

PROCRASTINATION: Strategies



AESC
Academic Enrichment
& Support Center

1. Divide a large project into more manageable parts.
2. Make a realistic plan.
3. Set specific and clear goals.
4. Identify rewards for progress.
5. Develop a process orientation.
6. Make connection with someone who can be supportive.
7. Expect interruptions and make a plan to deal with them.
8. Identify what kinds of projects seem to be the most difficult. What makes them difficult?