



Procrastination Blasting

<https://www.mun.ca/munup/vssc/learning/procrastination.php>

Procrastination Blasting

Turning Motivation Into Action

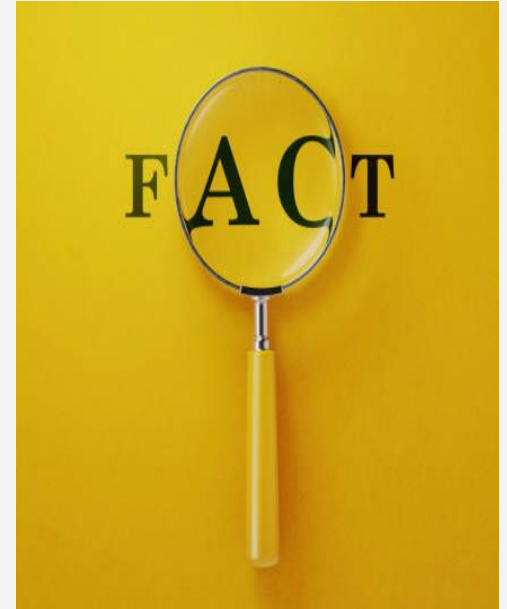
Procrastination Misconceptions

- 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



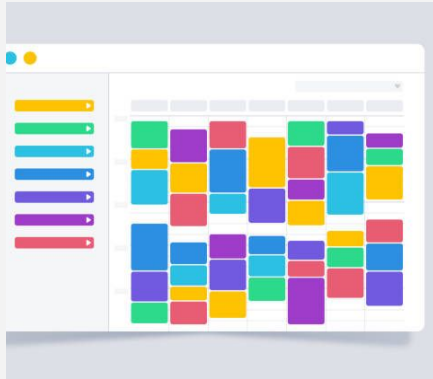
Procrastination Facts

- Student cares about:
 - Grade
 - Quality of Work
 - Due Dates
 - Group/Team
- Solution?
 - Organizing
 - Focusing
 - Rewarding

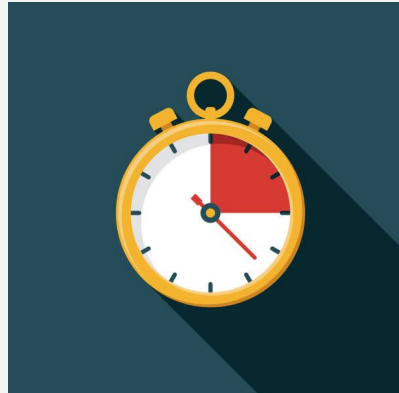


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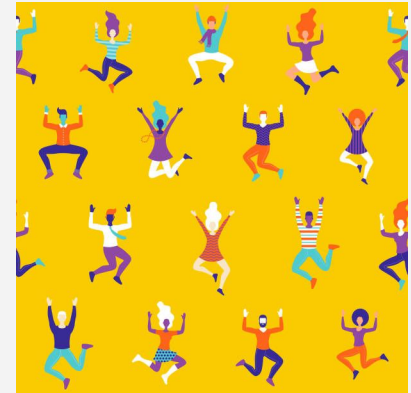
**Get
Organized**



**Get
Focused**



**Get
Rewarded**



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

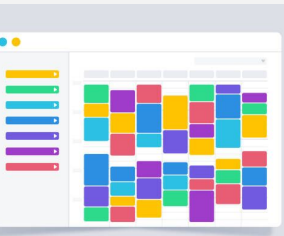
Weekly Preparation/Priorities

- 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



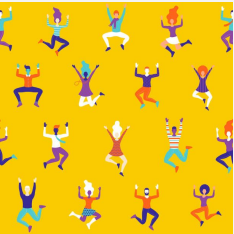
Get Focused : Distractions Disruptors

- 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.



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