



# CONNECTICUT COLLEGE

## Overcoming Procrastination

### **1. Are you willing to change?**

Procrastination cannot be changed unless you are able and willing to be honest about your behaviors which cause it.

### **2. What is your level of motivation?**

Overcoming procrastination takes work and is not always easy. If you are not motivated to change your current study habits, then learning time management and other techniques to avoid procrastination will not be helpful. Think about what your goals are for attending college and what it will take for you to reach those goals e.g., an additional 10 hours of study each week—do you have the motivation to do this extra work?

### **3. Setting small goals.**

Large goals will most likely lead to quick failure and frustration on your part. Setting small, achievable goals and holding yourself accountable for reaching them is the best way to change your study habits and overcome procrastination. A few small changes can quickly lead to large changes as you experience the rewards of reducing procrastination.

### **4. Are you ready to set larger goals?**

Goal-setting should become an ongoing process of setting goals, analyzing success and failure, and using this learning to set new goals. If you find yourself failing to reach your goals, try scaling them down. If you feel like you can't scale them down any further, think about your level of motivation.

### **5. Setbacks happen... bounce back!**

The process of overcoming procrastination WILL involve setbacks. Since it is impossible to avoid a failure or two, the key is bouncing back. When you do find yourself procrastinating again, take time to think about the reasons for it and use this information to improve and move forward to your next goal.

Adapted from: Hirsch, G. (1995). *Counseling Students in Academic Difficulty: A Training Manual*