**Beating Procrastination**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Discussion (10 min.)**

* What were some of the psychological causes of procrastination?
* Have you done the same thing before? Give examples?
* What were the consequences? (Failure, Stress, etc)

**Assigned Discussion Leader (30 min.)**

* Divide into groups of four to five students and read this case study below:

“Michael is a first-year student at the local college. During the first few weeks of class he is asked to participate in a variety of activities, each of which takes away from his study time. Why given the choice between going to the movies and reading a chapter of economics, Michael almost always picks the movies. He tells himself “I’ll catch up later.” He doesn’t realize that each time he makes such a choice, he will suffer from the consequences in due time. As the term continues, the consequences begin to appear. He pulls an all-nighter to cram for an Art History test. He completes a Philosophy paper an hour before class, but can’t get it printed in time. The consequences become more and more serious. As the term comes to a close, Michael is rushing to start research papers, to complete assigned readings, and to prepare for final exams. He has trouble sleeping. He feels overwhelmed by the amount of work he needs to complete. Tension causes him to eat poorly. He blanks out on his Chemistry final. Michael’s grades for the term are lower than he had anticipated when he started the term. Thinking he can’t handle college, Michael becomes depressed and considers leaving school.”

**Directions**

1. Using the self-help strategies for beating the procrastination habit, as a group, develop a plan for Michael. Each group member must contribute at least one strategy that is used by the group.

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*When the assigned discussion leader presents your group findings, he/she must point out who*