THRIVE

Wellbeing and study success

Presented by:
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Session 5: Overcoming Procrastination

What is this program all about?

No Recordings

Todays session will **NOT** be recorded for your privacy.

These sessions are:
- Safe
- Respectful
- Inclusive
- Non-judgemental

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▶ Procrastination

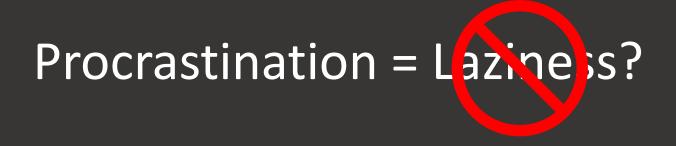What is your immediate reaction?

But what actually is it?

▶ Procrastination

Procrastination is the voluntary delay of an intended course of action despite expecting to be worse off for the delay.

Procrastination = Laziness?

"Be curious, not judgemental"
- Walt Whitman

▶ Procrastination

Self-care, rest, and refusal of demands to protect yourself from burnout are **not** procrastination.

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▶ Procrastination

Procrastination can happen because:

- Needs (SDT) not being met.

- Emotion management.

- Executive Dysfunction.

- Fear of Failure

- Temporal Discounting

How can we overcome these?

▶ Self-Reflection

1. *Identify procrastination*

2. *Explore reasons*

3. *Assess impact*

4. *Identify barriers*

5. *Plan action*

6. *Reflect and adjust*

▶ Self-Reflection

1. Identify the Task

Question: What specific task am I procrastinating on?

Action: Write down the exact task or tasks you are avoiding. Be as specific as possible.

Example: "I am procrastinating on writing my research paper."

▶ Self-Reflection

2. Explore the Reasons

Question: Why am I procrastinating on this task?

Action: Reflect on and list the reasons why you might be delaying this task. Be honest and non-judgemental.

Example: "I am procrastinating because I fear my paper won't be good enough and the task feels overwhelming."

▶ Self-Reflection

3. Assess the Impact - *OPTIONAL*

Question: What are the consequences of procrastinating on this task?

Action: Consider the short-term and long-term impacts of continuing to procrastinate. Write down the consequences you might face.

Example: "If I continue to procrastinate, I will feel more stressed, miss the deadline, and get a lower grade."

▶ Self-Reflection

4. Identify the Barriers

Question: What specific barriers are preventing me from starting or completing this task?

Action: List the specific obstacles that are in your way. These could be emotional, cognitive, or situational barriers.

Example: "I don't know how to structure my paper."

▶ Self-Reflection

5. **Plan the Next Action**

Question: What is the next small, manageable step I can take to move forward with this task/overcoming the barrier?

Action: Choose one small step to start with and set a specific time to do it.

Example: "Tonight, I will find a resource to help me understand how to write the paper."

▶ Self-Reflection

6. **Create Accountability**

Question: How can I hold myself accountable to take this next step?

Action: Set up a system of accountability, such as sharing your plan with a friend, setting reminders, or body doubling.

Example: "I will ask my friend to help finding the resources I need."

▶ Self-Reflection

6. **Reflect and Adjust**

Question: How did it go, and what can I learn from this experience?

Action: After taking the next step, reflect on what worked and what didn't. Adjust your plan as needed and continue.

Example: "I learned from a library resource how to structure research papers and felt less overwhelmed. Next time, I'll try doing this earlier."

Procrastination

Is not a moral failing. Laziness doesn't exist.

Is a behaviour caused by many different factors

Deal with the underlying cause = Deal with the procrastination

What will you take away from today?

The goal is *Progress* not *Perfection*