

Tips for Academic Success

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.

Procrastination Is...



The first step in fighting procrastination is identifying how you procrastinate. If you are not completing assignments, what ARE you doing? Do you surf the web, watch YouTube, or play video games? If you identify the ways in which you put off completing assignments, you can recognize when procrastination begins.

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 us address the issue and enable us to make an action plan.



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.

Create a timeline

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

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.

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.

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.

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 start.

For more tips, schedule an individual consultation with us!