

PROCRASTINATION

Procrastination is the gap between our intention to do something and taking action to do it. We all procrastinate in some way, but it is the level of distress that causes that we may seek to reduce.

‘Shifting the way you work is stressful. Sometimes of duress, your productivity may take a hit; just be ok with that’ Fred Stutzman, March 2020.

Notice how you procrastinate changing to new working environments and new learning modes especially online means there are many new ways to procrastinate.

- x Everyone is available for online hangs at all hours and every day
- x Constant news feeds, tik tok and explore pages
- x Ongoing tweaking/reorganizing IT hardware and software
- x 24/7 access to room cleaning, the fridge, Netflix etc

You may also experience changes to your intrinsic motivation, such as:

- x Re-evaluation of your short to medium term goals
- x Feeling generally discombobulated
- x Changes in your sense of wellbeing

Practical Strategy/Tips for dealing with procrastination

A. Challenge thinking that gives you permission' to delay working on your:tasks

Ways of thinking that lead to procrastination	Challenge that thinking
This task is hard, so I will put it off until I know how to do it/feel better about trying it.	Recognise procrastinating behaviour and question why.
I need to do more research	Acknowledge if previous delays work have resulted in distress to you and others.
I'm not in the right frame of mind to work now.	No need to fixate on the entire magnitude of the task. Break up difficult tasks into sections.
I work better closer to deadlines.	Approach one section at a time until completion.
Last time I did it last moment it worked out ok	Identify an aspect of a difficult task you enjoy start there.
There are more fun things to be doing right now. I'll do it later.	You don't have to achieve perfection in your first draft/attempt.
I'll work better after I've slept/eaten/cleaned my room.	
I'll have time to do it later.	Make a tangible plan (pl.78).2 (4.543 0)-0.793 /P <</MCID

Aim for output not perfection in the first attempt.	Having some output deflates the fear of the task. It is easier to edit something than to edit a blank page.
Monitor your progress	Self-assessment will allow you to adjust your plan if necessary

Connect with others- talk with friends, peers

and academic support (L970>hAt ev8 T4 348 Td [(n)7.3 (e.2 ;49 (D)-0.7 (ec)5.2 (ek70>h8 (o)-1.5 ()12.2 (a)-8)