

# PROCRASTINATION: HEALTHY OR NOT?

When we talk about procrastination, we generally don't view it as a serious issue, rather we laugh it off or compare it to just being lazy. However, procrastination can be a barrier for your academic success. It is good to be aware of how you are feeling and take immediate action if you need help with this – because you are worthy of investing in yourself and in your academic journey! Procrastinating behavior can have a variety of reasons. See for yourself where you can find yourself, to determine the best strategy for you to address your procrastination:

