

## Overcoming Procrastination

### ■ onTRAC® Planning

#### Act—NOW, don't delay another day!

Most of us—adults and children alike—are pretty good at procrastination. Why? We all seem to have our reasons, don't we? Perhaps a better question is: "How can we overcome it?" Once we answer this question, we can begin to move past procrastination to action.

#### Causes of procrastination

Common causes of procrastination include tasks which are ill-defined or too difficult, forgetfulness, and being unorganized. However, there are a myriad of other reasons as well. In fact, we all procrastinate for different reasons; and since we do, it is helpful to reflect on our personal reasons so that we can combat any specific issues. For example, perhaps your child is especially prone to procrastinate when he or she is just home from school or when there is music playing. Help your child to identify and address such issues. Once these types of issues are dealt with, your child may be less prone to procrastination.

#### Overcoming the delay

Try these tips to help your child (and yourself) overcome procrastination:

- Always write down what needs to get done. When something is in writing, it is much more likely to be completed.



What held you down last year? Think about habits you can shed, so you can soar in 2015!

- It's easier to stay on schedule and stop procrastinating when you schedule adequate time to complete tasks.
- Keep distractions such as TV, toys, games, or loud music to a minimum in areas where your child is expected to work.
- Reward your child when he or she completes a task with minimal procrastinating. Rewards don't need to be elaborate as long as they are sincere. A reward could be a word of praise or some quality time with you. Also consider rewards that might motivate you!

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*Many factors contribute to a child's growth and success. Below are tips and ideas for practicing skills that promote your child's academic, social, and emotional well-being outside the classroom.*

### ■ Character

Time management and prioritization skills help students manage stress and reach goals. The first step in teaching priorities is helping your child identify the difference between things they *need* and *want* to do. Do this by helping your student sort after-school activities into *need* and *want* to do categories, and talking about ways to get everything done.

### ■ Health

Stress, self-esteem, and other emotions can be affected and managed through healthy living. Being physically active can actually improve your child's mood and make him or her more likely to make healthy choices. Encouraging your child to keep fit can help increase self-esteem and lower stress levels!

### ■ Anti-bullying

Phone calls, texts, e-mails, posts, blogs, and IMs are all technology-facilitated forms of communication, and they have all been used to cyberbully. Remind your child that he or she is responsible for everything he or she says, writes, or forwards. Ask your child to share with you any messages that are unkind or make your child feel uncomfortable.

### ■ STEM

Learning about renewable and nonrenewable resources that have been used in the past helps students better understand energy. In the past, people used waterpower from rivers and canals to run mills, and wind power to sail their ships. Both water and wind power are renewable – they never run out. Ask your child to define other renewable and nonrenewable resources used in the past for energy.

### ■ Study Skills

Questions are the tools of a problem solver, critical thinker, and lifelong learner. They are the pathway through which curiosity can be nurtured, answers can be sought, and knowledge can be gained. Encourage your child to ask questions that probe, reflect, and explore. And then urge him or her to go find the answers.

### ■ Learning Strategies

Students who learn how to analyze and distill information down to its most salient points will experience more success in the classroom, workplace, and relationships. Once your child understands how to summarize important information, he or she will be able to filter and organize what's important in the classroom and in other aspects of life.