

Procrastination problem?

Many students struggle with procrastination, which can result in stress, lost sleep, uncompleted work, and poor grades. Parents, you can share these ideas with your student(s) to help them reduce procrastination and have a healthy semester.

TIPS FOR REDUCING PROCRASTINATION

Are you living by any of the “Old Rules” below? If so, the “New Rules” on the right can help you to shift your thinking and reduce procrastination.

Old Rules	New Rules
1. Avoidance works: If a situation feels bad, I should avoid it. It’s bad to feel bad. Feeling anxious means there’s something wrong with me.	1. I can face it: I’ll do what I need or want to do regardless of how I feel. Feeling anxious at times is normal and doesn’t mean something is wrong with me.
2. Perfection is possible: High standards motivate me. I can’t live with mistakes. I won’t feel good unless things are “right.”	2. Good enough is okay: I realize striving for perfection leaves me paralyzed, so I aim for a standard that allows me to move forward.
3. Failure is unacceptable: I can’t tolerate failing. If I’m not sure I can succeed, I shouldn’t try. Failing is shameful.	3. Failure is a part of life: Everyone has strengths and weaknesses. Failure is a normal part of life. If I’m falling short somewhere, I’ll take steps to boost my skills.
4. It should feel right: There is a right time, place, and mood for getting things done. I need to wait for these moments.	4. The time is now. I can accomplish a lot even if I don’t feel perfectly focused or motivated. If I have a few minutes, I can get started now rather than wait until later.
5. I shouldn’t have to: If something is boring or unpleasant, I shouldn’t have to do it. I deserve to have fun.	5. Let’s get it over with: Sometimes I need to do things that I don’t necessarily want to do. The quicker it gets done, the sooner I can have fun.