

Make Your Own Plan for Overcoming Procrastination

Use the strategies listed here to create your own plan for overcoming procrastination.

Begin with a List

- List tasks that you need to accomplish.
- Set priorities. Mark each task off as you complete the task. When you finish a task, reward yourself.
- Start with the most unpleasant task and get over with it. Then work down the list.
- Work on a task that you avoided, so it is contingent on something that you enjoy doing, like going for a run or dining at your favorite restaurant with friends.

Create an Action Plan

- When the time comes to study and you are tempted to procrastinate, sit down for a five minutes. Envision the consequences of procrastinating, and then follow with your work.
- Imagine how you would behave right now if you are not procrastinating. Role-play and pretend for the next hour that you are not a procrastinator. When you are done, evaluate your actions. How did it feel?
- When you feel an impulse to work on your tasks, follow up on it.
- Create specific rewards. Make them realistic and follow through.

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