Procrastination Blasting

https://www.mun.ca/munup/vssc/learning/procrastination.php
Procrastination Blasting
Turning Motivation Into Action
Procrastination Misconceptions

● Student doesn’t care about:
  ○ Grade
  ○ Quality of Work
  ○ Due Dates
  ○ Group/Team

● False Narratives
  ○ Work better under pressure
  ○ You’ll find the time
  ○ You Lack of Motivation
Procrastination Facts

● Student cares about:
  ○ Grade
  ○ Quality of Work
  ○ Due Dates
  ○ Group/Team

● Solution?
  ○ Organizing
  ○ Focusing
  ○ Rewarding
Get Organized

Semester Plan
➔ Plot due dates
➔ See final grade %
➔ See overlap of courses’ due dates
➔ Plan ahead to avoid imbalance and stress
➔ Look at it every day

Weekly Preparation/Priorities
➔ Prioritization
➔ “To-do” itemization
➔ Self-care planning
➔ Support network identification

Weekly Plan
➔ Customizable
➔ Flexible
➔ Fluctuates
➔ Works as a team with your Semester Plan

Academic Success Centre’s Semester Planner
Get Focused

Starting A Task

Five Minute Motivator!
“What could you accomplish in 5 minutes?”

➔ Great for kickstarting action.
➔ Break down your project into small chunks.
➔ Easy readjustment if you feel lost.
➔ Lots of opportunity for movement breaks.
➔ Can squeeze in between other demands.

Staying on Task

Pomodoro Method!
“What could you accomplish in 25 minutes?”

➔ Great for mono-tasking
➔ Addresses your highest priority item asap.
➔ 4 cycle sequence of 25 minute focus periods followed by 5 minute relax period.
◆ After, take a 25 minute movement break
Get Focused: Distractions Disruptors

- Track your distractions
  - What are they?
  - Is there a way to eliminate them asap?

- Engage a Disruptor
  - Have a mantra
  - Stand up & reset
  - Movement Moment

- Reschedule distractions into your reward period
Get Rewarded

- Your reward for completion of a task cannot be immediately beginning another task.

- Scale the reward to the size of the achievement
  - 5 minute brainstorm session = listen to your favorite song
  - 25 minute essay writing session = 5 minute YouTube video
  - Full 4 cycles of Pomodoro = enjoy a cup of tea and a 25 minute sitcom

- Physical, mental, and emotional needs-based rewards.

- End of the day, vocally congratulate yourself. Be proud of yourself.
References

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