

# STAR MODULE 3C



## **PROCRASTINATION, SOCIAL MEDIA & TIME MANAGEMENT**

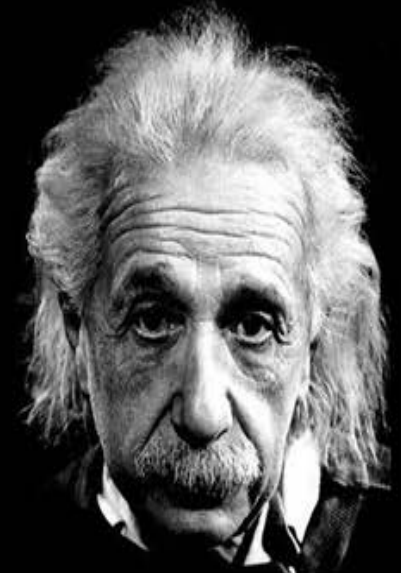
A poor sense of time management can lead to academic difficulties.

**Time management skills are learned, not innate.** If you find that you are having difficulty with your time management skills, contact the resources at the end of this section



“Insanity: doing the same thing over and over again and expecting different results”

Albert Einstein



# Ellen DeGeneres & Procrastination



**Click on the link below to watch this YouTube video now!**

**<http://www.youtube.com/watch?v=s9SWJRwvHb4>**



# Dr. Ariely & Procrastination



**Click on the link below to watch this YouTube video now!**

**<http://www.youtube.com/watch?v=23yQR0V0cq4>**



# 2 Secrets to Success: Focus & Consistency



Click on the link below to watch this YouTube video now!

- <http://youtu.be/AXs6BgN63Oc>



# What is Procrastination?



## **Procrastination:**

- The act of keeping yesterday alive and avoiding tomorrow.
- Procrastination is avoiding doing things that need to be done or leaving things undone for as long as possible.

## **6 basic fears that plague procrastinators:**

1. Fear of success
2. Fear of failure
3. Fear of the unknown
4. Fear of separation
5. Fear of making a mistake
6. Fear of rejection

# Career Coach Quote



“When I do workshops for the unemployed or underemployed individuals, I ask them: “How many of you consider yourself procrastinators?  
**80-90% raise their hand.**”

“When I do a workshop for top executives and ask them the same question, **only 20% raise their hand.**”

# Take the Procrastination Quiz



Use your quiz score in your STAR assignment for this module!

- **Click on the link below and take the quiz now!**

**<http://dennislearningcenter.osu.edu/tmtnm/tmtnm.htm>**



- ✦ **What was your score?**
- ✦ **Are you a serious procrastinator?**
- ✦ **A typical procrastinator?**
- ✦ **Somewhat of a procrastinator?**
- ✦ **Not a procrastinator at all?**

# College Students and Multi-Tasking



Are you distracted by social media? We think of it as multitasking, but what are we actually doing to our brains with all this stimuli?

How does it affect your concentration and ability to focus during class?

Watch chapters 1 & 2 of the FRONTLINE special “Digital Nation”



Chapter 1: [http://youtu.be/\\_nt3i4m54dw](http://youtu.be/_nt3i4m54dw)

Chapter 2: <http://youtu.be/H2sHbeYoAgQ>





Sometimes in order to stop procrastination, we have to simply stop multi-tasking!

- ❖ Log out of email
- ❖ Log out of IM
- ❖ Put the phone away
- ❖ Turn off Facebook!
- ❖ Put down the ducky



**Click the link below to watch the optional video**  
**[http://youtu.be/acBixR\\_JRuM](http://youtu.be/acBixR_JRuM)**

# Time Management



# Keys to Managing Your Time Effectively



- **Reflect on the why.** Once you figure out why you are procrastinating or not managing your time wisely, you can identify changes you need to make.
- **Break projects into steps with specific deadlines-** this always helps! Using a checklist so you can mark steps off as you complete them can also be helpful and motivating. Use your planner and **START EARLY**— This will help reduce stress later.
- **Seek advice from others.** There are lots of resources at UK— use them! And if you don't know where to go, talk to your advisor or professor.
- **Use rewards-** remember, sometimes short term rewards that you know you will enjoy you can be very motivating.
- **Change takes time.** As you procrastinate, begin to KEEP TRACK of your thoughts, feelings, and behaviors. This awareness will help you change because you will understand your reasons for procrastinating and how to overcome them.
- **If you don't succeed on your first attempt, don't give up!** Ask for hints on how you can improve and then USE THAT FEEDBACK to try again, make positive changes, and make success happen for you!

# Let's Make it Personal!



## Last semester did you?:

- ✓ Take too many credit hours?
- ✓ Take too few credit hours?
- ✓ Work too much?
- ✓ Leave town too often?
- ✓ Get involved in too many extracurricular activities?
- ✓ Turn into a professional couch potato? A Facebook junkie? A master video or online gamer?
- ✓ Say yes every time a friend or family member asked you to do something?
- ✓ Sleep until 11:30 and then nap again at 4:30?
- ✓ Begin your weekend social activities on Thursday and continue through Sunday?

# Time Management Resources



## The Study

3<sup>rd</sup> Floor Complex Commons, 859-257-1356

Free workshops and on-on-one consultations for

- ✦ improving time management
- ✦ study skills
- ✦ stress management
- ✦ procrastination...
- Schedule a consultation in your myINFO tab of myUK!

## The Counseling Center

201 Frazee Hall, 859-257-8701

Free and confidential counseling for all UK students.

## Your Academic Advisor

Make an appointment today!

- Schedule an appointment in the myINFO tab in your myUK.

# Required Activity!!!

## Before proceeding. . .

There are **two** assignments.

- Assignment: **Procrastination Reflection**
  - Assignment: **Weekly Time Schedule**- A worksheet that will assist you in scheduling your week. Include classes, work, play, study, family, etc.
- ✓ Proceed next to the module(s) assigned to you by your advisor. Remember, everyone must complete modules 1, 2, and 5, plus any other modules assigned to you by your advisor.

