

OVERCOMING PROCRASTINATION



Intro

How Ugly is it?

Estimated 90% of students procrastinate on assignments. On average, 25% of students do not turn in assignments on time. On average, 70% of students do not turn in assignments on time.

What is it?

Procrastination is the act of putting off or delaying something that you should be doing. It is a common problem for many students. Procrastination can be caused by a variety of factors, including lack of motivation, fear of failure, and poor time management.

Why do I?

Procrastination is a common problem for many students. It is often caused by a variety of factors, including lack of motivation, fear of failure, and poor time management. Procrastination can lead to stress, anxiety, and lower academic performance.

Feared failure.

Students often procrastinate because they are afraid of failing. They may be worried about what their grades will be or how their peers will react. This fear can lead to procrastination as a way to avoid the possibility of failure.

Perceived age.

Students often procrastinate because they feel that they are too young to be responsible for their own work. They may feel that they are not mature enough to handle the responsibilities of college. This can lead to procrastination as a way to avoid these responsibilities.

Dislike the assignment.

Students often procrastinate because they do not like the assignment. They may find the subject boring or the task tedious. This lack of interest can lead to procrastination as a way to avoid the assignment.

Problem

Fear of failure.

Students often procrastinate because they are afraid of failing. They may be worried about what their grades will be or how their peers will react. This fear can lead to procrastination as a way to avoid the possibility of failure.

Unrealistic expectations.

Students often procrastinate because they have unrealistic expectations. They may think that they can complete a large assignment in a short amount of time. When they realize that this is not possible, they may procrastinate as a way to avoid the assignment.

Perfectionism.

Students often procrastinate because they are perfectionists. They may feel that they need to do everything perfectly, and this can lead to procrastination as a way to avoid the possibility of not meeting their own high standards.

Financial obligations.

Students often procrastinate because they have financial obligations. They may be worried about how they will pay for their education, and this can lead to procrastination as a way to avoid the financial stress.

Solution

Recognize your procrastination. Make a list of your procrastination habits. Identify the reasons for your procrastination. Set realistic goals for yourself. Break down your assignments into smaller, manageable tasks.

Break down your assignments into smaller, manageable tasks. Set realistic goals for yourself. Identify the reasons for your procrastination. Make a list of your procrastination habits.

Set realistic goals for yourself. Identify the reasons for your procrastination. Make a list of your procrastination habits. Break down your assignments into smaller, manageable tasks.

Learn to manage your time. Set realistic goals for yourself. Identify the reasons for your procrastination. Make a list of your procrastination habits. Break down your assignments into smaller, manageable tasks.

Identify the reasons for your procrastination. Make a list of your procrastination habits. Break down your assignments into smaller, manageable tasks. Set realistic goals for yourself.

Make a list of your procrastination habits. Break down your assignments into smaller, manageable tasks. Set realistic goals for yourself. Identify the reasons for your procrastination.

Break down your assignments into smaller, manageable tasks. Set realistic goals for yourself. Identify the reasons for your procrastination. Make a list of your procrastination habits.