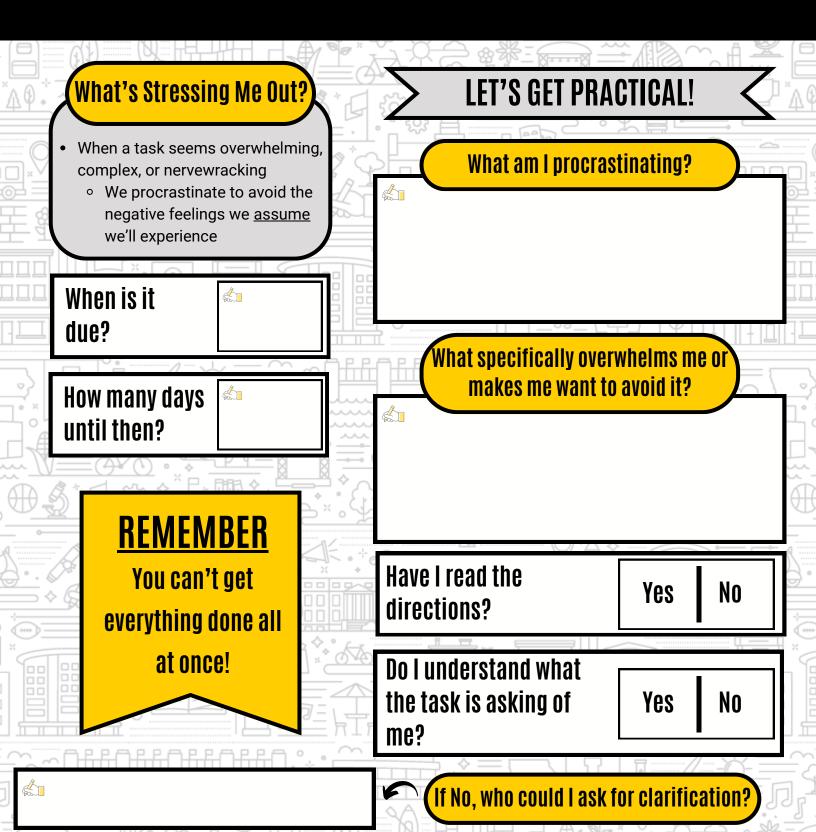
OWA

Procrastination



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?

<u>Remember!</u>

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

<u> As You Beat Procrastination</u>

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

YOU'VE GOT THIS!

