

Overcoming Procrastination

Procrastination interferes with the academic and personal success of students. In order to overcome procrastination, you must first understand why you might be avoiding tasks which need to be accomplished.

FEAR AND ANXIETY

- o Fear of failure - you may be afraid that if you put effort into a task, you will fail and be embarrassed. This fear can lead to procrastination as you avoid the task to prevent the possibility of failure.

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SKILL DEFICITS

- o Many students procrastinate because they may lack a skill which is essential to the completion of a task.
 - o You may be a slow reader and have multiple chapters to read before class so instead of seeking help, it is easier to procrastinate.
- o **TO OVERCOME THIS:**
 - o Identify the problem.
 - f* Write down your personal goals, strengths, and weaknesses.
 - f* If necessary, consult a counselor, instructor, or visit the LRC for help determining the problem. After the problem is identified, it is easier to make steps toward correcting it.

DIFFICULTY CONCENTRATING

- o Is your desk cluttered?
- o Do you find yourself constantly daydreaming when you should be working?
- o Do you find yourself getting up from your seat constantly to eat, drink, text, etc.?
 - o These are all signs of ineffective concentration which can lead to procrastination and frustration.
- o **TO OVERCOME THIS:**
 - o Only study in groups if the group is fully concentrated on actively studying.
 - o Take a break, but be careful that you do not get TOO distracted and forget to return to your work.
 - o Modify your environment:
 - f* Eliminate or minimize noise and other distractions
 - f* Ensure adequate lighting and have necessary equipment on hand.
 - f* Be neat! Take some time to straighten up your desk, this can help reduce daydreaming.

PERSONAL PROBLEMS

- o Financial burdens and relationship troubles can occupy your mind and time so much, you may forget about assignments and study schedules.
- o **TO OVERCOME THIS:**
 - o If your personal problems begin to hinder your studies, consider making an appointment in the CUW Counseling Center.

**To make an appointment or for more information contact CUW.EDU/COUNSELING. This service is FREE to CUW students.