

Procrastination a problem?



Are you doing this?



When you should be doing this?

Is there an assignment you keep putting off? Are you experiencing this problem now?

When procrastination occurs, you find yourself having two contradictory feelings. One feeling is worrying an assignment will not be completed. The other feeling is the dread having to do the assignment. When both of these feeling never seem to leave your mind, you are experiencing procrastination.

Procrastination is putting off an important activity that needs to be done now to later in the future or never doing it.

Procrastination is not related to poor time management because procrastinators know exactly what they should be doing. Also, procrastination is not taking a much needed rest or break from studying. Everyone needs to get refreshed from time to time when studying.

What happened when you procrastinate?

When waiting or having to wait until the last minute to attempt to complete a task or an assignment, one or more of the following learning problems are experienced:

1. Educational goals could be delayed or never achieved.
2. Stress and anxiety about being able to succeed in a course are produced.
3. The time spent studying is wasted because the material is not completely mastered.
4. The opportunity to develop your greatest potential to succeed in life is lost.

What is the effect of overcoming procrastination?

When overcome the feeling of procrastination, a feeling of being in control of your life develops. This feeling produces the desire and energy that makes it possible to keep working toward your educational goals.

The Learning Center has THE LEARNING WIZARD that diagnoses the reason why you are procrastinating and assists you in becoming a recovering procrastinator.

For more information visit the Learning Center located in [or call <put your information here>](#)

[<put your information here>](#)

Monday: _____ a.m. to _____ p.m.
Tuesday: _____ a.m. to _____ p.m.
Wednesday: _____ a.m. to _____ p.m.
Thursday: _____ a.m. to _____ p.m.
Friday: _____ a.m. to _____ p.m.
Saturday: _____ a.m. to _____ p.m.