Procrastination

Recognizing the Symptoms

- **Perfectionism**: “I have to wait until all of the slideshows are available. Let me hold off a few more days…”
- **Inadequacy**: “No amount of studying will prepare me. I might as well just cram the night before…”
- **Discomfort**: “This paper is going to be tough. I don’t even want to think about it until I have to…”

Getting Started

- The longer you put it off, the more it will hurt later.
- Try a quick pep talk and dismiss all your old excuses. No excuse is worth the wait!
- **Commit** to getting started ahead of time and keep yourself to it.

Making a Plan

- Set **clear and attainable** goals. A simple list of tasks will help you keep track of what’s done and what’s left.
- Breaking down big tasks into small steps can help you understand what you’re up against.
- **Prioritize!** What needs your attention most right now? Don’t use other tasks to distract yourself.

Sticking to It

- To-do lists work best when you follow them!
- Stay **organized**! Keeping track of notes and materials will speed things up in the long run.
- **Reward yourself!** When you finish a task, take a moment to reward yourself with a quick break or a snack. You’ve earned it!

Resources

- There are many resources available to you in the **Office of Academic Advising** and the **Office for Student Success**!
- The **JHU Study Consulting Program** offers one-on-one support in study skills and organization!

“You may delay, but time will not.”
- Benjamin Franklin

Study Aid brought to you by JHU Study Consulting!