

How to Defeat Procrastination:

1. Starting is the hardest part

- The general definition of procrastination is, “to delay doing something.” Therefore, the logical way to end procrastination is to start doing whatever is being delayed. Once the motivation has been found, the hardest part is already out of the way.

2. Create a work area

- Set up an area designated to homework and studying. Make sure it is an organized environment because if not, it is likely students will be discouraged to start studying. Also, by keeping a clean environment it helps students be more efficient because they will not keep losing papers and spend time trying to find supplies.



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3. Remove distractions

- By removing distractions, this ensures students will not procrastinate more on getting their work done after already starting and therefore delaying the amount of time it takes to finish an assignment. Try putting phones in a drawer or another room while trying to get work done. If the internet is necessary for the assignment, consider temporarily turning off notifications or getting an app that locks out all unnecessary apps for a set period of time.

4. Set timers

- Set a timer for anywhere from 10-30 minutes or however much time necessary. If the phone is the timer, try to put it out of sight until it goes off. By setting a timer, instead of getting distracted and spending way too long working on one class, set a deadline for productivity and then the task is done and the student does not have to think about it any more. Try not to look at the timer until it goes off so the time does not seem to go by slower or be discouraging.



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5. Take breaks

- Breaks are important because if someone's brain is tired, they will be less likely to want to get work done, and therefore not be as productive. If someone tries to do all their homework at once, it will likely be even more difficult to find the motivation to start. This may result in having to go to bed and not finishing homework or not getting enough sleep due to waiting too long. It is a good idea to take a half hour or hour gap break (but not too much that it turns into procrastination) between school or other extracurriculars and starting homework whenever possible. Ideas for breaks include watching one Netflix episode, having

a snack, taking a short nap, or checking one's phone as a reward for not using one's phone during work time.

6. Split up the work and make deadlines

→ Dividing the tasks into multiple days or timer sessions can be helpful for long projects and studying for tests. An example of this could be setting the deadline that one has to get all their homework that's due by tomorrow done before dinner. Once that homework is finished, take a break until after dinner. After dinner, the new goal could be to spend 20 minutes studying for a test and another 20 minutes working on a project.