Beating the Procrastination Habit

If you’re a seasoned procrastinator with years of nearly missed deadlines and rushed projects you’ve made the mistake of thinking that you’ve met your goals. Just finishing your work is the lowest expectation you can set for yourself. When you push finishing your work off to the last minute, you strip away any opportunity to invest in your projects, highlight your knowledge, and create something that may truly standout.

Even worse, you are indirectly conveying to others a lack of care and commitment. You may actually discover that continued procrastination keeps you from being picked for specific tasks or included in certain activities. Your lackluster performance can be perceived as too reckless for you to be trusted with special or notable responsibilities.

How do you break yourself out of a procrastination rut? Use the recommendations below to start taking charge of your time and showcasing the skills of someone who is in control of one’s life.

- Set reminders for specific milestones to prevent time from slipping away, such as halfway points or when you know you’ll have extra time available to work
- Remove distractions from your work space or relocate to an area with fewer distractions to help your working time remain focused
- Tell your family, friends and/or roommates that you have deadlines you need to meet to keep them from interrupting your work
- Work on your tasks a little every day
- Designate specific hours of the day or days of the week for specific tasks so you can keep up with your responsibilities
- If today is a rough day, use tomorrow to get back on track
- Reward yourself for finishing ahead of schedule or if you receive special recognition for a job well done

Is your procrastination hindering you? Let WellConnect help you overcome procrastination.

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