**What is Procrastination?**

It’s the homework that doesn’t get turned in on time.
It’s the extension that you need an extension for.
It’s the research that you just can’t start.
It’s the letters that don’t get written.
It’s the bills that don’t get paid until they are past due.
It’s the movie rentals that have a greater late charge than the movie costs to rent.
It’s the wall you come up against when you try and start something.
It’s the frustration of being behind …… again.
It’s the promise to never put things off….again.

It’s all these things and more. . . Procrastination is the seemingly never ending battle to get things done on time. It’s about things being done late and the torture you go through to get them done at all. Procrastination is about promises to change but not being able to for reasons you don’t understand, don’t accept, or don’t know how to fix it.

**Why do people procrastinate?**

- poor time management, often associated with a distorted sense of the time available
- an inability to prioritize
- overload of tasks at a specific time
- anxiety about the task, so time is spent worrying rather than doing
- difficulty concentrating
- not knowing what is required
- feeling overwhelmed by the task(s)
- concern about failing or not meeting your own standards
- fear of success and its possible consequences
- perfectionism, often associated with unrealistic standards
- negative feelings - e.g. "I'm stupid," "Nothing ever goes right for me"
- all-or-nothing thinking, where one setback is seen as a total catastrophe
- being bored by the task
- never having learned how to work or sort out problems while at school or living at home
- avoidance of things which are disliked or difficult.

**How to avoid procrastination:**

Old habits die hard; make an effort to improve your self-management. Be positive!

Prioritize: not all assignments are due at the same time. Chunk your work, make a list, and cross items off as you complete them, moving the next up to your highest priority. Avoid becoming overwhelmed by working steadily over time.