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:

**PROCRASTINATION**
Is it getting in the way of achieving your goals?

**YES**
I am experiencing:

**Lack of motivation**

**Lack of confidence in my academic abilities**

**High pressure to do well**

**Other factors interfering with my mindset**

**Fear & Anxiety**

**What is it and what can you do about it?**

**What are your goals?**

**DO THE HARDEST THING FIRST**

**JUST START WITH STEP A - YOU DON’T NEED TO DO YOUR PROJECT FROM A - Z AT ONCE**

**GET THE RESOURCES IN PLACE TO HELP YOU DO WELL**

**FIND SOMEONE TO TALK TO FOR GUIDANCE.**

**CAN YOU MAKE THIS ACTIVITY MEANINGFUL AND IN ALIGNMENT WITH YOUR GOAL?**

**DO YOU NEED TO MAKE CHANGES TO YOUR GOALS?**

**GET STARTED ANYWAYS.**

**NO**
I create a healthy level of stress.

**I have good time management skills and in my flow-state create my best work**

**Lack of interest in the content**

**What are your goals?**

**Do the hardest thing first**

**Just start with step A - you don’t need to do your project from A - Z at once**

**Get the resources in place to help you do well**

**Find someone to talk to for guidance.**

**Can you make this activity meaningful and in alignment with your goal?**

**Do you need to make changes to your goals?**

**Get started anyways.**

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