

## "PROCRASTINATION"

There are a number of factors that can effect students' progress and one of the most common is putting things off, that is, *Procrastination*.

This problem impacts heavily on their understanding of subject material, the quality of their assignments and their enjoyment at school.

Procrastination can be caused by many seemingly unrelated issues such as:-

**Perfection** - wanting to produce the "perfect" assignment; being obsessed with detail and not attacking the investigation with energy.

**Organisation** - wanting to be totally prepared, have everything completely arranged and as a result never getting started.

OR

- lacking the necessary study and research skills to perform the task.

**Self Doubts** - lacking the self confidence to tackle the task at hand.

**Prioritising** - being unable to prioritise their activities to get the things done that they have to do.

**Motivation** - lacking a purpose for being at school; "having to" rather than "wanting to".

Whatever the cause for Procrastination may be, it is essential for parents and teachers to recognise it and address it immediately by assisting students with strategies to overcome it; it will not just go away on its own; a Team approach is necessary.

In each of the three planners there is a focus on Procrastination and how to deal with it:-

<b>Junior</b>	Putting Things Off	pg. 88
<b>Middle</b>	Putting Things Off	pg. 92
<b>Senior</b>	Procrastination/Decision Making	pg. 94

Should you have any queries or concerns regarding your son/daughter's progress please do not hesitate to contact his/her Year Level Co-ordinator/Advisor.

"Procrastination is the art of keeping up with yesterday." Anon