

OVERCOMING PROCRASTINATION

Procrastination is often a temporary relief from stress and tension. Unfortunately, the cycle of procrastination ultimately spirals and collapses in on us, creating even more stress. Use these strategies to break the procrastination habit and create a system that works best for you.

The Power of Goal Setting

Create a set of long-term goals and a set of short-term goals, striving for 3–5 each. Having clear long-term goals will allow you to be more resilient through short-term challenges. Writing these goals down, so you can see and refer to them often, helps make them more tangible and concrete.

Finding Motivation and Meaning

Find a connection to the material you're trying to learn – something that is meaningful to you. Be curious while exploring a subject or concept, striving for real understanding rather than simply meeting a requirement. Finding meaning in what you're learning will allow you to retain and internalize information, while also making it your own.

Simple Tools to Achieve Noticeable Results

Organizational tools such as planners, to-do lists, and calendars can help us better understand the relationship between tasks, goals, and objectives. By laying it all out, whether digitally or on paper, we can create a more realistic and prioritized perception of what we need to accomplish and when.

Learning Strategies for Success

Leverage your time wisely – frequent, short study sessions yield better retention than a single, mega-session. Breaking down complex projects or tasks into smaller, more manageable parts will allow for incremental gains without becoming overwhelmed.

