

# procrastination®

What's Going On?	How Do I Resolve It?
<p><b>Insecurity</b></p> <ul style="list-style-type: none"> <li>• “What if I can’t do it?”</li> <li>• May feel inadequate to perform at the level you expect of yourself, or that others expect of you (real or imagined).</li> <li>• “Last time I tried it didn’t go well.”</li> <li>• “Last time I tried, I did well but that was only luck.”</li> <li>• “What if I don’t look smart?”</li> <li>• “The task is difficult so I must be doing it wrong.”</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Focus on the positive.</b></li> <li>• <b>Think of a time that your efforts paid off and visualize similar positive outcomes.</b></li> <li>• <b>Remember, as a student, your job is to learn.</b></li> <li>• <b>Part of learning is active participation. Don’t let others get in your way.</b></li> </ul>
<p><b>Too much going on</b></p> <ul style="list-style-type: none"> <li>• You don’t know where to begin, so you don’t begin at all.</li> <li>• You don’t manage time well.</li> <li>• You don’t plan.</li> <li>• Underestimate how long things take</li> <li>• Putting it off until you feel calmer (weekend, after finals, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Write out everything that you need to get done and schedule each task according to the commitments that you have (in order of importance).</b></li> <li>• <b>Set realistic goals.</b></li> <li>• <b>Don’t schedule tasks too tightly.</b></li> <li>• <b>Allow breaks.</b></li> </ul>
<p><b>Rebellion</b></p> <ul style="list-style-type: none"> <li>• In the absence of parents and teachers telling you what to do, sometimes you rebel</li> <li>• Motivation issues (i.e. my father wants me to be an engineer but I want to be an artist)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Make it count. You are here to get the most of this opportunity; no one can get your education for you.</b></li> <li>• <b>Have your own goals in mind and above all else—persevere.</b></li> </ul>
<p><b>Self-sabotage</b></p> <ul style="list-style-type: none"> <li>• A reaction to stereotype threat</li> <li>• Blaming a failure on the fact that you procrastinated instead of lack of skill</li> </ul>	<ul style="list-style-type: none"> <li>• <b>You earned your spot here. No one else can take credit for that or take that away from you.</b></li> <li>• <b>Identify your strengths and weaknesses.</b></li> <li>• <b>Take responsibility for your grades.</b></li> </ul>
<p><b>Head-in-the-sand</b></p> <ul style="list-style-type: none"> <li>• A method of coping with daily pressures and experiences</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Address things as soon as possible.</b></li> <li>• <b>Take things one step at a time: don’t let the pressures of the next step worry you when you’re still on step 1.</b></li> </ul>
<p><b>Low Frustration Tolerance</b></p> <ul style="list-style-type: none"> <li>• Perfectionism – avoiding the frustration and energy drain of picking apart your own work</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Remember that writing is a process and writing is an important part of that process.</b></li> <li>• <b>Refer to appropriate campus resources.</b></li> <li>• <b>Don’t strive for perfection—strive to do your personal best.</b></li> </ul>