

Procrastination

What's Stressing Me Out?

- When a task seems overwhelming, complex, or nervewracking
 - We procrastinate to avoid the negative feelings we assume we'll experience

When is it due?



How many days until then?



REMEMBER

You can't get everything done all at once!

LET'S GET PRACTICAL!

What am I procrastinating?



What specifically overwhelms me or makes me want to avoid it?



Have I read the directions?

Yes

No

Do I understand what the task is asking of me?

Yes

No



If No, who could I ask for clarification?

Let's Talk Strategies!

2 Minute Rule

- Try getting set up for the task (materials out, at desk) tell yourself you only have to work on it for 2 minutes!
- Once those 2 minutes are up, ask yourself "How bad was that?", "Could I continue working on it for another 10 minutes?"

Power Hour

- Commit to working on the task for 45 minutes without distractions.
- Then, give yourself a 15 minute break.
- It's only an hour commitment, but you can get a lot done!

What previous course material would be helpful for this assignment?



Can I commit to trying out the 2 minute rule or the power hour?

Yes

No

What would be a realistic and helpful first step to working on the task?



Have I completed any assignments before that are similar to this?

Yes

No

What specific guidance would I give myself for this new assignment from my experience with the previous assignment?



Remember!

Big assignments can be completed through a series of small steps & progress!

As You Beat Procrastination

- Set goals of manageable steps you could take
 - Even if they're only an hour-long commitment!

YOU'VE GOT THIS!

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