



PROCRASTINATION/TIME MANAGEMENT



Learning in the digital era.



What is Procrastination?

- Procrastination is the avoidance of starting a task that needs to be completed. This can lead to an array of different negative feelings, such as;
 - Depression
 - Anxiety
 - Inadequacy
 - Self-doubt
 - Feelings of guilt



MANY PEOPLE FIND PROCRASTINATION AN EXTREMELY DIFFICULT THING TO OVERCOME AND COME UP WITH EXCUSES.



- "I'll start tomorrow."
- "I need to do 'this' first...."
- "I wouldn't have this problem if I was doing a different course."
- "I'll start tomorrow, after...."
- "I'll chill out for a while and then make a start."

MY KEY INTEREST

Reasoning for picking
Procrastination

HOW DID I FIND MY FIRST TWO SEMESTERS OF UNIVERSITY?



- How procrastination has affected my mental health?
- How procrastination has effected my focus/task completion?
- What has helped me succeed and what hasn't?

Simple/complex reasons for procrastination.

Task difficulty
Time-consumption
Lack of knowledge
Fear
Low frustration tolerance
Perfectionism
Anger/Hostility



SHORT TERM CHALLENGES....

- My short term challenges.
- What impact has it had on me?

SOME STRATEGIES TO AID MY SHORT TERM CHALLENGES....



- Create a schedule
- Find motivation
- Eliminate distractions
- Seek support

Mid-term challenges....

- My mid-term challenges
- Impact these challenges may cause

SOME STRATEGIES TO AID MY MID-TERM CHALLENGES....



- The breakdown of tasks
 - Stay accountable
 - Regular review
 - Set deadlines

LONG-TERM STRATEGIES TO AID MY CHALLENGES....

- What are some long-term strategies faced?
 - The impact it can have on you....

STRATEGIES TO HELP AID LONG-TERM CHALLENGES FACED....



- Identify triggers
- Practice self-compassion
- Minimise distractions
- Remain consistent

Conclusion

- What have I learned throughout the duration my first two semesters?
- What changes will I make for my next semesters?

