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: ____________________________________________________________

- □ Avoiding something that seems unpleasant: □ Fearing new or added responsibilities:

- □ Wanting to do something perfectly: □ Not realizing how important the task is:

- □ Feeling overwhelmed by all I have to do: □ Uncertainty about how to begin:

- □ Being intimidated by the task itself: □ Unhappy about the task:

- □ Hoping to avoid responsibility: □ Protecting my self-esteem:

- □ Fearing failure: □ Waiting for a last-minute adrenaline rush:

- □ Fearing success: □ Something else (describe)