GETTING STUFF DONE

Techniques to Overcome Procrastination and Spark Motivation
WHAT AND HOW DO YOU PROCRASTINATE?

• Writing journal articles ................ going to project meetings
But why?
Objectives

• Outline the mechanisms for and reasons behind procrastination
• Outline principles of motivation as they relate to procrastination of academic tasks
• Utilize some strategies for motivation and “life hacks” for overcoming procrastination
Why do we procrastinate?

• Why don’t we?
  • Laziness
  • Lack of motivation
  • Poor planning
  • Work best under pressure

• Then what’s the real reason(s)?
  • Mental, physical, or environmental barriers (stress, hunger, exhaustion, loneliness, etc.)
  • Overwhelmed/anxious
  • Failure to acknowledge avoidance
  • Failure to establish productive habits/minimize competing factors

The voluntary delay of an intended course of action despite being worse off for that delay.
Becoming motivated as it relates to procrastination is explained by...

- Value you assign to the task (the “why do I have to do this” issue)
- The extent to which you believe you can be successful at it (the “it’s too hard, or I will never get it” issue)
- The immediacy of the reward (you tend to do the things that feel better in the moment instead)
- Your ability to delay gratification (learning how to do hard things in the short term to lead to better long term results)
Life Hacks for Procrastination and Academic Success

- **Understand that this is normal**
- Visualize success
- Change your “power posture”
- Attend to your physical/emotional needs
- Set up habits
- Minimize environmental factors working against you
More life hacks....

• Use rewards to trick yourself and/or facilitate your success (study with people)
• Break the task into smaller more achievable steps, and do 1
• Commit to “just” (i.e. Just do 15 minutes of reading a day)
• Begin before you are ready
What has worked for you?