



Texas Woman's University

**Counseling**  
*Center*

Presents

# Reducing Procrastination And Motivating Yourself To Study



# Come Back and Do This Workshop Tomorrow...

The Procrastinator's Creed:

- “Never do today what you can do tomorrow...because tomorrow you might not have to do it.”
- “Waiting ‘till the last minute makes me feel motivated and ready to study.”
- “I perform best under pressure.”



# The Genetic Component of Procrastination...

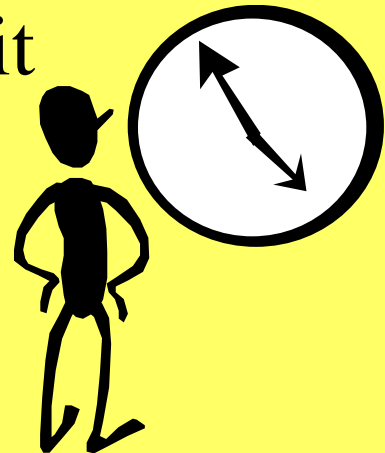
What are you hoping to see? There isn't one!

# “How do I put things off? Let me count the ways.”

- 1. If I ignore it, it will go away.
- 2. I underestimate the time something will take and then I'm unable to complete it.
- 3. Mediocrity is just fine with me – I just need enough not to fail.
- 4. I can't study until my room is clean, I have washed my car, and I have fed the hungry masses.
- 5. Just watching 5 more minutes of TV won't hurt.
- 6. I took my books with me...I just never had time to look at them...
- 7. If I just get this one part of the assignment perfect, the rest of the work will be really easy.
- 8. I can't decide which is more important to do first, so I don't do either.

# Some Reasons People Procrastinate

- There are lots of situations and motivational issues that encourage people to wait before acting and doing things they will need to do.
- On the next few slides, you'll see some of the issues listed.
- As you read each one, see how much it applies to you...



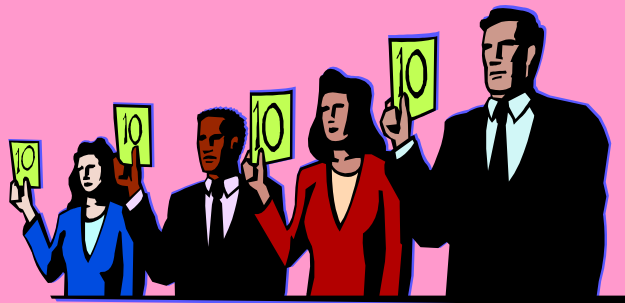
# Reasons to Procrastinate

- 1. Lack of Relevance
  - Things that aren't personally important to you often feel less urgent.
- 2. Working On Someone Else's Goals
  - Goals that others set for you are harder to want to pursue. This leads to mediocre performance at best.



# Reasons to Procrastinate

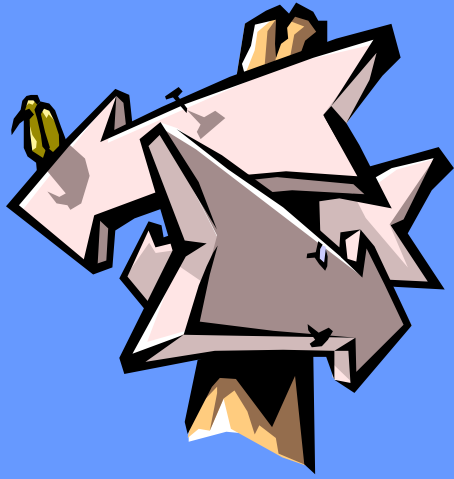
- 3. Perfectionism
  - It is hard to finish anything if you think everything must be done perfectly.
- 4. Evaluation Anxiety
  - Similar to perfectionism, worrying about how you or your project will be judged creates anxiety and makes it harder to work.





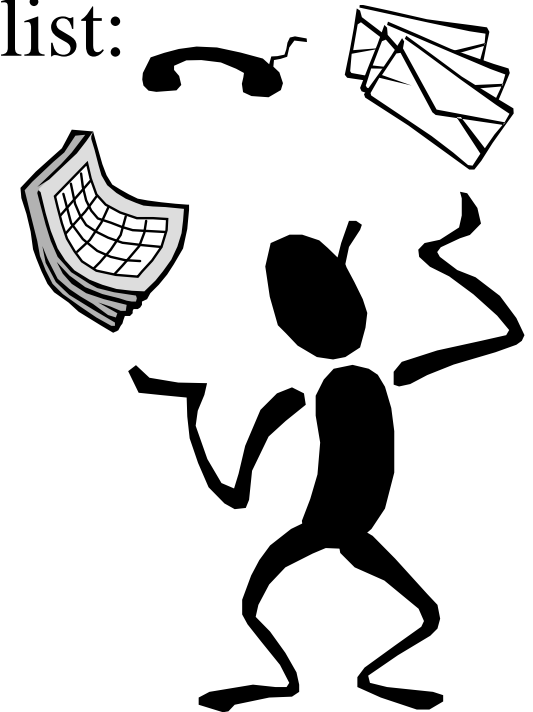
# Reasons to Procrastinate

- 5. Ambiguity about the task
  - If I don't know exactly what I need to do, I can't start. I'll wait until I know more.
- 6. Fear of the Unknown
  - Ambiguity's cousin. If this is new, I don't have any way of knowing how well I can do or if I can do it at all. I'll wait until I know more.



# Reasons to Procrastinate

- 7. Lack of Skills to do the Job
  - I can't do this, so I won't try.
- 8. Add your own reason to this list:



# The Rock Keeps Moving

- Think of the university as a big rock, rolling slowly along with nothing to stop it.
  - Whether you study today or not
  - Whether you have a good day or bad day
  - Whether you broke up with your partner or not
  - Whether you're sick or healthy
  - Whether your dog ate your homework or not..
- The rock keeps moving!!!
- Your job is to stay ahead of the rock...



# Staying Ahead of the Rock: Motivating Yourself to Study

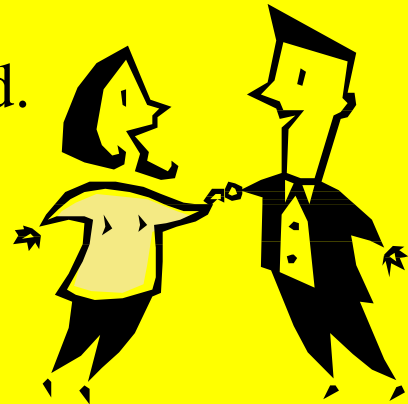
OK, so we've analyzed what issues prevent us from being motivated

This is absolutely essential for being able to change ourselves to be able to motivate ourselves.



# First Things First – Why Are You Here?

- Some possible reasons:
  - 1. Your parents wanted you to come and you didn't.
  - 2. All your friends came, so you decided, “Why not?”
  - 3. College beats working for a living
  - 4. To party and have fun!
  - 5. I can't get into professional sports yet.
  - 6. Best place to find a date for the weekend.
  - 7. Nothing else to do.

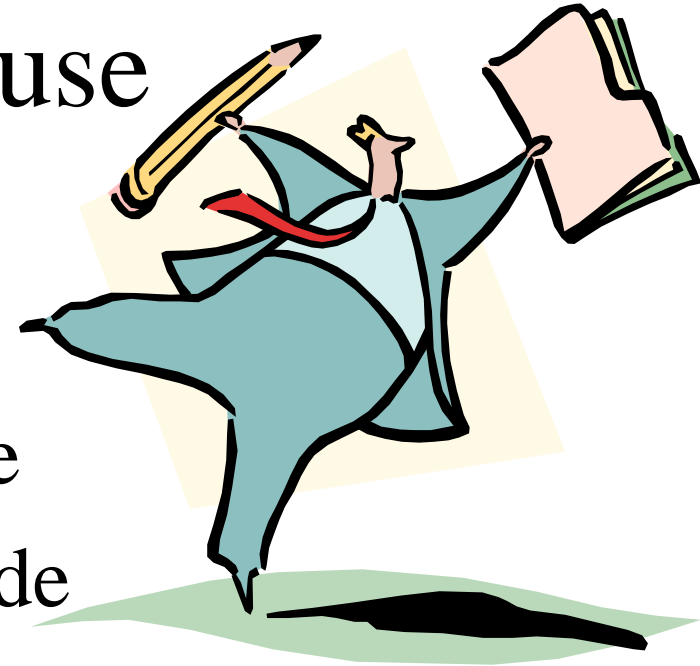


# WRONG!!!!!!

If you aren't here because you want to be here to learn new things, to be challenged, and to be asked to do a lot of things you never thought you'd have to do, you're in the wrong place!



# Be Here Because



- 1. You really want to be here
- 2. You have a positive attitude
  - About taking a variety of courses
  - About dealing with lots of different people
  - About learning new things
  - About challenging yourself
  - About polishing old skills and learning new ones

# Attitude, Attitude, Attitude: The Ugly

- These people don't know what the heck they're doing. How do they expect me to learn in this environment?
- College is a waste of my intellect and time. Once I'm out, my talents will be recognized for the true value they have.





# Attitude, Attitude, Attitude: The Bad

- Why do I have to take this course? It has nothing to do with my major.
- Why can't the teacher be more entertaining? How does he or she expect me to stay awake?
- Why do they only offer these courses early in the morning? I wake up at 10.

# Attitude, Attitude, Attitude: The Good



- It's my responsibility to find the relevance of each course for me.
- The instructor is here to teach, not to entertain me.
- This is not a vocational school. I am here to learn about a lot of things, not just my major.

# Be Reasonable

- Being overwhelmed is a sure way to lose motivation
  - Take a course load that is consistent with your abilities during each semester
    - Balance the kinds of courses you take (math-based, reading, memorizing, etc.)
    - Always leave a little time in your schedule for unexpected events



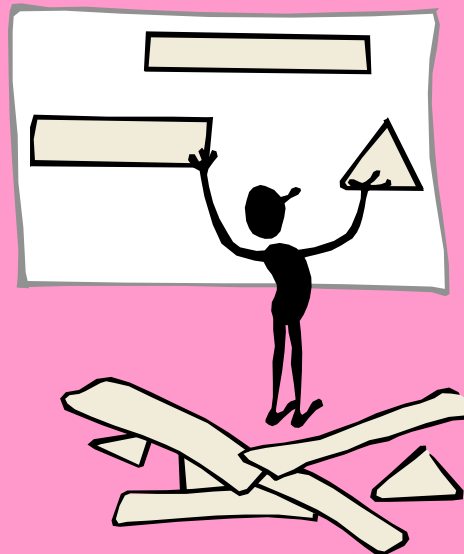
# Make Good Decisions Early

- Review all syllabi and get a good sense if you can do all the work required
  - Do you need to drop a class?
  - Do you need to increase or learn skills?
  - Can you find a good reason to be in each class every day?



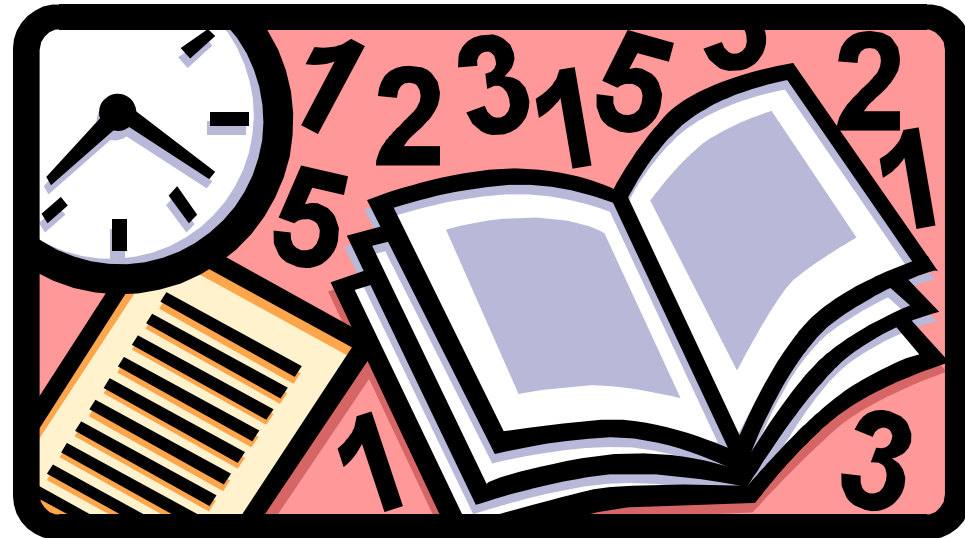
# Use Good Time Management

- Start the first day of class and plan how you will spend your time.
  - You may need to adjust things based on experience in class the first few days/weeks.



# Break Big Tasks Into Smaller Ones

- This is a critical part of time management
  - Plan ahead and start big tasks early
    - It's perfectly acceptable to be finished before the deadline
  - It's easier to study 5 hours worth of material by studying one hour a day for 5 days than studying one day for 5 hours.



# Be An Active Learner

- Remember, the rock is rolling...
  - Go to class every day
    - Read what's required for class and do any other homework assigned
  - Participate in class discussions
    - You will learn more if you are active and thinking about what's being taught.



# Your Mother Doesn't Work Here

- This is college
  - Instructors may not require you to be in class
    - But, they expect you to be if you want a good grade
  - They won't check to see if you are keeping up or doing your homework
  - You are responsible for doing what you need to do to be successful





# You Don't Have To Be Perfect...

- Being perfect is great, but usually unattainable.
  - Be reasonable with personal expectations
  - Unrealistic expectations often lead to anger, stress, and anxiety – all of which undermine your ability to perform.
- Set reasonable goals and reward yourself for completing them.



# Strive to Succeed, Not to Avoid Failure

- When you attempt to succeed, you are willing to take risks and learn new things
  - This will help you be more active and engaged
  - You will have relatively high expectations
- When you try to avoid failure, you get cautious, lower your standards, “play it safe”, and settle for average

# Give It A Rest

- Using good time management also means building in time to relax
  - Taking a little time to relax here and there makes it easier to attack more difficult things
  - Build in time to “chill” after a big project or test



- Find a way to reward yourself for having done the best job you could
- Then, go back to work!



# A Word About Long-Term Goals

- Having a long-term goal can be motivating
  - It requires breaking down into smaller parts
- Most students come to college convinced they know what to have as a major
  - Two thirds of all students change majors at least twice.



# Another Word



- It's OK to be undecided about a major
  - Almost two year's worth of courses are required of every student (core requirements)
  - Use the resources you have to make a good choice based on the best information you have
    - Visit the Career Services Office
    - Visit the Counseling Center
- Get some help choosing a path for yourself



# Help at TWU

- Academic Advising 898-3850  
[advising@twu.edu](mailto:advising@twu.edu)
- Disability Support Services 898-3835  
[dss@twu.edu](mailto:dss@twu.edu)
- Math & Technology Assistance 898-2169
- Science Learning Assistance 898-2553
- Writing Assistance 898-2341
- Career Services 898-3850

# Counseling Resources

Currently enrolled campus-based TWU Students may call or stop by the Counseling Center for an appointment.

Counseling is free and confidential.

Denton:	West Jones Hall	940-898-3801
Dallas:	Parkland, Room 120	214-689-6655
Dallas:	Presbyterian, Room 16	214-706-2416
Houston:	6700 Fannin, Suite 2250	713-794-2059

# TWU Counseling Center Resources

- Visit any of the TWU Counseling Center waiting areas to pick up handouts about being a good student and other topics of interest.
- Denton: West Jones Hall
- Dallas: Parkland, Room 120  
Presbyterian, Room 16
- Houston: 6700 Fannin, Suite 2250
- Some handouts are also available on our web site at: <http://www.twu.edu/counseling/self-help-library.asp>.
- Other materials are available on-line at the Counseling Center web site: <http://www.twu.edu/counseling>.



# Credits and Disclaimers

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# Thanks!

Thank you for stopping by to visit this site. We hope you found it useful.

