

Stop Procrastinating: Take Charge of your College Experience

Procrastination is often situation-specific. Sometimes a person will tend to procrastinate in certain situations but easily stay on top of things in others. Sometimes procrastination is a problem with a particularly difficult class or assignment, when it's time to register for classes, apply for a scholarship, or make an important appointment. There are lots of reasons people procrastinate.

You can begin to tackle procrastination by first acknowledging that you're doing it. So it's important to name the specific situation. Then examine the following list of common reasons people procrastinate.

1. Check each reason that helps explain your tendency to procrastinate in the situation you identified.
2. For each item checked, list one concrete thing you can do to take charge and get on track.

Situation: _____

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| <input type="checkbox"/> Avoiding something that seems unpleasant: | <input type="checkbox"/> Fearing new or added responsibilities: |
| <input type="checkbox"/> Wanting to do something perfectly: | <input type="checkbox"/> Not realizing how important the task is: |
| <input type="checkbox"/> Feeling overwhelmed by all I have to do: | <input type="checkbox"/> Uncertainty about how to begin: |
| <input type="checkbox"/> Being intimidated by the task itself: | <input type="checkbox"/> Unhappy about the task: |
| <input type="checkbox"/> Hoping to avoid responsibility: | <input type="checkbox"/> Protecting my self-esteem: |
| <input type="checkbox"/> Fearing failure: | <input type="checkbox"/> Waiting for a last-minute adrenaline rush: |
| <input type="checkbox"/> Fearing success: | <input type="checkbox"/> Something else (describe) |