

Tips to

Minimize Procrastination



MAKE THE GRADES

Your Transition and Academic Coach

Students procrastinate for a variety of reasons. It is a problem in college and university when it becomes a habitual way of handling demands.

Is your goal big enough?

Keep the goal of your future career or the credential you want big enough so you can clearly visualize it.



Discover your procrastination patterns.

There are at least six different procrastination styles. What is your style or pattern?



These are the steps



#1

Reflect on your patterns of procrastination



#2

Use your time management strategies



#3

Minimize distractions



#4

Ask for help.

Do you need help overcoming Procrastination? You are not alone.



The majority of college and university students struggle with procrastination.

Good news: There are proven strategies we can help you with.



For personalized support contact your academic strategist.
www.makethegrades.ca



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