

Stop Procrastination – Today!

Procrastination is extremely prevalent. [Studies](#) indicate that 80% – 95% of college students engage in procrastination and almost 50% procrastinate consistently and problematically. You are not the only one. But there is a lot you can do about it.

Procrastination can be caused by several things. You may procrastinate because a task is too large and overwhelming and you don't know how to get organized. You may procrastinate because you don't enjoy the task and you are not motivated. You may procrastinate because you think you can't do it. Or you might be simply too distracted or have no energy. Below are a few tips to help combat procrastination in any of these situations, but first take a moment to reflect on the mental habit of non-procrastinators, who have compassion for their future self:



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If you don't like the task ... Boost your motivation:

- ◁ Make the task or project meaningful and relevant by connecting it to real world scenarios or to your personal goals.
- ◁ Set clear and realistic goals to help track your progress.
- ◁ Celebrate and [reward yourself](#) immediately after you complete a task.
- ◁ Sometimes, all you need to do is get started for a few minutes to "get into it" and motivation will be the result of your action not the prerequisite.
- ◁ If you have difficulty initiating a task, create something to react to such as an official deadline or a study group meeting you have to show up to.
- ◁ Alternate between fun and not so fun activities to maintain motivation.
- ◁ Make the task fun by turning it into a game or competition with others or with an app, such as [SticKK](#) or [Beeminder](#).
- ◁ Find an [accountability partner](#) and challenge each other or check in with each other (ideally) daily.

If a task feels too overwhelming ... Build up your self-confidence:

- ◁ Analyze what is making the task so difficult, and



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