

Procrastination

What does it signal?



ONE • PASO
Executive Function Coaching & Educational Therapy

What are common reasons for procrastination?

- Fear of failure, feeling overwhelmed, lack of interest, or poor time management.

What is the feeling? Name the feeling, but don't get lost in the feelings.

- Bored, sad, anxious, frustrated

Practice Mindfulness techniques to work through the feeling.

- 5-4-3-2-1 to engage your senses
- Deep breathing to calm and focus

Overcoming Procrastination

- Strategies:
 - Breaking Tasks into Smaller Steps: dividing a large task into smaller, manageable parts can make it less daunting.
 - Setting Specific Goals: set clear, achievable goals.
 - Creating a Schedule: planning specific tasks and times can help with organization and time management.
 - Using a Timer
 - Pomodoro Technique: learners work for a set amount of time (e.g., 25 minutes) followed by a short break (e.g., 5 minutes).
 - Removing Distractions: create a conducive work environment by minimizing distractions.

Mini Case Studies

1. The Homework Delay Scenario: Jason has a math assignment due in two days. He knows he needs to start, but he watches YouTube videos or plays video games whenever he sits down to work.

Discussion Questions:

- Why do you think Jason is procrastinating on his math assignment?
- What could Jake do to make starting his homework easier?

Support Strategies:

- Break it Down: Jason could divide his math assignment into smaller sections and set mini-deadlines for each part.
- Set a Timer: Jason could use the Pomodoro Technique to work for 25 minutes, then take a 5-minute break.
- Reward System: After completing each section, Jason could reward himself with a short video or game time.

2. The Reading Assignment Scenario: Sam has a book report due in a week but finds reading boring and always waits until the last minute. He's stressed about finishing the book and writing the report.

Discussion Questions:

- Why do you think Sam finds reading boring and procrastinates on his book report?
- What could Sam do to make reading and writing the report more manageable?

Support Strategies:

- Set Reading Goals: Sam could set a goal to read a certain number of pages daily.
- Make it Fun: Sam could find a comfortable spot to read and read with a friend or family member.
- Outline First: Sam could write an outline for his book report as he reads, making it easier to write the full report later.