

Avoiding Procrastination

Name: _____ **Date:** _____

LEARNING OBJECTIVE

Students will identify their personal procrastination triggers and build a concrete action plan to address them.

MATERIALS NEEDED

- poster board or large paper
- colored pencils or markers
- pen or pencil

HANDS-ON ACTIVITY

1. Think back over the past 2 weeks and list 3 specific times you procrastinated on a task, writing down what the task was and what you did instead.
2. For each of the 3 examples, identify the trigger (feeling overwhelmed, task seemed boring, phone distraction, task seemed too hard, etc.) and write it next to the example.
3. On a poster board, create a 2-column 'Trigger -> Solution' chart: list each trigger you identified on the left, and brainstorm one specific, realistic solution/strategy for each on the right (e.g., trigger: phone distraction -> solution: put phone in another room while studying).
4. Choose your most common trigger and commit to trying its solution this week; write today's date next to it as a start date.

QUESTIONS

1. **Describe one specific time you procrastinated in the last 2 weeks, including what task it was and what you did instead.**

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2. **What was your most common procrastination trigger across your 3 examples?**

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3. **What specific solution did you write for your most common trigger?**
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4. Why is identifying the specific trigger behind procrastination more helpful than just telling yourself to 'try harder' or 'stop procrastinating'?
