## Characteristics of Procrastination

<table>
<thead>
<tr>
<th>Characteristics of Procrastination</th>
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<tbody>
<tr>
<td><strong>Profound problem with self-regulation</strong></td>
<td><strong>Lack of ability to have self-control</strong></td>
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<tr>
<td>Procrastinators tell lies to themselves</td>
<td>Tell themselves “I will more like doing this tomorrow” “I work best under pressure” —but the fact is they don’t get the urge the next day or work best under pressure</td>
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<tr>
<td>Procrastinators actively look for distractions</td>
<td>Squander their resources. Look for distractions that don’t take commitment. Checking email. Distraction is a way of regulating their emotion of fear of failure</td>
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<tr>
<td><strong>Time Management</strong></td>
<td>Procrastinators lack skills such as managing time, including setting goals, prioritizing tasks, and monitoring where their time actually goes</td>
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<tr>
<td><strong>People procrastinate for different reasons:</strong></td>
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<tr>
<td>Arousal types, or thrill-seekers</td>
<td>Wait to last minute for the euphoric rush</td>
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<tr>
<td>Avoiders</td>
<td>Avoid due to fear of failure or even fear of success. In either case they are very concerned what others think of them and would rather have others think they lack effort than ability</td>
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<tr>
<td>Decisional procrastinators</td>
<td>Cannot make a decision. Not making a decision absolves procrastinators of responsibility for the outcome of events</td>
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<tr>
<td>Chronic procrastinators</td>
<td>Have developed procrastination as maladaptive lifestyle that impacts all domains of their life</td>
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Knowing the Characteristics and Stages of Procrastination


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1. **False Security**
   - This isn't due for a while!
   - I'll relax for now.

2. **Laziness**
   - Maybe I should get a headstart...
   - Nah!

3. **Excuses**
   - I'm busy right now.
   - Just taking a short break...

4. **Denial**
   - I still have time...
   - I don't need sleep...

5. **Crisis**
   - I'll never procrastinate agaaaain!

6. **Repeat**
Knowing the Characteristics and Stages of Procrastination

Resources:

Ekins, Judith M Sept 1992 The development study processes in distance learning

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http://en.wikipedia.org/wiki/Procrastination

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Kendra Cherry Tips for overcoming procrastination
http://psychology.about.com/od/psychologystudytips/tp/tips-for-overcoming-procrastination.htm