

GETTING PAST PROCRASTINATION . . .

Don't wait for open blocks of time to appear. Work without stopping for short, focused periods.		Form a group of people who need to perform the same task. Support one another.	
	Write down your reasons for NOT starting a task. Be honest.		Reward yourself when you finish a project, or even after each step it requires.
Make a list of everything you need to do. Divide it into categories if it helps.		Listen to the right "playlist" for the job, whether it's made up of music or thoughts.	
	Find the right workspace for you—it may vary according to the work or time of day.		Make an appt. with a professor/tutor to discuss one small part of the assignment.
Talk through your ideas or questions. Ask a listener to tell you what they heard.		Let go of the dream of perfection. Settle for "good enough." Be realistic!	
	Write down three short, specific reasons for doing a task. Only think long-term if it helps your motivation.		Make your studying active: writing, talking, drawing, solving, DOING.
Do something fun first—exercise, snack, socialize, etc.—for a set amount of time.		Break a task into the smallest possible parts. Spread them out. Enjoy checking them off as you go.	
	Ask someone you trust to sit quietly with you while you work.		Turn off all potential distractions, including your own running commentaries.

. . . MIGHT REQUIRE CREATIVE SIDE-STEPPING!