

COMMON REASONS FOR PROCRASTINATION

We are all guilty of **procrastination** at various times in our daily lives. Still, constantly putting off responsibilities and tasks can be a **major problem** for college students, particularly for the **important academic tasks** of studying for exams, writing papers, and keeping up with weekly reading assignments.

Procrastination causes undue stress, not to mention poorer performances. **Underlying causes** of procrastination are often complex and varied. However, having an awareness of why you are delaying a task often helps you tackle and complete it.

1) BEING A PERFECTIONIST.

You want to be perfect at this activity and don't want to do it unless you are able to achieve your unrealistically high expectations.

2) AVOIDING FAILURE.

You are concerned that you will fail or perform inadequately and, as a result, will disappoint yourself and others.

3) AVOIDING SUCCESS.

You are concerned that, as a result of your achievements, you will be expected to handle additional and more difficult responsibilities.

4) BEING REBELLIOUS.

You disagree with why you should do an activity, dislike who you associate with the activity, or dislike the task itself and put off the activity out of resentment or defiance.

7) BEING LAZY.

You want to avoid the effort and work involved in completing the task.

6) MANAGING TIME POORLY.

You don't plan ahead, use a schedule, or prioritize. You allow less significant tasks or events to get in the way.

FEELING OVERWHELMED.

You consider the task or assignment to be of overbearing proportions and don't know where or how to begin. Or, you feel overburdened by multiple tasks and decisions and can't seem to get a handle on how to start.

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