

**Procrastination and motivation aren't fixed traits. You can change them! You might procrastinate at one moment and feel highly productive the next. When you notice procrastination, ask yourself what's causing it. Recognizing its sources and signs is the first step to improving your study habits.**

## Why do students procrastinate?

Procrastination often stems from emotional or practical barriers, not laziness. Understanding what's behind the delay can help you take steps to overcome it and stay motivated. Some common causes include:

- Boredom or lack of interest
- Avoiding disliked tasks
- Distractions
- Feeling intimidated or overwhelmed
- Poor time management or prioritization
- Anxiety or fear of failure
- Confusion about requirements
- Perfectionism and unrealistic expectations



## Tips to Overcome Procrastination

- **Just start:** Pick up your materials “to see what happens.” Once started, take short breaks (5–15 minutes) every 45–60 minutes.
- **Plan ahead:** Prioritize tasks and start well before deadlines.  
Simulate pressure: Move deadlines up if you work best under pressure.
- **Use chunking:** Break large tasks into smaller, manageable parts and track progress.
- **Set daily intentions:** Write specific goals to stay focused (e.g., “I’ll list six paper topics by noon”) and reward yourself afterward.
- **Stay accountable:** Share your goals with a friend or study partner.
- **Act immediately:** When you catch yourself procrastinating, take any small step to begin.
- **Choose the right environment:** Study at your most productive time in a distraction-free space.
- **Prepare in advance:** Gather all necessary materials beforehand to make starting easier.

## Tips to Maintain Motivation

Most students start the semester with strong motivation, but it often fades during busy periods. Treat motivation like a habit. something you can build and strengthen with consistent effort and the right strategies.



### **Choose courses that interest you.**

- Motivation is easier when you're engaged with the subject matter.



### **Focus on actions, not feelings.**

- Build good habits you can control; feelings fluctuate.



### **Set clear goals.**

- Define short, medium, and long-term goals to stay focused and track progress.



### **Build strong study habits and create a daily study routine.**

- Use a time management plan with regular study sessions, and find distraction-free study spaces.



### **Study with others.**

- Join or form a study group to stay accountable and motivated.



### **Reward progress.**

- Celebrate when you reach goals, small or big.



### **Celebrate task completion!**

- Treat yourself with something relaxing, like going for a walk, watching a show, or grabbing a coffee.



### **Be kind to yourself.**

- Practice self-encouragement and focus on your strengths.



### **Seek support when needed.**

- Use free campus resources like the Academic Skills Centre (ASC), and talk to a study skills tutor for help with procrastination and motivation.

