

Are you a

PROCRASTINATOR?

Then we have **GOOD NEWS**:

You are not "lazy" and you probably haven't a lack of self-discipline!



Postponing is something very natural:

Our **brain** finds it much more interesting to pay attention to activities that are rewarded in the **short term** (e.g. bingewatching your favorite series) rather than to activities that will be rewarded in the **long term** (e.g. starting to study during the semester for an exam that you will have months later).

Avoid studying and being busy with anything but your studies is not a good strategy:

You won't end up in time and you will get worse results than expected. On the back of this flyer you will find tips to avoid this.



Do you postpone because of fear of the exam / results / ...? This can happen!

Fear of failure can lead you to avoid your duties rather than to get started. Yet, it is important to cross that threshold: the longer you delay, the higher your stress and anxiety level will be.

I START TODAY

- Minimize distraction**

Social media, your laptop or mobile phone increase the chance of procrastination. So make sure that they are not within reach while studying.

- Study rhythm and place of study: a healthy habit**

Make a clear schedule with enough attention to breaks and ensure a clear distinction between the places where you take your breaks and the places where you study.

- Make a to-do list**

Be specific, concrete and divide large tasks into smaller steps. This will give you more clarity.

- Take small steps**

Do not expect yourself to do a lot of work immediately. Give yourself time and space to work towards your goals step by step.

- Reward yourself in the short term**

Split long-term goals into shorter goals and reward yourself when you make progress.

- What went well today?**

Consider at the end of the day what you have done that you are satisfied with. What could you have postponed but did you tackle? How did you do that? Who / what helped you? How can you do this again in the future?