

# *The Procrastination Habit*

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**Procrastination begins with a rationalization, or self-satisfying excuse for not meeting personal obligations.**

## **Common rationalizations:**

- Ignorance: “I didn’t know I was supposed to do that.”
- Skill Deficiency: “I don’t know how to do it.”
- Apathy 1: “I really don’t want to do it.”
- Apathy 2: “It really doesn’t matter if I wait awhile.”
- Apathy 3: “No one really cares whether I do this.”
- Apathy 4: “I don’t feel like it.”
- Fixed Habits 1: “I’ve always done it this way and it’s hard to change.”
- Fixed Habits 2: “I know I can pull this out at the last minute.”
- Fixed Habits 3: “I work better under pressure.”
- Inertia: “I just can’t seem to get started.”
- Frail Memory: “I just forgot.”
- Physical Problems: “I couldn’t do it, I was sick.”

## **Why do we really procrastinate?**

### *Lack of Self-Confidence*

If you feel incapable of successfully completing a task, you are likely to avoid it. Procrastination, in a sense, then protects you from failure, rejection, shame, harsh self-judgments, and feelings of helplessness.

### *Low Frustration Tolerance*

Procrastination becomes the means for avoiding hassles and gives you an excuse to do something else while you wait for others to reward, motivate, or inspire you.

### *Hostility*

Feelings that life hasn’t been fair or the expectation that others should understand how tough you have had it leads the way for thousands of wonderful, angry excuses for procrastinating.

## **How do you break the procrastination habit?**

*Identify the Source*.....Figuring out why you procrastinate will help you better prepare to tackle tasks.

*Keep Track*..... Be mindful of tasks to be completed and keep track using calendars and to do lists.

*Prioritize*..... Prioritizing helps you to complete tasks in meaningful rather than random order.

*Do it in Pieces*..... Break larger projects up into smaller, more manageable pieces to avoid working at the last minute and experiencing procrastination anxiety.

*Create a Balance*..... Focus on academics, but set aside personal time for leisure and extracurricular activity. Reward yourself for following through.

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