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.”
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”
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
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
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.
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.
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