

# Rutgers Learning Centers

At Camden Campus

## PROCRASTINATION

### Know what procrastination is

- It is often a natural way to put off doing what you expect will be unpleasant.
- It is often caused by fear of failure or fear of not performing perfectly.
- It is one way—a passive one—to let your situation provide the pressure you need to complete a task.
- It is not necessarily bad.

### Consider the consequences:

#### On the positive side

Most procrastinators get the job done on time or at least without serious penalty for lateness.

#### On the negative side

Consequences may be too much anxiety and/or guilt, lowered quality of work, exhaustion caused by last minute push.

### Decide whether to:

- Use your procrastination to help you get things done. Ease up on yourself and accept it—you may ignore the rest of these hints.

OR

- Overcome your procrastination.

### Identify the cause and take action:

“It’s no fun to study.”

Use the things you’d rather do as rewards and only do them after you’ve done some work. Start small so that your task isn’t overwhelming.

“My mind keeps wandering onto other things I have to do.”

Expect distractions and write them down. Use procrastination on them!

“I don’t see how this assignment connects to anything.”

Look at it as something *you* can do to achieve a goal (pass the course) rather than something imposed upon you. Check the consequences of not doing it.

“I can’t get started on this paper; I guess I have writer’s block.”

Make an outline. Write a rough draft quickly in the same manner as you would tell someone about it.

“I try to study, but nothing happens.”

Say “I will study now;” don’t say “I’ll try.” Firm up your commitment. Trying doesn’t cut it.

For more information, visit or call your nearest Rutgers Learning Center, or visit our website:<http://rlc.rutgers.edu>

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