

OVERCOMING PROCRASTINATION

“Do Not Put Off Tomorrow, What You Can Do Today.” – Benjamin Franklin

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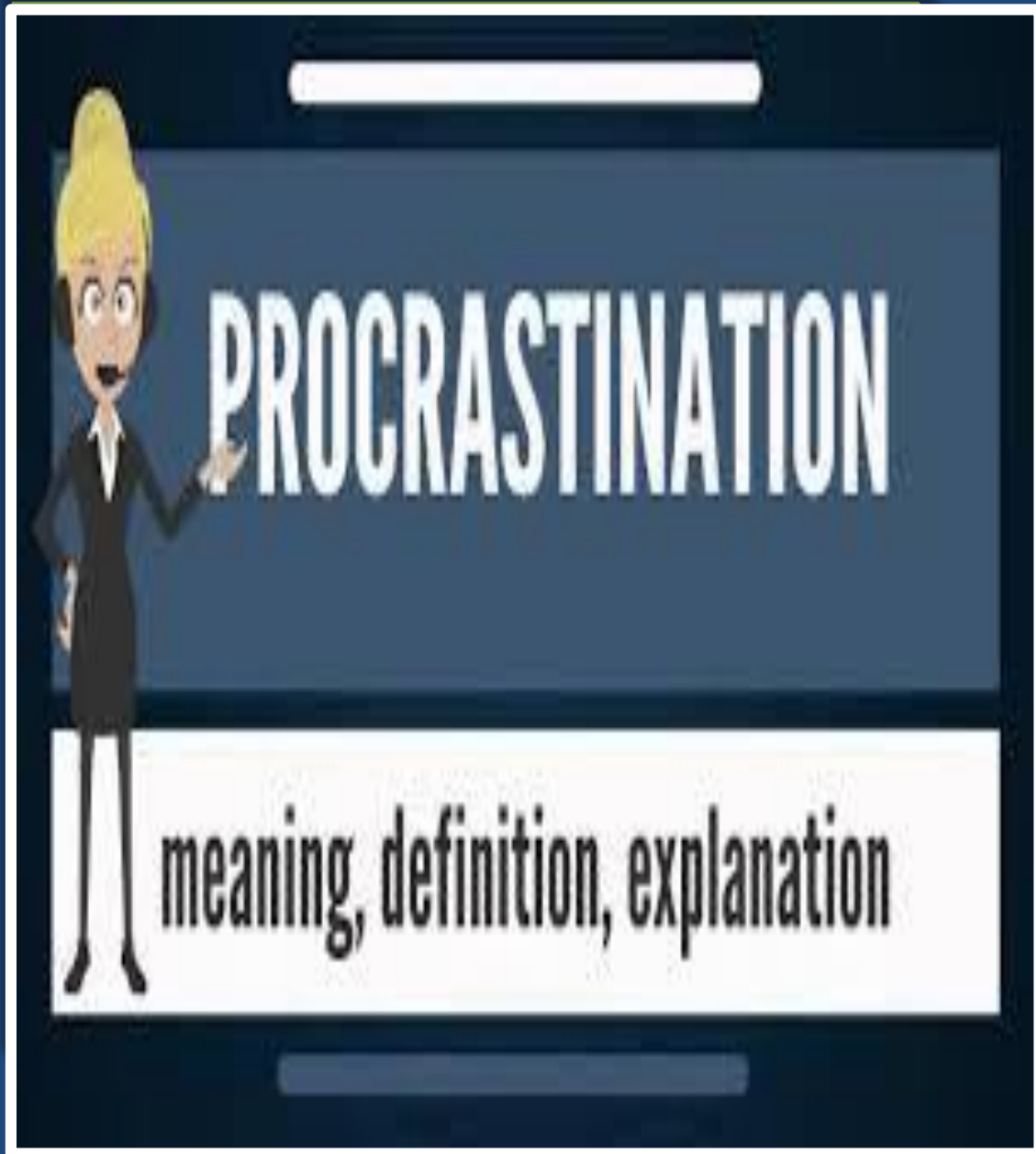
WHAT IS PROCRASTINATION?

- In Latin, the word, “Procrastination” is derived from “Procrastinare”
- “Procrastinare” means to “put off, delay, prolong, defer and stall”



WHAT IS PROCRASTINATION?

- The etymology of the word “procrastination” means...
- “Pro” means forward
- “Crastinus” – means tomorrow
- In simple terms, “Procrastination” means *“Forward until tomorrow”*



WHAT IS PROCRASTINATION?

- Procrastination is also defined as...
- “A deliberate delay in taking action or fulfilling a task.”
- “The avoidance of a specific task or work that needs to be accomplished.”
- In Simple Terms – The temptation to do something else rather than what you are supposed to be doing



Research Studies show...

- “An estimated 25 to 75 percent of college students procrastinate on academic work.”



Research Studies show...

- “A 2007 study found that a whopping 80 to 95 percent of college students procrastinated on a regular basis, particularly when it came to completing assignments and coursework.”

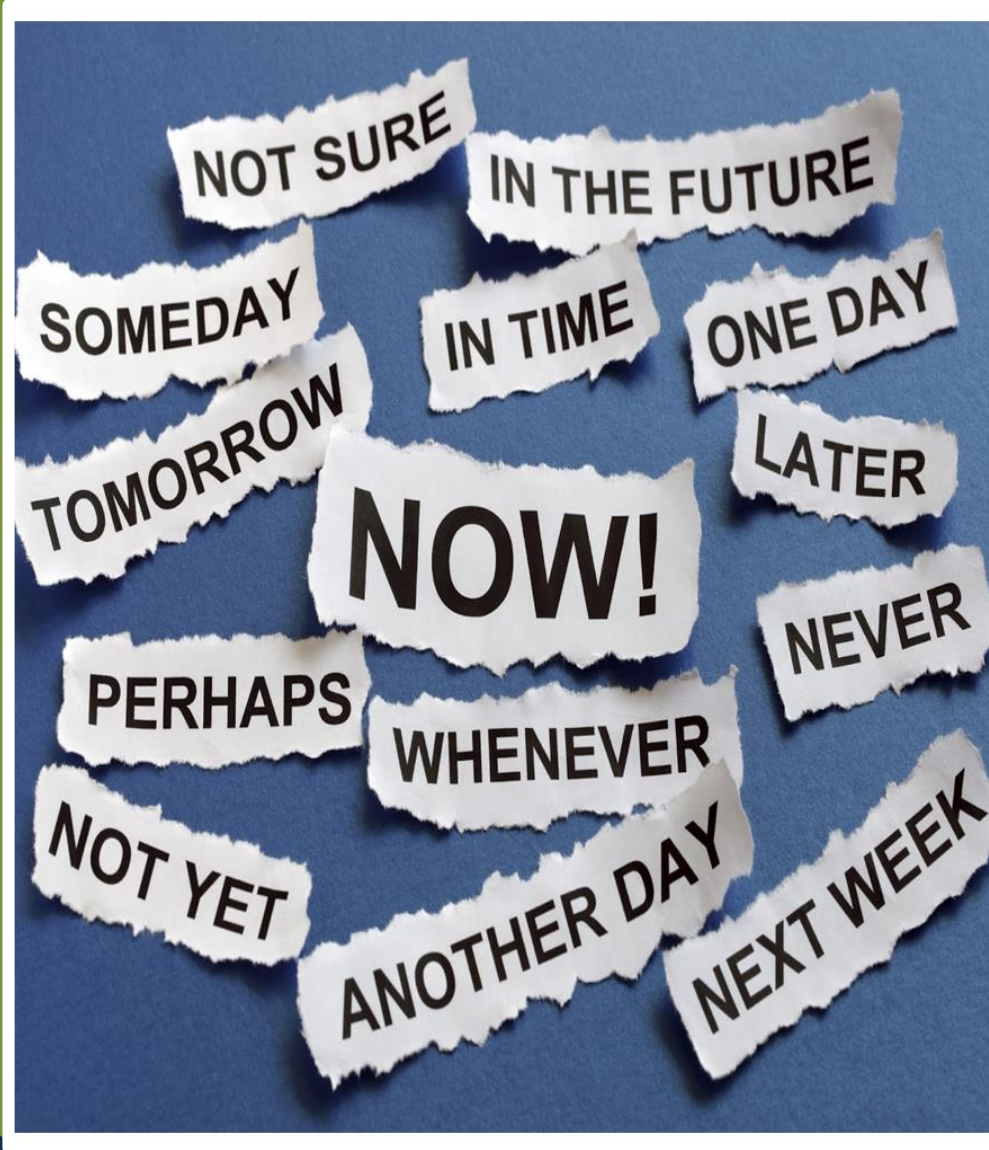
Procrastination:



Just Do It...Later

Research Studies show...

- “According to Joseph Ferrari, a professor of psychology at DePaul University in Chicago and author of *Still Procrastinating: The No Regret Guide to Getting It Done*, around 20 percent of U.S. adults are chronic [procrastinators](#).”



The Lifestyle of a Chronic Procrastinator...

- “Pay their bills late
- Don't start work on big projects until the night before the deadline
- Delay holiday shopping until Christmas Eve
- File their income tax returns late”

Procrastination



Why Do Students Procrastinate?

- Overestimate how much time they have left to perform tasks
- Overestimate how motivated they will be in the future
- Underestimate how long certain activities will take to complete
- Believe they need to be in the right frame of mind to work on a project
- Believe they work better under pressure



Why Do Students Procrastinate?

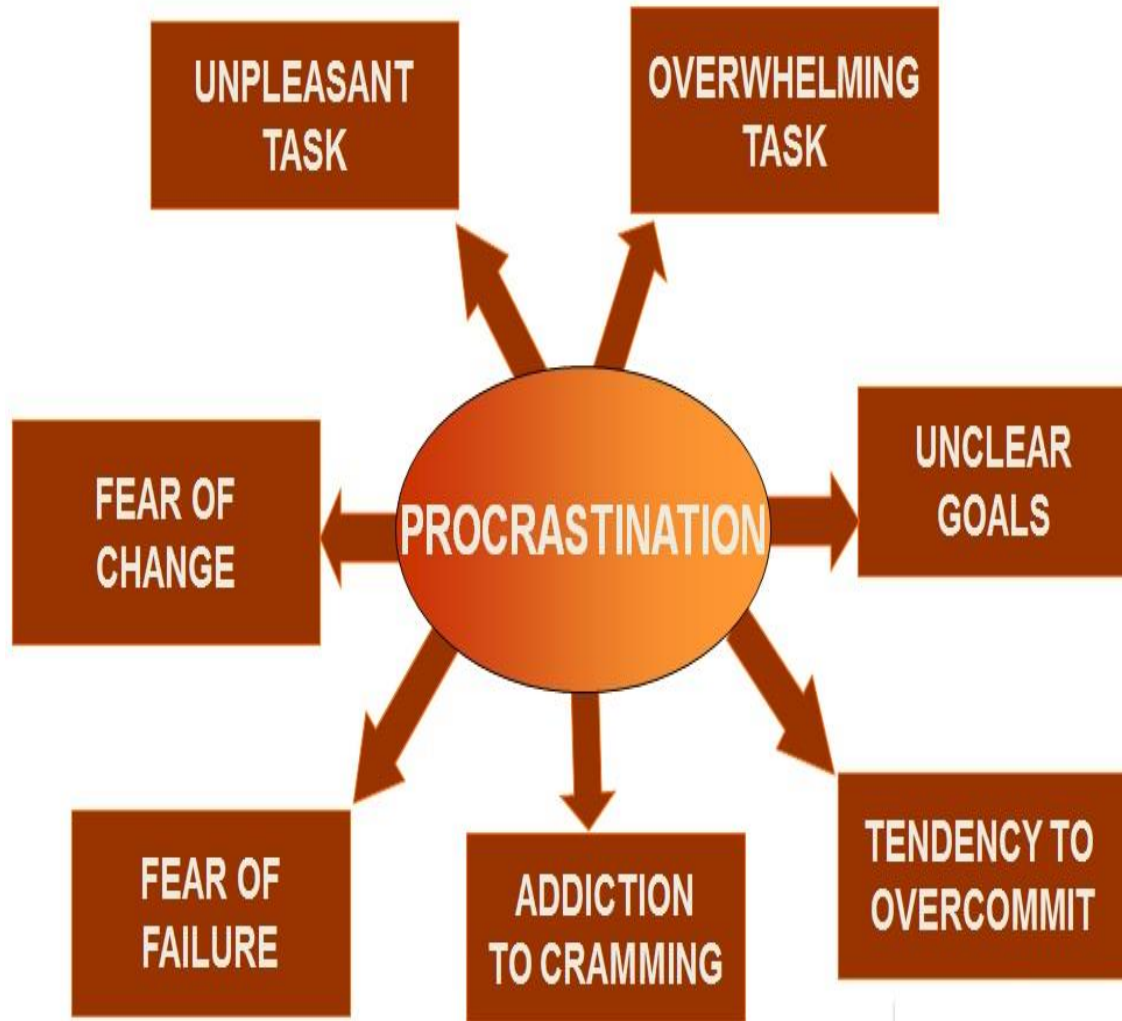
- Not knowing what needs to be done or how to do something
- Not wanting to do something
- Not caring if or when something gets done or not



Why Do Students Procrastinate?

- Not feeling in the mood to do it
- Being in the habit of waiting until the last minute
- Believing that you work better under pressure
- Thinking that you can finish it at the last minute
- Lacking the initiative to get started

Causes of Procrastination



Why Do Students Procrastinate?

- Fear (of Mistakes, Success, Failure or Change)
- Forgetting
- Blaming sickness or poor health
- Waiting for the right moment
- Needing time to think about the task
- Delaying one task in favor of working on another




How to Stop Procrastination (series)

PersonalExcellence.co

Strategies to Overcome Procrastination

- When you feel like procrastinating, recognize what is going on in your life, and within your mind and emotions. Why?
- Acknowledge and reject self-reported excuses.
- If fear is the reason, identify the source of it and deal with it.



Overcoming Procrastination

- Reward Yourself
 - Treat yourself to something special only after you complete the job on which you have been procrastinating

Strategies to Overcome Procrastination

- Engage in Positive Self-Talk
- Develop a To-Do List with Deadlines.
- Divide Tasks into Segments that are Manageable for You.
- Eliminate **All** Distractions (i.e., phone, tablet – apps: Facebook, twitter, Instagram, Snapchat).
- Self Motivation: Reward Yourself When you Accomplish Tasks.



WAS THIS HELPFUL?



REMEMBER:

*Procrastination does not help; it makes our
life more stressful.*

DON'T PROCRASTINATE!



THANK YOU FOR YOUR TIME!



REFERENCES

<https://inspiringtips.com/ways-to-overcome-procrastination-in-college/>

<https://www.verywellmind.com/the-psychology-of-procrastination-2795944>

