Procrastination Elimination Strategies

Time-Telling: Many students face barriers in estimating how long it will take to complete a task. To solve this issue, time yourself while you work on the task and compare your actual time with your estimated time.

Reframe Deadlines Into Smaller Units of Time: Think about the time you have to complete assignments and reframe it to make the deadline feel more pressing. A project due in 3 days (72 hrs) and a paper due in 1 month (30 days).

Prompts/Reminder Notes: Use physical reminder notes and place them in specific locations to remind you to complete a task (e.g. Post-it note on bathroom mirror).

Reinforcement: After working on a task for an extended period of time, give yourself a reward to reinforce your behavior. Example: "If I work on my reflection paper for 50 minutes, I'll reward myself with an iced mocha".

The Bits-and-Pieces Approach: Instead of completing an entire assignment at once, break it down into several parts. This makes the assignment seem less intimidating and encourages students to simply start working on it.
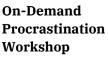
The 5-Minute Plan: Commit to working on a task for 5 minutes. Once time is up, you can determine whether you would like to continue working on the task or take a break.

The 80% Success Rule: Don't expect to start and complete a task in one sitting. Set an achievable goal and plan on completing 80% of the task. Once you reach 80%, give yourself a reward and move on to completing the task.

Social Support for Task Completion: Partner with a peer who completes tasks on time. This can motivate you to work toward completing things on time rather than procrastinating.

Establish a Set Time for a Routine: Scheduling a specific time to complete a task during the day can help you to actually complete it. Doing this consistently promotes your behavior to regularly complete tasks.

Modify the Environment: The environment that we choose to work in can contribute to procrastinatory behavior. For instance, it would be difficult for most students to write a paper in a noisy restaurant. Instead, plan on reserving a room in Leavey library to write your paper, where it is quieter and there are fewer distractions.

On-Demand Procrastination Workshop

Seli, H. (2023). *Motivation and learning strategies for college success: a focus on self-regulated learning.* Taylor & Francis.