

OVERCOMING PROCRASTINATION

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AGENDA

Introduction

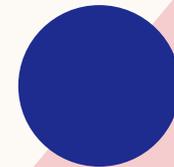
What we do when we procrastinate

Why we procrastinate

Procrastination cycle

What works

Final thoughts



INTRODUCTION

“Never put off till tomorrow what may be done day
after tomorrow just as well.”
— Mark Twain



WHAT IS HAPPENING?

What we do when we procrastinate



**WE ARE PRIORITIZING
SHORT-TERM NEEDS OVER
LONG-TERM ONES**

“Procrastinate now, don't put it off.”
— Ellen DeGeneres

EVERYTHING IS MORE DRAMATIC AT NIGHT





**WHAT ARE YOUR
AVOIDANCE STRATEGIES?**

Poll Time!

“The thing all writers do best is find ways to avoid writing.”
— Alan Dean Foster

EMOTIONS - ALL THE FEELS

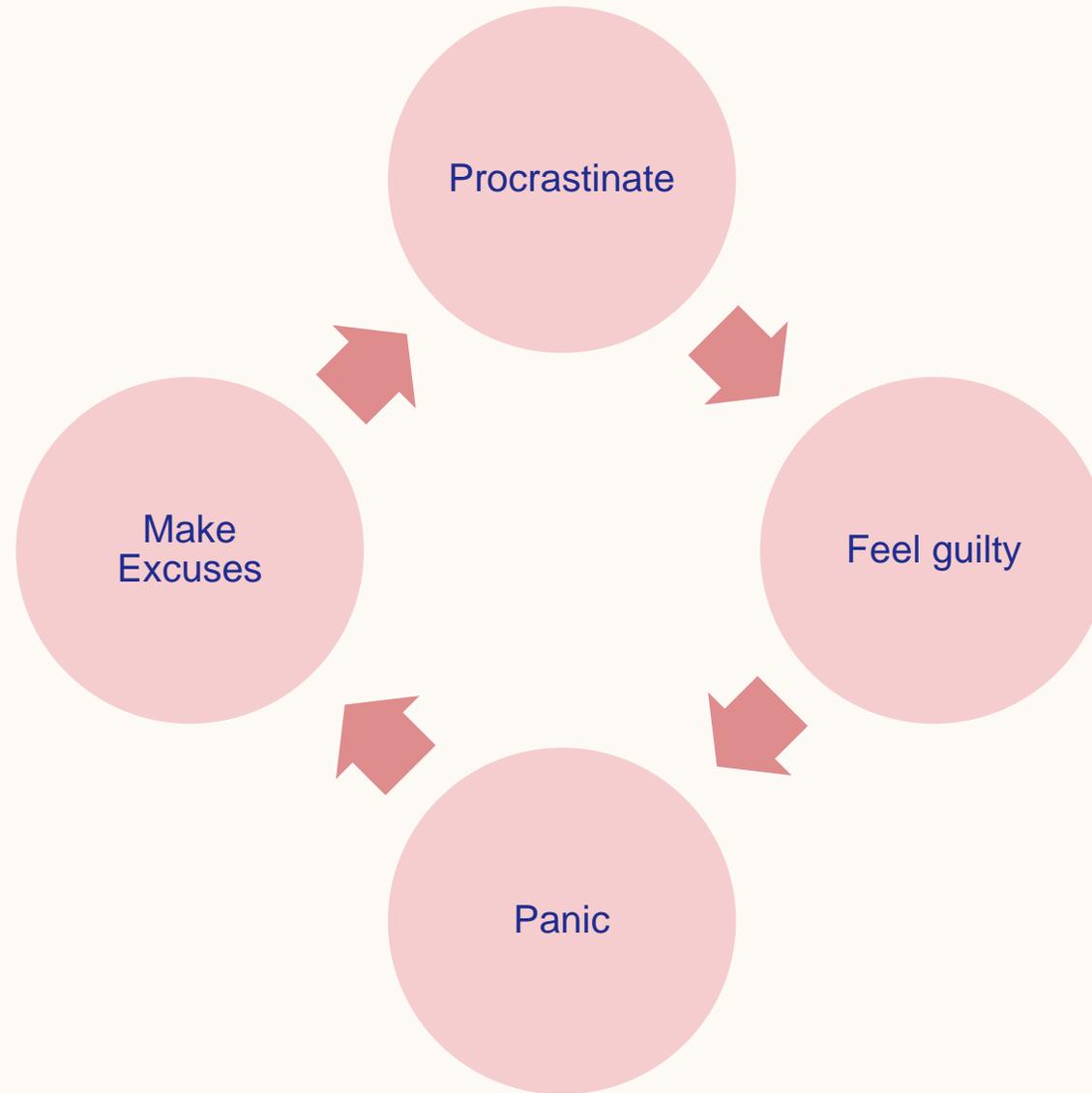
Why we procrastinate

PROCRASTINATION IS EMOTIONAL REGULATION

- ❖ It's tied to difficulty managing emotions surrounding the task
- ❖ It's short-term mood repair
- ❖ It's "immediate urgency of managing negative moods"

(Pychyl & Sirois, 2016)

THE PROCRASTINATION CYCLE



**WHAT DO YOU TELL
YOURSELF MOST OFTEN
TO JUSTIFY
PROCRASTINATION?**

Poll Time!

WHEN YOU THINK YOU JUST CAN'T DO IT

Negative thinking or negative self-talk:

- Is the root of self-doubt
- Creates anxiety
- Erodes confidence
- Distracts you from the task at hand
- Creates worry
- Disrupts your creativity
- Derails your concentration

“I’m going to stop putting things off, starting tomorrow!” — Sam Levenson

CHRONIC PROCRASTINATION HAS LONG-TERM EFFECTS

Sleep problems

Depression

Anxiety

Low self-esteem





TIME MANAGEMENT DOES NOT FIX IT

- Time management is how we regulate behavior and impulse control to achieve a task or goal.

It includes:

- Awareness
 - Arrangement
 - Adaptation
- Procrastination is a habit - affects everyone to some extent

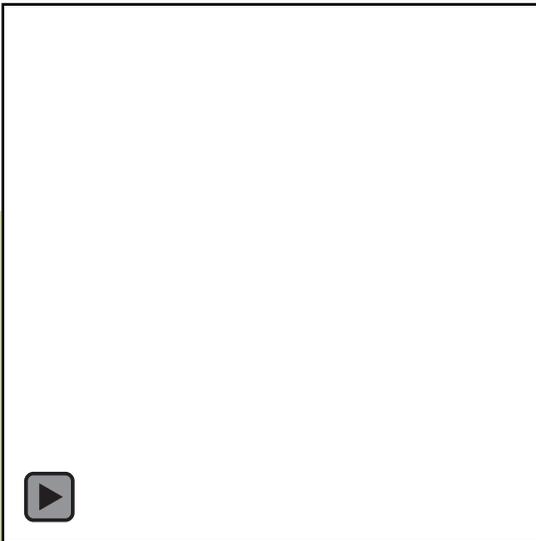
“Someday is not a day of the week.”
— Janet Dailey



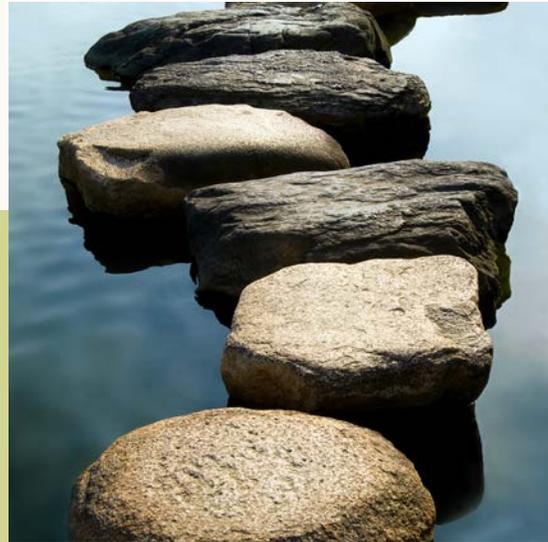
WHAT WORKS

Re-framing procrastination

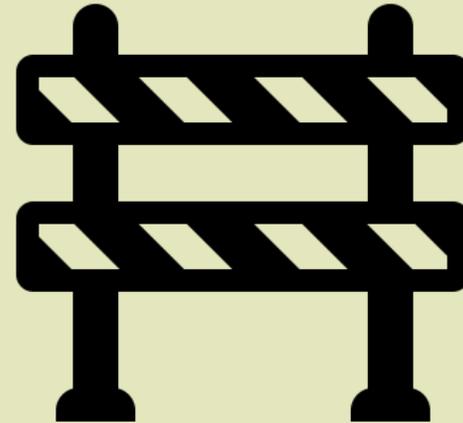
RE-FRAMING PROCRASTINATION



**FORGIVENESS/
SELF-COMPASSION**



NEXT SMALL STEP



**REMOVE
ROADBLOCKS**



KEYSTONE HABITS



WHAT WORKS

Positive self-talk

POSITIVE SELF-TALK



**HELPS TO REDUCE
STRESS**



**BETTER
RELATIONSHIPS**



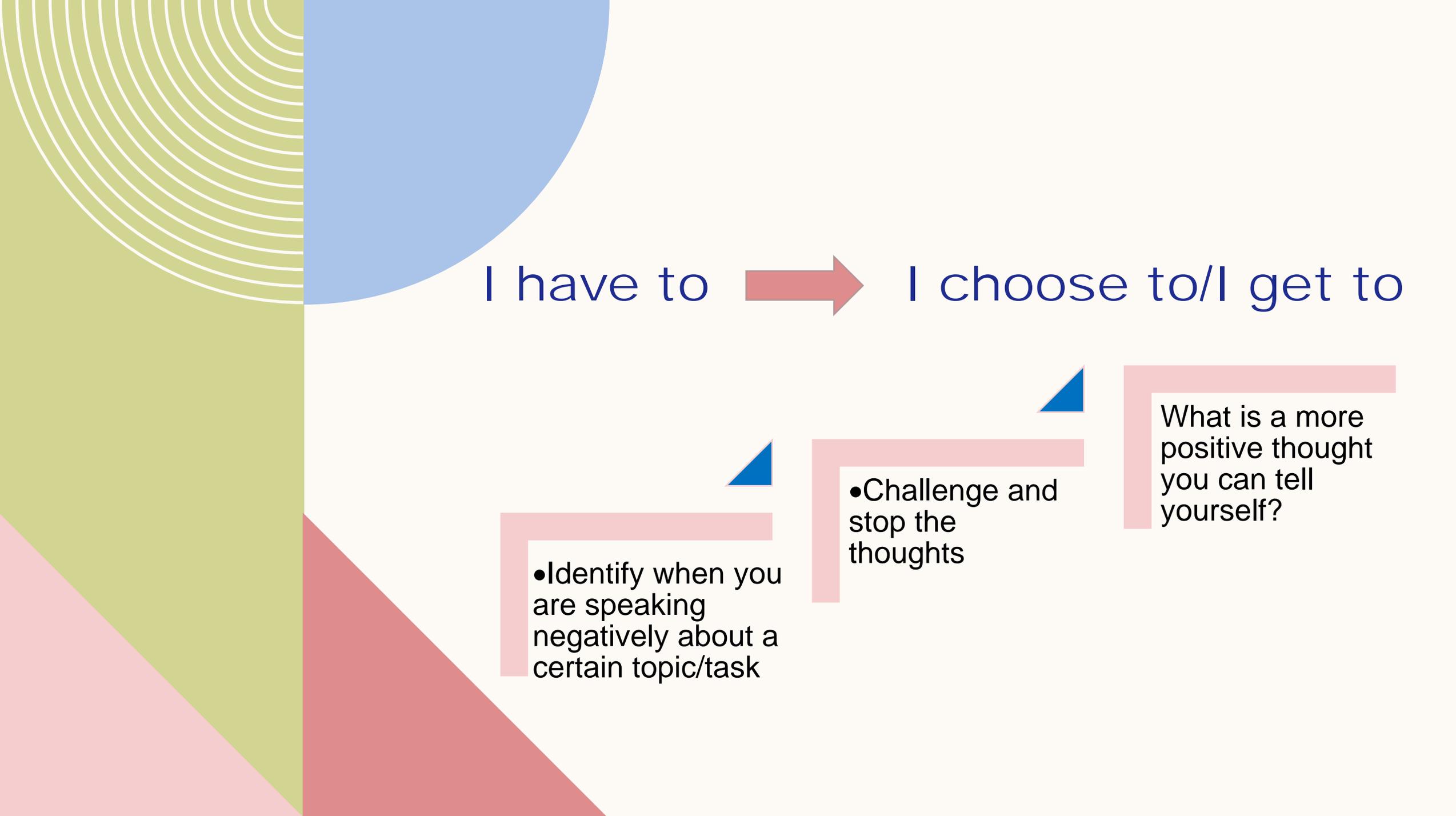
**INCREASED SELF-
CONFIDENCE**



**NEW PERSPECTIVE
DURING HARD TIMES**

- ***“I have to finish this long, important project. It should already be done by now and I need to plow through it.”***

“(1) I have to (2) finish this (3) long, (4) important project. (5) It should already be done by now and (6) I need to plow through it.”



I have to



I choose to/I get to

•Identify when you are speaking negatively about a certain topic/task

•Challenge and stop the thoughts

What is a more positive thought you can tell yourself?

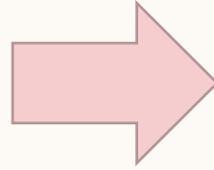
Finish → Start

What can be done *right now*?

Focus on the *now*

Small step forward

Long project Short task

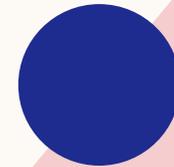


Chunking

What is the very next smallest task you can do?

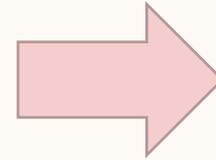
Ignore the larger picture

– laser focused on the next short task





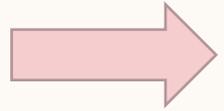
Important project



Imperfect step

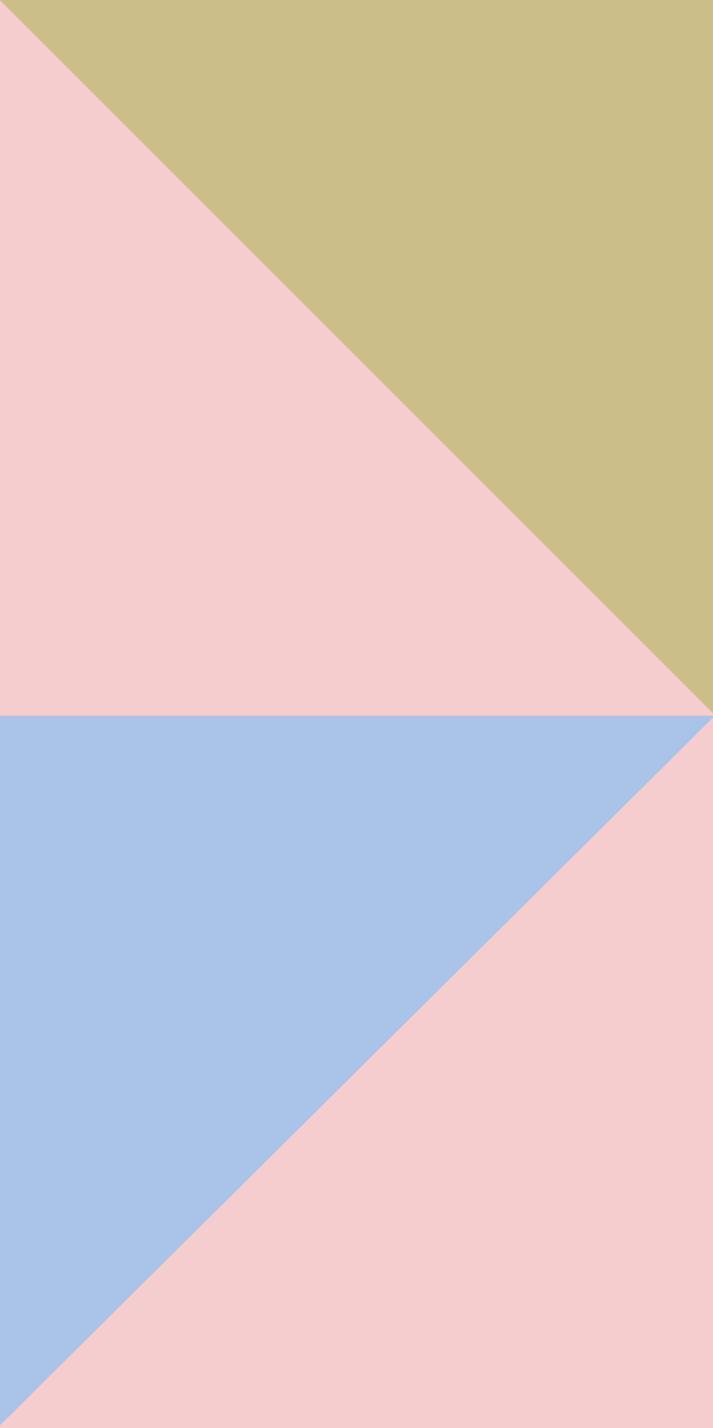
Permission to be messy
Less focus on perfectionism

It should be done by now

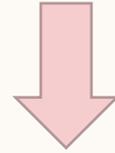


I'll feel terrific

- “*Should*” = blame and guilt
- Imaginary versus reality
- Focus not on how bad you feel now, but on how good you'll feel after you do that first action



Need to plow through



Have plenty of time
for play

“I’ve got to work all weekend!”

Isolation = resentment

Need plenty of breaks, small rewards



WHAT WORKS

Creating good habits

**HOW MANY OF YOU START
YOUR DAY BY MAKING
YOUR BED?**

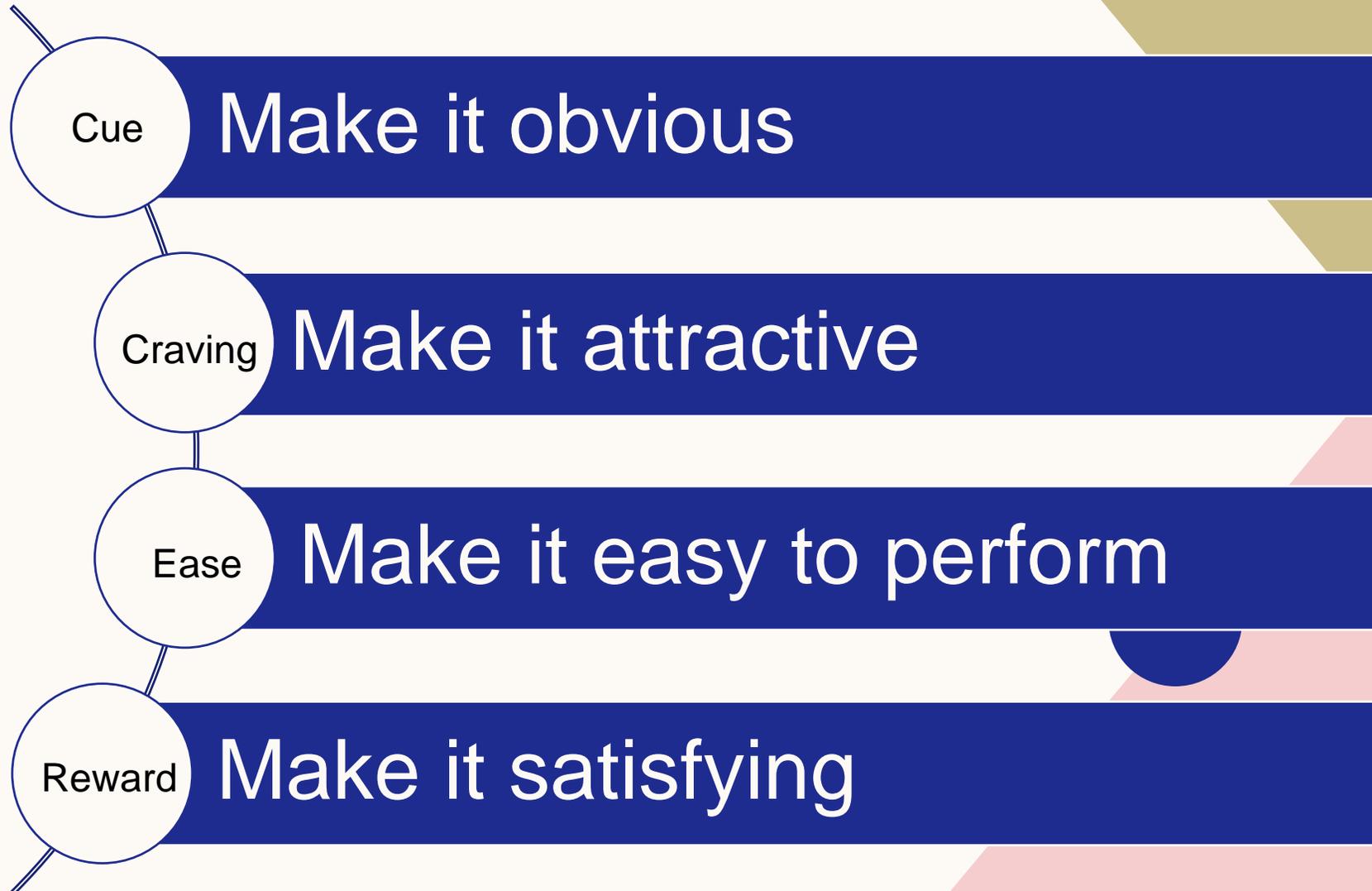
Poll Time!

YOUR IDENTITY EMERGES FROM YOUR HABITS

Every action is a vote for the type of person you wish to become:

- Each time you write a page, you are a *writer*
- Each time you practice the violin, you are a *musician*
- Each time you start a workout, you are an *athlete*

Stages of Habit Formation





**“ Procrastination is like a credit card;
it’s a lot of fun until you get the bill. ”**

- Christopher Parker

SUMMARY

Procrastination means we are putting short-term needs first

Procrastination involves emotions and a dopamine hit

- Procrastination cycle

Re-frame it and use tools to overcome procrastination

- Positive self-talk
- Good habit formation stages

THANK YOU

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Academic SupportNet on
Okta

References

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