

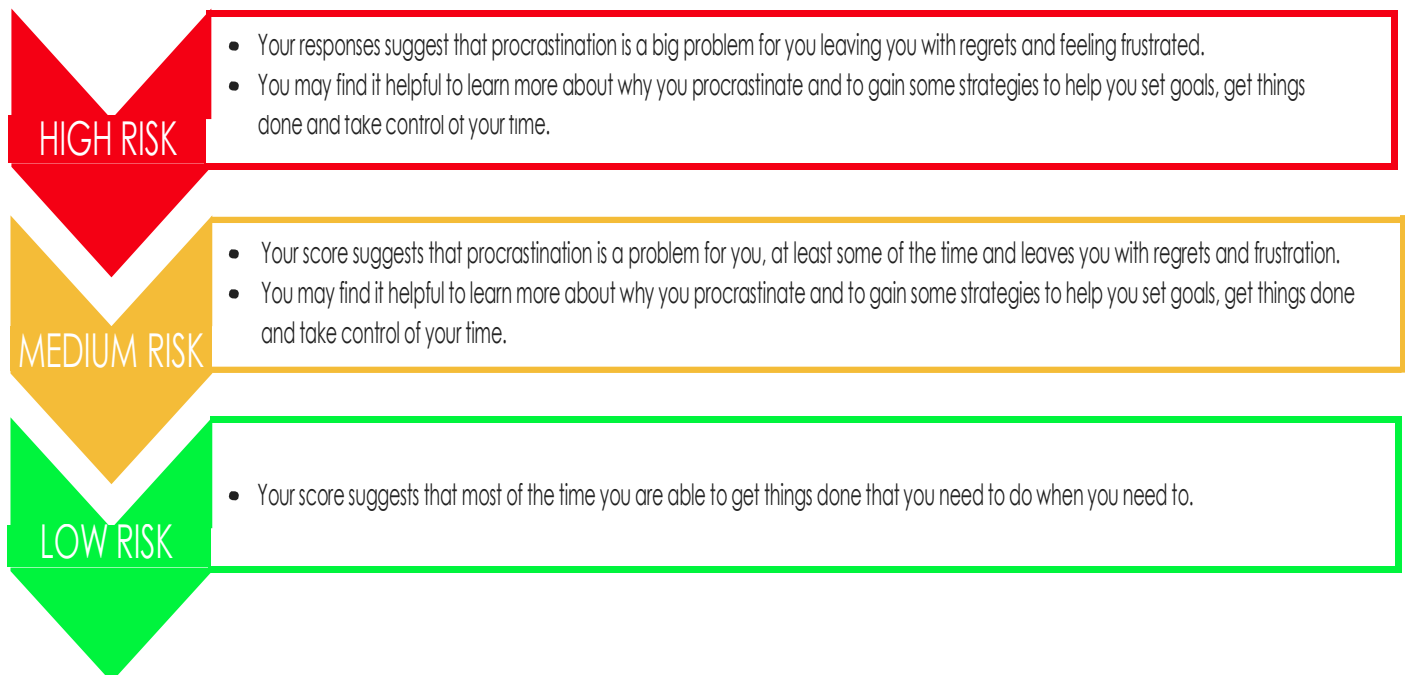
# PROCRASTINATION

Procrastination is a problem experienced by most students at some point in their studies and involves putting important tasks off in favour of doing something else. This might be linked to unhelpful beliefs and assumptions about the task. For example, "I might fail or get negative feedback".

Putting off things you think you should be doing makes procrastination different to prioritizing or managing your time.

You can tell if you are procrastinating or just prioritizing activities by the level of distress it causes you. When you put tasks off it can make you feel like you're falling behind and it becomes even harder to know where to begin.

## Is procrastination holding me back?



## Beating procrastination

Everybody is different, so it is important to notice patterns in your procrastination. Think of it like an unknown enemy trying to derail your studies. Knowing your enemy will mean you're one step ahead in winning the battle.

**What sort of things do you put off?**

**What activities do you do instead?**

Noticing these patterns can help you understand more about what is going on

The four most common reasons people procrastinate are:



## What to do

When a task feels difficult or you don't know what to do, it is very easy to put it off. Possible solutions to help you face a task that you've been putting off because it's difficult or you don't know what to do:

Possible solution	Strategy
Speak to somebody for advice	Speak to your course tutor or peers
Break the task down and do one of the simpler things first	Break the assignment down into manageable chunks
Get more information that might help you understand things better	Take a look back over the course materials or review your notes
Jot things down - a journal, some notes, a plan or timeline	Work back from the assignment deadline and set targets for doing small tasks
Just get started on something related to tackling the difficult thing	Get started by drawing up a plan

## Useful links and resources

You can find more resources for managing procrastination and more at [www.vu.edu.au/counselling](http://www.vu.edu.au/counselling)

If you would like to talk to someone about procrastination and ask a few questions about individual support, contact **Student Counselling on 9919 5400** Monday to Friday during business hours.

You can also access:

- Kids Helpline – 1800 55 1800
- Headspace – (03) 9027 0100
- Lifeline – 13 11 14