

Overcoming Procrastination

Study Skills Workshop
Academic Support Center
NMSU-A

Agenda

- Identifying Procrastination
- What Exactly is Procrastination?
- What are Some Consequences?
- Why Do Students Procrastinate?
- Overcoming Procrastination
- Personal Plan
- Discussion
- Survey Completion

What Exactly is Procrastination?

- Avoidance
- Management
- Cycle of a Learned Habit

What are Some Consequences of Procrastination?

- Interference with Academic and Personal Success
- Anxiety
- Guilt
- Low Self-Esteem
- Depression

Why Do Students Procrastinate?

- Cycle of Habit
- Poor Time Management
- Lack of Priority
- Poor Concentration
- Goals are Set Too High
- Self Doubt/Fears of Failure- Anxiety
- Personal Problems

Overcoming Procrastination

- Think of three times during the past year when you “put off” a project or when you let an activity go that was important to you.
- Now preview the overcoming procrastination handout. Look for three ideas that could help you avoid such situations in the future.

Personal Plan

- Use strategies to avoid procrastination
 - Goals for each day
 - Talk about your goals with someone
 - Set blocks of time for studying
 - Take big tasks and break them up into smaller goals by prioritizing and delegating within the tasks.
 - Small group study
 - Practice makes perfect

Personal Plan (cont.)

- Strategies for Long-Term Planning
 - Break the cycle of procrastinating
 - Practice self discipline
 - Use a planner
 - Set daily goals
 - Avoid working under pressure
 - Modify your study environment
 - Remember action generates motivation

Overcoming Procrastination Workshop

Thank you for attending our student success workshop. Please take a few moments to fill out the survey and return it to your facilitator before you leave.

For more information on study skill topics, please
visit the
Academic Support Center

(Building



for Student Success)