

# 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!**