The “Procrastination” Checkup!

Take the “Procrastination Quiz” to find out if YOU’RE a procrastinator!

1) Do you wait until the last minute to complete assignments and papers? YES or NO
2) Do you make excuses for not completing school work? YES or NO
3) Do you find yourself distracted by technology, TV, etc.? YES or NO
4) Do you tell yourself “there’s always tomorrow!”? YES or NO
5) Do you find yourself procrastinating in other areas of your life; not school related? YES or NO
6) Do you find yourself getting lost with social media rather than focusing on homework? YES or NO
7) Do you find it hard to complete assignments, papers, homework early or on time? YES or NO
8) Do you feel overwhelmed with tasks that you just “put it off until later”? YES or NO

If you answered NO to most of the questions listed above congrats you are likely a conscientious student! If you answered YES to most of the questions listed you may benefit from talking with a professional counselor to better understand your procrastination behaviors and identify ways to overcome procrastination. We all procrastinate from time to time, but chronic procrastination can negatively affect your academic performance. IUN Counseling Services offers free and confidential services to all IUN students who are enrolled on at least a part-time basis. The IUN Counseling Office has licensed professional social workers and counselors who are trained to meet the specific needs of college students!
Dealing with Procrastination:
Procrastination is a common problem that you can overcome by looking closely at why you put things off and implementing strategies that address those reasons.

Why do people procrastinate?
- Fear of failure – fearful that you will not succeed prevents you from doing
- Perfectionism – setting standards that are too high, feelings that a project/tasks needs to be perfect
- Overestimating the task – you think it’s too much to do, so it’s easier to put it off or not do it at all
- Worry about it – wasting time worrying rather than using time productively
- Taking too much responsibility – can leave you feeling paralyzed and avoiding the task

Overcoming Procrastination:
Did any of the above reasons apply to you? Take a look at some strategies to help overcome procrastination. Remember, putting things off only causes more anxiety and worry. Take control of your time!
- Address any negative beliefs about failure
- Banish perfectionism
- Break the task/project down into steps
- Don’t worry; take action
- Consider how you’ll feel when the task is complete
- Tell everyone your goal (increases motivation and accountability). When completed then celebrate your goal!

Adapted from: 10 simple solutions to worry. (Gyoerkoe & Wiegartz, 2006).