

Procrastination: the bug that bites students

Ever been bitten by the procrastination bug? Its venom causes you to put off or avoid studying or completing assignments. If so, you are not alone.

Procrastination has plagued the lives of many college students at one time or another; some students are chronic sufferers. Casualties of this disease have reported feelings of guilt, increased anxiety, stress, poor performance in exam situations and are constantly making excuses and asking for extensions. If not treated properly, chronic procrastination can lead to lower grades, failure, being put on academic probation and eventual withdrawal from college.

This menace has affected the lives of students for too long! Inoculate yourself with these remedies:

- **Do a profit/loss statement.** List what you have gained and lost by putting the task off: what have I gained by not studying for my math exam? what have I lost? Seeing it written down will help you appreciate the many benefits of getting it done.
- **Put it in writing.** Make a contract with yourself that you will complete the assignment by a certain day/time. Sign it and show it to friends and/or family who can then provide encouragement, even a little bit of nagging, to help you get your work completed. Post the contract in a prominent place as a constant reminder.
- **Get time wise.** Set priorities and do the most important projects first. Break projects into smaller, more manageable sections and set a deadline for each one; be realistic about what you can accomplish within given time frames. Use to-do lists and schedules. Study in small blocks of time, taking frequent - but short - breaks.
- **Reward/Celebrate.** As you accomplish each task (i.e. write an outline for an essay), reward yourself. Spend some time surfing the net, watching TV or doing what you like to do. Do something fun because you deserve it for getting the job done.
- **If you get stuck, ask for help.** John Abbott is filled with resources to help you accomplish what you need to do. Drop by the Academic Success Centre (H148) or our website to find out more.

