

# Counselling Services

## PROCRASTINATION

Procrastination, the postponing, delaying, or not finishing a task appears to be a chronic condition of many students. This is a problem when delaying a task becomes a regular way of coping, resulting in a cycle of stress that becomes difficult to break.

### Common Causes:

- Having irrational beliefs and messages from the past ie, pressure to succeed /or doubts about ability. Beliefs that carry a 'should' label put you in a win/lose situation, so to avoid losing self esteem it is better not to do anything
- Following someone else's goals instead of your own
- Indecisiveness / unclear goals
- Being overwhelmed by the size of the project
- Poor time management
- Lack of discipline / diversions
- Lack of 'down time'
- Perfectionistic expectations of oneself

### What Can Help:

- People are rarely inspired to work diligently for a cause that has little meaning for them.
- Examine your choices and motives for a task
- Effective decision making. Prioritise your work to get the important things done first. A modest amount of work on a priority assignment can give a sense of accomplishment
- Try to be realistic about the time needed to complete a task. Divide work into smaller, more manageable parts. Post timelines and due dates on a calendar
- Resist the distractions of trivial tasks such as, phoning friends, making a cup of tea, watching TV.
- Recognise the need for legitimate relaxation time. Scheduling in regular breaks and recreation helps to keep a balanced life
- Don't avoid getting started due to worry about how good your results must be. Taking the first active step to begin the project will increase your motivation and confidence in your ability to complete the job competently. A reasonable amount of interest and effort almost always ends up in a satisfactory outcome

***Focus on one task, consider the obstacle, decide, chart your progress,  
Look for success not failure.***

***QUT Counselling Services offers professional assistance with this and other issues***

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