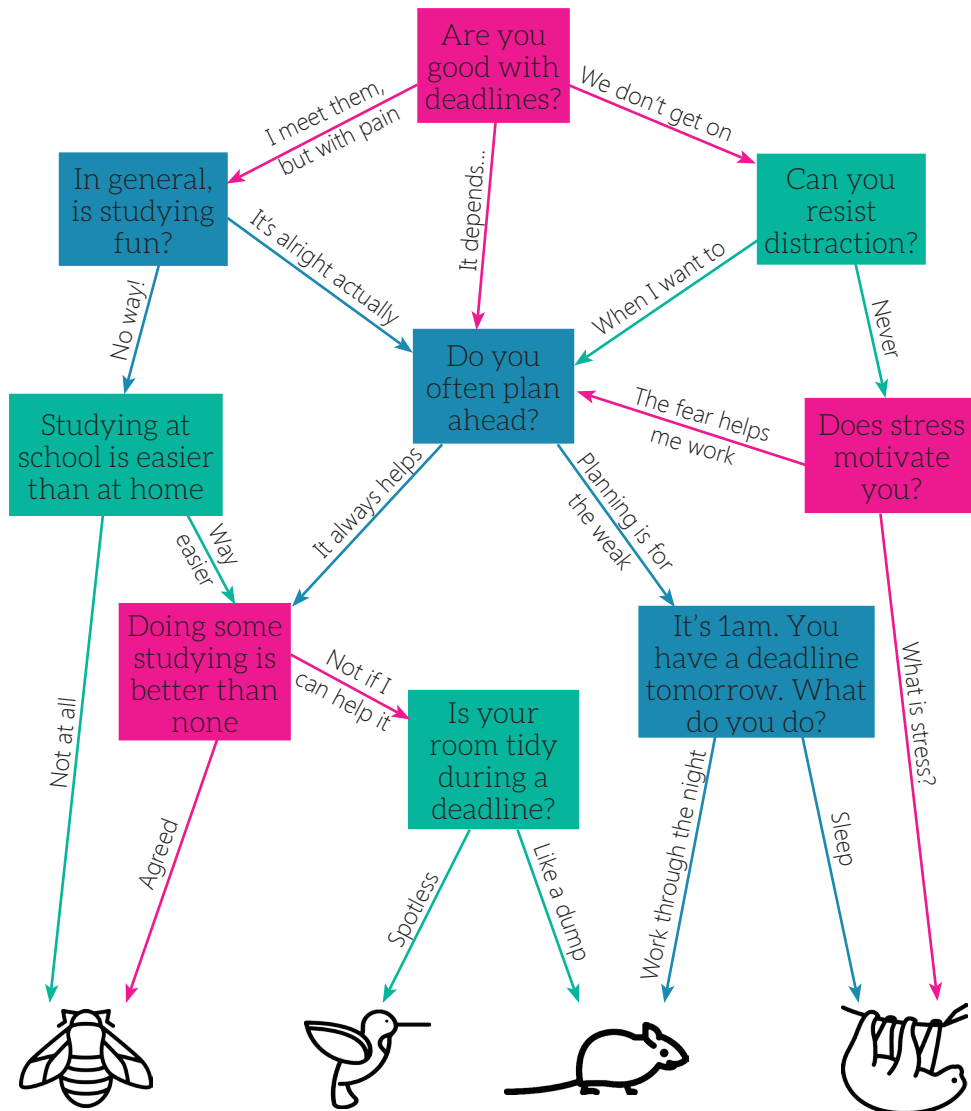






# What kind of PROCRASTINATOR are you?



 **Over-Organized Worker Bee** – You reassure yourself by planning your work in intense detail, whether it's making detailed lists of everything you need to do or organizing all of your stationery and folders ten times over. However it's often difficult to stop the planning and actually get on with the work.

 **Nesting Hummingbird** – Your vice is pretty much anything in your environment, and to be honest it doesn't matter whether it's interesting or entertaining. Cleaning your room, cooking, creating iTunes playlists for your different moods... if something will help you avoid studying, you will try it.


 **Fear-Struck Mouse** – The panic of the deadline may be your best friend, or it may be your worst enemy. Either way, your barrier to working is yourself, and your challenge is making those big pieces of work feel more manageable.


 **Happy Sloth** – Ignorance is bliss. At least until your teachers have a chat with you. In the meantime Netflix binges are probably a favourite, as are fridge binges. Sometimes, if your friends aren't good enough at diverting you from your work, you'll arrange something yourself on the day of the deadline.


## Procrastination Solutions

 **To-do lists & Priority squares**  
 Give your work some order by breaking it down into small pieces. To-do lists are a great way to keep track of everything that needs to be done while making it feel more manageable. To help yourself know what to do when, put the tasks into categories using a handy Priority Square.

|                          | Urgent        | Not Urgent  |
|--------------------------|---------------|-------------|
| A lot of brain power     | DO IT NOW     | Do it later |
| Not a lot of brain power | Do it next... | Do it last  |

 **Schedules and Planners**  
 For those who appreciate structure but could use a little help finding one that's useful. Use a diary, schedule or wall planner to plan your work ahead of time. Decide when you will get your work done and how long it will take, and then follow the plan.

 **Total isolation**  
 Maybe total is a bit harsh. But sometimes it's necessary to give yourself some tough love. Find a new study environment that's free of distractions, whether it's the library, an empty classroom, or a café. Get rid of the things around you that could disrupt, from phones to WiFi to friends.

 **Reward Systems**  
 Ideal for those of you who need that extra push to get some work done. If you can't stop snacking or going on YouTube, tell yourself you will get what you want after you've finished a certain piece of work. Equally you can use this as motivation to finish work faster.