

Learning Online: Establishing and Maintaining Motivation : Managing Procrastination (Slide 1)

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WKLW YLGH To discuss the some of the negative thought patterns that can lead to
procrastination and how to address them.

When you are procrastinating « . (Slide 2)

How do you procrastinate (i.e. What are you doing instead of the task?)

Procrastination is choosing to put off what you have intended to do, even though you know that this is not in your best interests ±that is, it has a consequence that \ R X G R Q ¶ WchZaQ W V lower grade. The consequence may also be the toll it takes on your stress levels, your feelings about your academic work, or your opinion of yourself.

If procrastination is an unhelpful habit for you, please take a moment to consider how you are procrastinating. That is, what are you doing instead of the work you had planned? Most of us have a go-to distraction when we are avoiding a task ±perhaps checking social media,

interconnected ±when you notice one of the three, reflect on the other two as well. If something happens, what are you telling yourself? How does that thought make you feel? What are you doing in response to those thoughts and feelings? If you notice your behaviour is unhelpful, ask yourself how you are feeling and what are you telling yourself that is leading to that mindset.

For example, someone who has received a poor grade may feel depressed after seeing it.

Negative self- W DON IXUWKHUV WKDW IHHOLQJ E\ PRYLQJ WR D FRQFOX
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assignments and the cycle of procrastination and avoidance contributes again to lower grades.

Addressing an unhelpful thought pattern (Slide 5)

You may realize that your thought pattern is unhelpful ±