



Procrastination, according to Merriam-Webster Dictionary, is the habitual act of intentionally putting off doing something that should be done.

Coming from “the Latin prefix pro-, meaning ‘forward,’ and crastinus, “of tomorrow,” (“Procrastinate”) the word quite literally means to forward the work to be done tomorrow.

Studies have found the following to be more common in procrastinators than in non-procrastinators:

THE MIND:

- (i) External Locus of Control, (ii) Speed and Impatience Factor of Type ‘A’ Personality, (iii) Anxiety, (iv) Depression, (v) Fear of Success, (vi) Lack of Effort: Conflict w/ Regard to Job, Status, and Family, (vii) Pessimism, (viii) Fear of Failure, (ix) Extraversion, (x) Neuroticism, (xi) Hostility and Impulsiveness, (xii) Rebelliousness

THE BODY:

- (i) Negative Symptoms, (ii) Stress, (iii) Visits to Health-Care Professionals

THE UNIVERSITY OF NORTH CAROLINA AT CHAPEL HILL’S STRATEGY FOR PROCRASTINATION

- Get Support
- Identify Your Strengths
- Recognize that Writing is a Complex Process
- Think of Yourself as an Apprentice
- Try New Tactics When Stuck
- Celebrate Your Successes

IN THE WRITING CENTER

- Significant Correlation between Procrastination and Writing Center Attendance
 - Study found that students known to procrastinate were seen to procrastinate less in order to meet self-assigned deadlines when they made appointments with the Writing Center
- Long Nights Against Procrastination (LNAPs)
 - Overnight / Late Night Event hosted by University in order to “accommodate the demanding, multi-faceted schedules” of students “by offering alternative and timely support; contribut[ing] to a sense of belonging; and” helping students to “battle loneliness and isolation” (“Research”).

PERSONAL STRATEGIES

- Accountability Diary
 - Writing entries when I was procrastinating work on my capstone project helped motivate actual progress.
 - Reflection
 - Meta-commentary helped to reflect on my thought process going forward.
- Gamifying Work
 - Reward System for Motivation

