

# Procrastination and Motivation

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# Agenda

- Welcome!
- Procrastination
- Combating procrastination
- Motivation
- Finding balance
- Questions



# Procrastination

## Dictionary

Search for a word



**pro·cras·ti·na·tion**

/prəˌkrastəˈnāSH(ə)n/

*noun*

the action of delaying or postponing something.

"your first tip is to avoid procrastination"

**Similar:**

dithering

delaying tactics

dilatoriness

stalling

temporizing



Definitions from Oxford Languages

*Feedback*

# Procrastination (Continued)

- Think about what you put off completing
  - Why do you keep putting it off?
- What contributes to the desire to procrastinate?
  - Distractions
  - Lack of motivation
  - "Work better under pressure"
  - Many others
- Some pressure can be good- but too much can make it harder to complete your to-do list!
- Consider shutting off the screen



# Combating Procrastination

- Set goals
- Break things into smaller chunks (come to our workshop next week on chunking assignments!)
- Use Focused Study Sessions (see workshop learning strategies!)
- Utilize motivation
- Learn the passage of time
  - How much time is EXACTLY passing before you get started? It's very easy to say I will get to that in three hours, but did you also include dinner with friends, checking social media, Netflix, etc.



# Motivation

## Dictionary

Search for a word



mo·ti·va·tion

/,mōdə'vāSH(ə)n/

*noun*

the reason or reasons one has for acting or behaving in a particular way.  
"escape can be a strong motivation for travel"

**Similar:**

motive

motivating force

incentive

stimulus

stimulation



- the general desire or willingness of someone to do something.  
"keep staff up to date and maintain interest and motivation"

**Similar:**

enthusiasm

drive

ambition

initiative

determination



Definitions from Oxford Languages

[Feedback](#)

# Motivation (Continued)

- What motivates you to do work?
- Who motivates you in your life? Who helps you get unstuck?
- How can you incentivize yourself when things get hard?
- Is it something that drives you internally, or externally?
  - Is the motivation coming from within? Do you just want to finish the course do well on the test, get your project completed?
  - Is the motivation external? Do you use incentives to get your work done? (ex. I will give myself time to watch tv after my work is done).



# Motivation (Continued)

- Motivation differs by student- it also can vary by task that you have.
- You may have an easier time doing the reading for your favorite class, how do you motivate yourself for the class that is not your favorite?
  - You may use a combination of motivational techniques including:
    - Incentives
    - Work-life negotiations/balance
    - Recognize the progress you have made
    - Set attainable goals – reward progress



# Finding Balance

- Also known as work-life balance or negotiation
- At times, it may not be even: you may have to dedicate more time to academics during busy weeks of the semester.
- You need to find what drives/motivates you personally to do your best each day.
- Utilize campus resources- we are here to help!



# Questions?

