

Procrastination

Point of the Assignment: 1) To identify any issues you may have with procrastination. 2) To offer suggestions for addressing procrastination problems.

The subject of procrastination is a subject of universal interest for most community college students. Therefore, for this assignment, you are going to explore the two following resources to assist you in developing anti-procrastination success strategies.

1. LAC Study Tips: Overcoming Procrastination (*Handout – to be downloaded*)
2. Stop Procrastination Now & The 7-Day anti-procrastination plan (p.86-87)

Start by identifying your procrastination style as noted on page 86. Are you more likely to be a:

1. Dreamer _____
2. Worrier _____
3. Defier _____
4. Overdoer _____
5. Perfectionist _____

Now identify which of the two resources listed above (textbook or handout) you will use: _____

List the main points of this resource:

1. _____
2. _____
3. _____
4. _____
5. _____

List some ideas that are new to you:

1. _____
2. _____
3. _____
4. _____
5. _____

Procrastination

List some ideas that you can realistically incorporate into your life.

1. _____
2. _____
3. _____
4. _____
5. _____

Set some goals for how you will include this information into your life.

1. _____
2. _____
3. _____

Test your understanding:

What is the main point of this assignment?

Why were you expected to do this exercise?

What type of person would need to do this exercise?

How well do you fit the profile of the person for whom this assignment was created?

Reflection: *(Write down your response after completing this assignment.)*
