



## Stop Procrastination NOW!

### Why do I procrastinate?

We all procrastinate from time to time. But when you are in a fast-paced nursing program procrastination can have devastating effects causing late assignments and failed tests. So how do you stop procrastinating, get motivated, and “get the job done?”

Fortunately, there are many strategies that can help overcome procrastination now.

### For more tips:

<https://www.daniel-wong.com/2016/01/18/st-op-procrastinating-on-homework/>

**Begin** by making a list of the things you have been procrastinating about.

For each one, reflect about what is causing the delay in starting. What emotion or thoughts come up?

Consider these insights and plan for addressing each one, including the time frame or due date for completion. (See examples below.)

### Examples:

**Overwhelmed:** deep breathing, break down project into small tasks, reward each accomplished task, work with a study buddy, use a planner to organize time.

**Bored:** plan to study with a friend, change study locations, take breaks every 40 minutes to do some physical exercise to increase energy, reward for small tasks.

**Fearful not good enough:** remember what you do is not who you are, you are here to learn and get feedback, others feel the same way, no one is perfect, focus on positive self-talk, you are capable of continued learning.

### Other Tips:

- Engage in self-care
- Get enough sleep
- Keep study space organized
- Tell others your plan to study

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