

Beating Procrastination For College Students



1. Set Goals

Set daily, weekly, and monthly goals. Make sure that your goals are realistic and specific to what you need to accomplish. In order to stop procrastinating while working on tasks, you must first identify what tasks you need to get done (Johns Hopkins University, n.d.).

2. Persevere

Persevering means to keep doing something even if it is difficult. It is important to keep going when a task gets hard. If you are feeling stuck with something you are working on, complete a small part of it and reward yourself after. Try to reward yourself with things that bring you joy.



3. Put Down the Phone

Spending too much time on a mobile phone decreases time management and ultimately leads to increased procrastination. To increase productivity while you work on course work, put your phone somewhere where you cannot see it (Armstrong, 2023).

4. Hold Yourself Accountable

You must remember that doing your assignments and keeping good grades are your responsibility. If you struggle with holding yourself accountable, ask a friend or family member to do so. You can ask them to check in with you on your goals, progress, deadlines, and what you accomplish (CollegeData, n.d.).



References

Armstrong, J. (2023). Procrastination: A college student's best friend. Pearson. <https://www.pearson.com/en-us/higher-education/insights-and-events/students-blog/2023/04/procrastination-a-college-students-best-friend.html>

CollegeData. (n.d.). *8 tips to avoid procrastination*. <https://www.collegedata.com/resources/campus-life/8-tips-to-avoid-procrastination>

Johns Hopkins University. (n.d.). *Overcoming procrastination*. Johns Hopkins University Academic Support. <https://academicsupport.jhu.edu/resources/study-aids/overcoming-procrastination/>