

輔導工作室

Say “No” to Procrastination!

Procrastination is a common inclination for many people. Some students submit their assignments at the “last minute” before the deadline, or right after it. The followings are tips for tackling procrastination:

1. We delay our action when we perceive the task is difficult. It might be easier if we start with the less difficult part of the task.
2. Sometimes we procrastinate by thinking a task is unnecessary or unworthy. In fact, this kind of thinking is an excuse to procrastinate.
3. We avoid a task when we feel anxious. Cope with the anxiety and proceed anyway.
4. Visualize the joy in completing the task enhances our motives and performance.
5. Use positive self-statements like “I can do it” to motivate yourself.

Once getting started, you are much more likely capable to complete your task.