PROCRASTINATION: DOS AND DON'TS

SIU Tutoring Center - Empowering Student Success

DOs



Set specific, realistic goals



Schedule it, prioritize it, and do it



Break tasks into manageable parts



Use reminders and to-do lists



Find a distractionfree workspace



Commit to starting your task

DONTs



Wait for the right mood or time



Underestimate your tasks



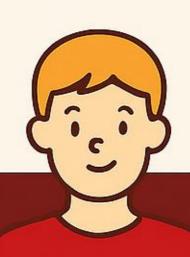
Start without a clear plan



Work where distractions are present



Be too hard on yourself



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