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**

**HEALTHY OR NOT?**

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
- Lack of interest in the content

**Fear & Anxiety**

What is it and what can you do about it?

**NO**
I create a healthy level of stress.
I have good time management skills and in my **flow-state** create my best work

**What are your goals?**

Do you need to make changes to your goals?

Do you need to make changes to your goals?

Get started anyways.

What are your goals?

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

Get the resources in place to help you do well

Find someone to talk to for guidance.

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

Do the hardest thing first

Do the hardest thing first

Get started anyways.

701.777.3398
und.tutoring@und.edu
und.edu/learning-services