Procrastination

Procrastination can be the cause and result of academic stress for many students. Understanding procrastination is not easy because it is a complex behaviour. Just about everyone procrastinates on occasion. The reasons for this behaviour as well as the form it takes are almost as varied as the students themselves.

Some Possible Symptoms of Procrastination

- Feelings of inertia – lack of energy
- Preoccupation with minor tasks or “loose ends”
- Being swamped with work – feeling overwhelmed
- Over-involvement in other activities
- Seeking the company of others – feeling isolated
- Feelings of guilt
- Confusion

Why Do We Procrastinate?

- Fear of failure
- Fear of success
- Avoidance of control
- Discomfort with the task

Remedies for Procrastination

- Substitute the mental message “I should” with “I’d like to”
- Plan a reward for finishing a task at a specific time
- Subdivide a big task into small chunks – focus on one chunk at a time without thinking about the “big picture”
- Suspend self-criticism about how well you are doing
- Work with a partner to complete a task
- Decide what you are going to do to complete a task then make a commitment to do it – tell someone