

Counselling Service

TUS Midlands



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Newsletter Content

Procrastination

- Q & A with Student Counsellor
- Understanding Procrastination, How to Overcome Procrastination, and Resources to help prevent Procrastination

 [@tusmidlandsstudentcounselling](https://www.instagram.com/tusmidlandsstudentcounselling)

Procrastination Q & A with Student Counsellor Kathy Heavy

What are some common reasons why students tend to procrastinate when they need to do assignments and study?

Procrastination involves avoiding tasks due to various reasons such as finding them boring, feeling overwhelmed, lacking clarity on where to start, or doubting one's abilities. It's not simply laziness but an active choice to delay important tasks, often leading to missed deadlines or failure. Recent research links procrastination to difficulty managing distress, with task aversion playing a significant role. Indecision and overthinking further compound procrastination, creating additional stress and anxiety.

How does aiming for perfection contribute to procrastination, and how can students find a balance between high standards and avoiding procrastination due to fear of failure?

Perfectionism often leads to an all-or-nothing mind-set, where anything less than perfection feels like failure, and hinders the completion of tasks. Instead, prioritise progress over perfection, aiming for excellence while acknowledging that perfection is unattainable. Recognise procrastination habits and challenge perfectionist tendencies by setting realistic goals and focusing on the process rather than the result. Break tasks into manageable chunks, use the 70% rule to start with available information and connect tasks to personal goals and values for motivation.

Procrastination

Procrastination is the act of postponing decisions, commitments, or important tasks (Haycock et al., 1998). Problematic procrastination is associated with internal personal discomfort that can be misinterpreted as worry (Rothblum, Solomon, & Murakami, 1986; Solomon & Rothblum, 1984) which is a big thing that can affect students in college as students need to complete several tasks such as assignments and presentation at the same time.

How to overcome procrastination (Cherry, 2022)

- **Organisation:** Create a to-do list and consider adding a deadline to each item to help you stay on task.
- **Start Small:** To make your duties look less daunting, divide up the items on your list into smaller, more doable jobs.
- **Identify The Signs:** Be mindful of any procrastination-related ideas and try to squelch them. If you find yourself thinking about putting off your assignment, make yourself sit down and work on it for a few minutes.
- **Get Rid Of Distractions:** Consider what diverts your focus the most then set boundaries with it, such as set time limits when using your phone, optimise screen time, and schedule unplugged time.
- **Treat Yourself With Kindness:** Nobody ever completes everything on their to-do list! Strive to fulfil your obligations on time and acknowledge your accomplishments. However, acknowledge that there will always be more to accomplish than hours in a day.
- **Develop Accountability:** Accountability fosters healthier habits, enhances self-control, and increases productivity in every way. We can develop accountability by setting achievable goals and achievable plans, knowing what motivates us can also help us to be productive.
- **Shifting Mindset:** To shift your mindset, take on the least interesting task first thing in the morning to kick off your day. After that, divide the three goals you have for the day into little tasks. After completing each activity, reward yourself. Finally, imagine the impact and long-term effects of your current action!

Resources to Help You Quit Putting Things Off

Togetherall – have courses about stopping procrastinating.

Including very detailed information explaining what is procrastinating, and the reasons why we procrastinate also teaches us some techniques and tips to stop procrastinating. There are also resources in the course that you can download that can help us to plan such as the schedule pdf which you can download straight away to slowly prevent procrastination. This is the link for the course where you can simply click on it to join.

<https://v2.togetherall.com/courses/stop-procrastinating-and-be-more-productive>

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