Procrastination

Procrastination is when you put off tasks or responsibilities that are due or need to be done by a certain deadline. Oftentimes, we put off what we find boring or difficult. Let’s be honest, why would we put off something exciting and fun? So, if you play video games or watch TV rather than study for a midterm or write an essay, you are procrastinating. This can be a very serious issue because if you are struggling with a certain subject you might tend to avoid that subject. For instance, if you are having serious difficulty with English, you might avoid altogether writing the essay for that class. Therefore, procrastination is avoidance of something that troubles or scares us.

However, procrastination is not always bad. What? How can that be? For your entire life you’ve heard that procrastination is a horrible affliction. It can be, especially when we avoid responsibilities that need to be done, or worse, we fail to fulfill our responsibilities altogether. And yet, structured procrastination can actually help a student overcome a difficult issue or assignment. A student who uses structured procrastination is not lazy or passive, but rather an active procrastinator. An active procrastinator knows how long he or she needs to accomplish a goal or an assignment. They then create a deadline for themselves, and before they need to start working on the assignments, they do other tasks that need to be done, but also, keep in the back of their mind how to tackle the assignment. When it comes to time to work they have their thoughts together and attack the assignment. The key here is not to be passive but active, and know your own limits. Some students enjoy the adrenaline of having their backs against the wall when meeting a deadline. Others hate that approach and prefer to organize early the tasks at hand. Know how you are and be active in your approach.

To avoid passive procrastination use your time management skills wisely.