of completing the task is unpleasant, so it is avoided. Another cause may be disorganization, you do not have a firm grasp on what needs to be done or what next steps need to be taken, so why begin?

Procrastination can also come from being overwhelmed by the volume of work you have to complete or unable to make a decision on where to begin. Recognizing why you procrastinate can help you address the issue and enable you to make an action plan.



Personalized Recommendations

Looking for a customized plan to help beat procrastination?

Schedule a meeting with an Academic Support Resources staff member.



Tips to Help Fight Procrastination

Break assignments into steps
Breaking down tasks into smaller more manageable concepts can make the assignment seem less unpleasant and overwhelming. Once you break the task down, you can focus on one item at a time.

Change your environment
Are you studying in a location where you can be productive? Does the location contain too many distractions? If so, you will need to find a location where you can work efficiently and effectively.

Create a timeline
Creating a timeline with specific deadlines can give you achievable goals to work towards.

Get a buddy
Find a partner to study with. Vocalize what you need to accomplish and progress you want to make. You can help keep each other accountable.

Make to-do lists
Daily, weekly, or monthly to-do lists can help keep assignments organized. You can also prioritize these lists and identify when items are due, which helps you assess when you need to begin.

Stop over-complicating things
Are you waiting for a perfect time to start? There may not be a perfect time; figure out a plan that fits your schedule and just begin.