

Unit Topic: Time Management**Activity Name: Lesson #2, Procrastination Reasons & Remedies****Objective/Rationale:**

1. Students will gain an understanding of the term Procrastination and some common reasons why people procrastinate by having a teacher led discussion on Procrastination.
2. Students will identify the reasons they procrastinate and come up with strategies they can use to remedy these reasons by discussing these reasons & remedies with their classmates.

Time Frame: 50 minutes

Materials:

- Procrastination Chart: example on page 3, blank on page 4
- For more information on Procrastination Reasons/Remedies see YouTube videos:
[Procrastination](#)

Directions/Procedure:

1. Define the term Procrastination. (View a few YouTube videos before the lesson to assist you with the definition of Procrastination and with Reasons and Remedies.)
2. With the class generate a list of reasons why people procrastinate.
 - **Reasons** may include: task is too big, low self -confidence, fear of failure, fear of success, perfectionism, unmotivated, depression, no plans external distractors-phones, Internet, gaming, TV, friends, Internal distractors-stress, anxiety, depression, upset about something
 - **Remedies** may include, goals and plans, reward for completing task and having a positive/creator attitude
3. Give the students the Procrastination Chart and have them fill out the **Task Column** and the **Reason column**. Be specific when filling out these two columns.
4. Then have the students pair up with another classmate and share their information. Ask their partner to give them **Suggestions/Strategies** they can use to help them succeed at completing these tasks. Fill out **Column 3** upon completion of discussion with partner. Be specific! See example Procrastination Chart.
5. As a class, have the groups share their student conversations with the class.
6. Then have the students individually complete the **Status** columns on the blank Procrastination Chart.

Resources & References:

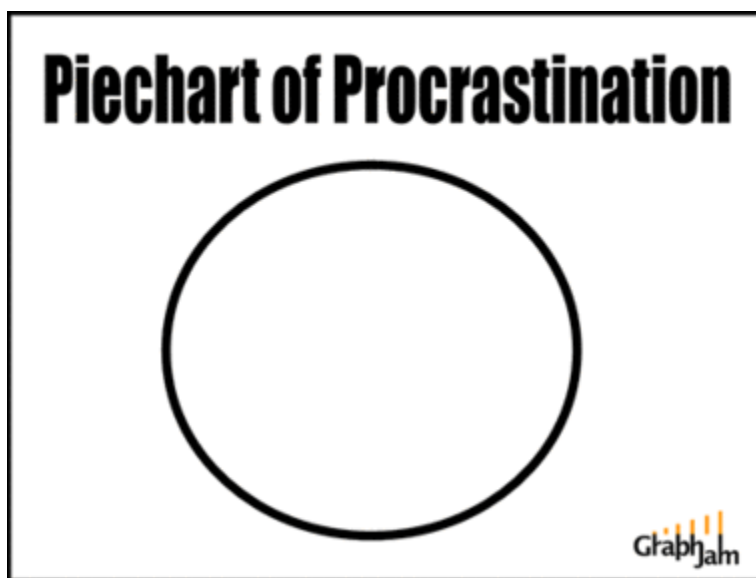
- Essential Study Skills, Linda Wong, 8th edition, Copyright 2015, Cengage Learning
- Lesson & charts created by Suzanne Glazos
- YouTube videos on [Procrastination](#)

Assessment/Evaluation:

1. Class and small group discussions
2. Procrastination Chart example & worksheet

Suggested Homework/Extended Assignments

- Have students complete a brief write-up explaining the relevancy of the concept **PROCRASTINATION** to their life and how what they learned in this lesson can be used in their future.
- Bridges Team Building Lessons 1 & 3





Procrastination Chart **Example**

TASK	REASON	STRATEGY USED	STATUS
<p>Example Need to write a 5-page research paper that is due 1 week from today. I have known about it for 3 weeks and keep putting it off.</p>	<p>Example Cannot decide on a topic and I hate to write.</p>	<p>Example Personal goal is to receive an A in the class, so I need an A on the paper.</p>	<p>Example Specific Plans Day 1: Decide on topic and begin researching, find 3 resources. Day 2: Make an outline and gather information from my 3 resources. Day 3: Determine my thesis statement and my Introductory paragraph. Day 4: Write the rough draft using the writing rubric provided. Day 5: Review and edit the rough draft using the writing rubric provided for the assignment. Day 6: Write the conclusion and make final revisions. Day 7: Type and proof read. Have my friend or a family member proof read my paper. Day 8: Hand in paper with confidence.</p> <p>Time Frame: 1 week.</p> <p>Reward for completing: Internal-A on paper and hopefully A in class to maintain my 3.5 grade point average. External-Celebrate with my friends by going out to eat.</p>

_____’s Procrastination Chart

<i>TASK</i>	<i>REASON</i>	<i>STRATEGY USED</i>	<i>STATUS</i>
			<p>Specific Plans:</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 5. <p>Time Frame:</p> <p>Reward for completing:</p> <p>Internal</p> <p>External</p>