

# PROCRASTINATION

## How to break the cycle and get more done.

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### Putting something off? You are not alone.

According to leading researcher Dr. Tim Pychyl of Carleton University, 80% of university students are procrastinators.

**WHY** do we do it? Because we give into our emotions about a task. Avoiding something we dislike feels good—until you miss a deadline or suffer a consequence. Here are ten ways to **tap into your logical side** and beat procrastination at its own game.

#### Flip a task's characteristics

Make a challenge out of a long, boring or frustrating task. Make it a timed competition with a friend, or see how much you can do in 20 minutes!

#### Know your warning signs

When you feel yourself getting pulled off task, immediately change your behavior. Stand up and then sit down again. Shake out your body vigorously. Get back to work.

#### Limit the time you spend on an assignment

Break your work sessions into shorter, more bite sized time periods. You will actually increase productivity this way! Google "Pomodoro technique".

#### Be kind to yourself

When you know you are procrastinating, you think negatively about yourself and your abilities. Don't be so hard on yourself! You aren't a bad person because you procrastinate. You are just a person.

#### Just get started!

Do you need an hour of motivation to do an hour's work? No! You just need 5 minutes of motivation to get started. Things are always much easier once you start. Guaranteed.

#### List the costs

Write down each task you are procrastinating, and what will happen if you never finish it. Force yourself to see the consequences in black and white.

#### Think of Future You

Future you is still going to have stress, time crunches and want to procrastinate. Visualize what Future You will be like when tasks are actually accomplished and drive towards that goal.

#### Disconnect

The answer to being more productive is to turn off all devices and disconnect. Even listening to music prevents concentration. Disconnecting is difficult, but it really, really works.

#### Set SMART goals

Bad: "I'll write it on the weekend".

Good: "I'll write my introduction and thesis statement from 9-10am on Sunday."

#### Be Honest With Yourself

If you aren't passionate at all about what you are doing, you will procrastinate everything. Re-evaluate what makes you happy, and do more of that!

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“The most finite, limited resource in our lives is time. We only have a finite amount of time to live. Why waste it?”

-Timothy A. Pychyl. [Solving the Procrastination Puzzle: A Concise Guide to Strategies for Change](#)

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### Upcoming Workshops

Feeling Overwhelmed? Contact the Learning Strategist at [hmac@stu.ca](mailto:hmac@stu.ca)





