

Procrastination

Research has found that 95% of college students engage in frequent academic procrastination (as cited in Onwuegbuzie & Jiao, 2000). Procrastination can take on many forms including:

- denial
- underestimating the amount of work required to complete a task
- overestimating your ability to complete the task
- accepting mediocre performance or lowering your standards for yourself
- substituting another activity in place of doing work
- engaging in minor delays to avoid work,
- preparing yourself to work but not actually doing it
- spending excessive time on one part of the task, at the expense of others
- spending too much time deciding between alternative options



How to Overcome Procrastination

- Identify the cause of your procrastination. For instance, recognize problems such as fear, anxiety, concentration difficulties, poor time management, indecisiveness and perfectionism.
- Identify your own goals, strengths and weaknesses, values and priorities.
- Set realistic goals, break large tasks into smaller chunks, and spread working on a large task out over several work sessions. It is also helpful to study in small blocks instead of long time periods.
- Motivate yourself to study by focusing on your successes and what you have achieved.
- Utilize study groups and allow these individuals to keep you accountable and track your progress.
- Utilize time management skills such as setting priorities, utilizing a schedule, following a study check list, and using your time wisely.
- Planning is important, but at some point, stop planning and just jump into the task.
- Perfectionism often causes procrastination so avoid trying to do everything perfectly. Instead focus on your progress. Consider any step toward completion to be its own accomplishment.
- Do the worst task (or part of the task) first so then everything that follows feels easier. Alternate unpleasant tasks with those that you enjoy.
- Modify your environment to be more conducive to studying. Minimize distractions, be prepared with all the study tools you will need, and keep organized.

Causes of Procrastination

Difficulty with Concentration
Poor Time Management
Lack of Motivation
Perfectionism and Unrealistic
Expectations
Evaluation Anxiety
Fear of the Unknown
Fear of Failure
Negative Beliefs
Personal Problems
Ambiguity of Task

