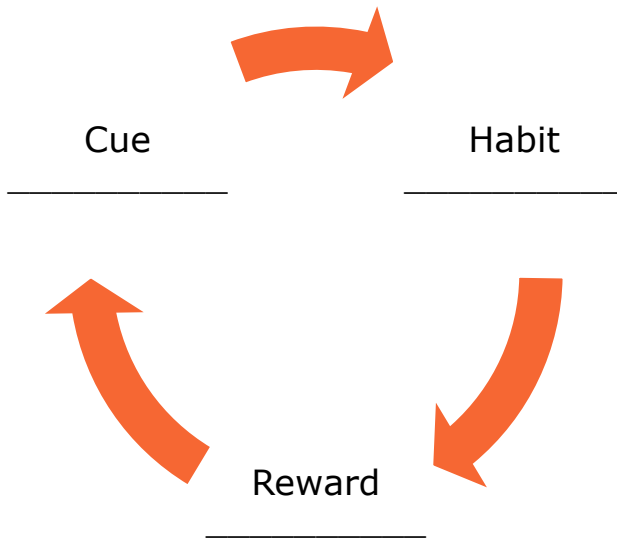


Changing Procrastination Behaviors

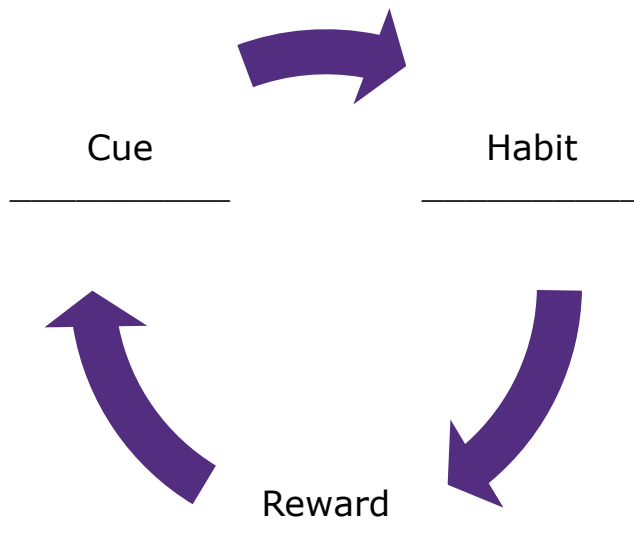
Procrastination typically occurs when we are avoiding an unpleasant task. Procrastination happens repeatedly because it feels rewarding. When we procrastinate, we feel better in the immediate moment while we're avoiding the unpleasant thing we don't want to do.

The first step in changing procrastination behaviors is to recognize the pattern of behavior that occurs, beginning with the initial cue to procrastinate. Only then can you take steps to change that pattern.

My current habit:



My new habit:



Tip

Your procrastination cue(s) could be anything, like a specific time of day, the environment, people you're with, your state of mind, etc. Identifying your cue(s) to procrastination is key to changing your habit.

Example

My Current Habit

Cue: afternoon after class

Habit: hang out with friends until dinner

Reward: relaxing, not having to do any work

My New Habit

Cue: afternoon after class

Habit: review notes from classes this morning and preview for classes coming up tomorrow

Reward: feel more confident about my ability to succeed in my courses

Rewards

Rewards can fall into two categories, intrinsic and extrinsic. Intrinsic rewards can be either short-term or long-term and are experienced internally after engaging in a habit (e.g. personal achievement and accomplishment). Extrinsic rewards come from external sources and are more tangible (e.g. food, TV, phone). Sometimes intrinsic rewards are enough to motivate a person to continue to engage in their new habit, but there are other times when incorporating an extrinsic reward into a new routine helps further motivate a person to continue engaging in their new habit.

Think about your own educational experiences and what intrinsic and extrinsic rewards might help you continue to pursue your new habit.

Intrinsic Rewards for Continuing My New Habit

Example: increased feeling of confidence in my ability to succeed in my courses

Short-term Example: better test grade

Long-term Example: overall increase in GPA

Extrinsic Rewards for Continuing My New Habit

Example: being able to eat my favorite snack after reviewing notes from lecture after class
