







# 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 distraction-free workspace
-  Commit to starting your task

## DON'Ts

-  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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