Procrastination and Motivation

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Agenda

• Welcome!
• Procrastination
• Combating procrastination
• Motivation
• Finding balance
• Questions
Procrastination

Dictionary

Search for a word

pro·cras·ti·na·tion
/prəˈkræstəˌnæSH(ə)n/
noun
the action of delaying or postponing something.
"your first tip is to avoid procrastination"

Similar: dithering delaying tactics dilatoriness stalling temporizing

Definitions from Oxford Languages
Procrastination (Continued)

• Think about what you put off completing
  • Why do you keep putting it off?
• What contributes to the desire to procrastinate?
  • Distractions
  • Lack of motivation
  • "Work better under pressure"
  • Many others

• Some pressure can be good- but too much can make it harder to complete your to-do list!

• Consider shutting off the screen
Combating Procrastination

• Set goals
• Break things into smaller chunks (come to our workshop next week on chunking assignments!)
• Use Focused Study Sessions (see workshop learning strategies!)
• Utilize motivation
• Learn the passage of time
  • How much time is EXACTLY passing before you get started? It's very easy to say I will get to that in three hours, but did you also include dinner with friends, checking social media, Netflix, etc.
Motivation

Dictionary

Search for a word

motivation

/ˌmɒtɪˈveɪʃ(ə)n/

noun

the reason or reasons one has for acting or behaving in a particular way. 
"escape can be a strong motivation for travel"

Similar: motive, motivating force, incentive, stimulus, stimulation

- the general desire or willingness of someone to do something. 
  "keep staff up to date and maintain interest and motivation"

Similar: enthusiasm, drive, ambition, initiative, determination

Definitions from Oxford Languages
Motivation (Continued)

• What motivates you to do work?
• Who motivates you in your life? Who helps you get unstuck?
• How can you incentivize yourself when things get hard?
• Is it something that drives you internally, or externally?
  • Is the motivation coming from within? Do you just want to finish the course do well on the test, get your project completed?
  • Is the motivation external? Do you use incentives to get your work done? (ex. I will give myself time to watch tv after my work is done).
Motivation (Continued)

• Motivation differs by student- it also can vary by task that you have.
• You may have an easier time doing the reading for your favorite class, how do you motivate yourself for the class that is not your favorite?
  • You may use a combination of motivational techniques including:
    • Incentives
    • Work-life negotiations/balance
    • Recognize the progress you have made
    • Set attainable goals – reward progress
Finding Balance

• Also known as work-life balance or negotiation
• At times, it may not be even: you may have to dedicate more time to academics during busy weeks of the semester.
• You need to find what drives/motivates you personally to do your best each day.
• Utilize campus resources- we are here to help!
Questions?