

Life Skills Series

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Building 1, Level 5 (1.517) @Lobby C

<http://www.sutd.edu.sg/Campus-Life/Well-being-Services>

Procrastination



Procrastination is like a credit card. It's a lot of fun until you get the bill. *Christopher Parker*

Tips on managing procrastination more effectively:

- ❖ While planning and setting goals are necessary, action is just as important. Otherwise, the plan exists only on paper or in the head.
- ❖ Develop the ability to regulate your emotions by exercising self-restraint in yielding to instant gratification. It not only lets you get your job done, but also boosts your emotional intelligence.
- ❖ Reframe the way you look at challenging or mundane task so that you do not develop task aversion. Tell yourself, "I may not like this task, but I can get it done, and I will!"
- ❖ Focus on the benefit in getting the job done, rather than how boring or interesting it is. The cost of short-term gain in avoiding something is heftier than long-term results. So tell yourself, "No more excuses!"

Question: Between doing a pleasant task and an unpleasant one, which one are you are more likely to avoid? If the not so pleasant task is an obligation you need to fulfil, will you still avoid it?

We are often described as creatures of comfort – naturally gravitating toward any activity that is gratifying. But life does not always present us with situations that we like. More often than not, we encounter situations that require our action, rather than our reaction. This involves us making a conscious choice – whether to act or to avoid it. If we choose the latter, we are likely to procrastinate, which in turn dips our motivation.

SUTD Wellbeing Services offers professional counselling services for students in a private and confidential setting. If you would like to see a Counsellor to discuss any issue or challenge, please email us at wellbeing@sutd.edu.sg.

