

## **Lesson 2: Overcoming Procrastination**

Learning Objective. To recognize it and learn some strategies to overcome it.

All Students Will Define procrastination  
Most Students Will Understand why we do it  
Some Students Will Apply what they learn to overcome it

### **Starter: Procrastination – what is it?**

Optional video on procrastination (just over a minute long) :-

<http://www.youtube.com/watch?v=4P785j15Tzk>

Students discuss what they think it is and what it means for them.

A definition:

*"Procrastination is putting off what you have to or want to do."*

### **Introduction: What do you procrastinate about?**

Brainstorm and discuss what people put off and why they procrastinate. Consider the causes.

### **Development: How to overcome procrastination**

1. Break tasks down – don't finish it all in one go. Commit yourself to doing as little as necessary to make you get started.
2. 'Time box' the task. Set a timer to work for as long as you want (see point 1), then do it.

Students could discuss and/or list typical tasks or projects this could apply to.

### **Consolidation: Passing on what I've learnt**

Students produce a 'How to Overcome Procrastination' guide for students in the year group below them.

### **Plenary: To sum up**

Students spend 2-3 minutes in silence reflecting on what they're learnt, writing down how they could apply it immediately.

### **Resources:**

<http://www.time-management-success.com/overcoming-procrastination.html>

<http://www.time-management-success.com/causes-of-procrastination.html>