Students' Scaffolding Series
PROCRASTINATION

Pre-Session Activity

Here are listed some activities. In the table below write the no. of activity you would do NOW and Later. Be honest with your answer.

1. Going out to play _____

2. Revise your lesson _____

3. Get up early for a walk _____

4. Watch a cartoon movie _____

5. Clean your cupboard _____

6. Complete your home work _____

NOW	LATER

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Discussion on the Activity

1. *How many activities have you written under the column 'Now'?*

2. *How many activities have you written under the column 'Later'?*

3. *Are there any reasons for doing these tasks later? Let's discuss.*

We delay some work without any reason. This habit of postponing things is called procrastination. *To become successful in life, we need to give away this habit as soon as possible*
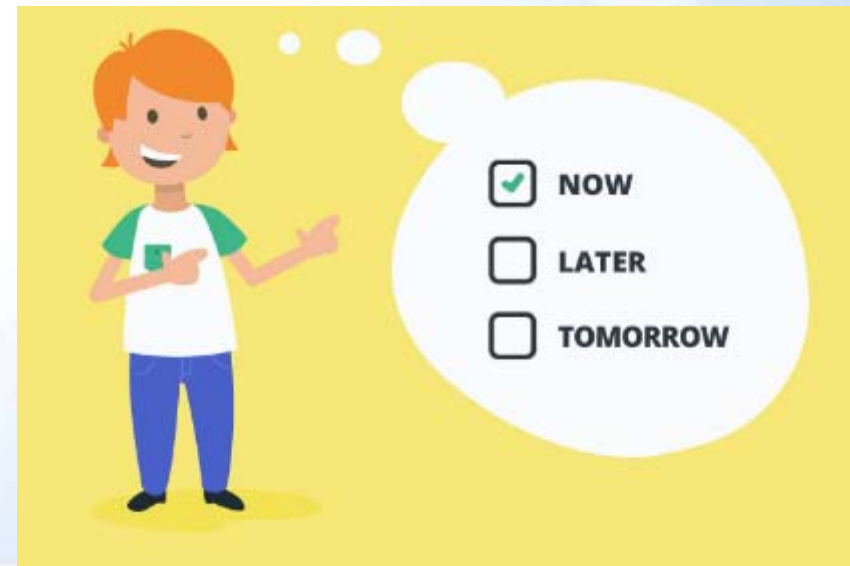
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Learning Outcomes

After this session students will be able to know…

- ***What** is procrastination?*
- ***How** does procrastination affect us?*
- ***How** should we overcome procrastination?*

"My advice is to never do tomorrow what you can do today. Procrastination is the thief of time."

- Charles Dickens

Video Watching Activity

Let us watch this video on procrastination

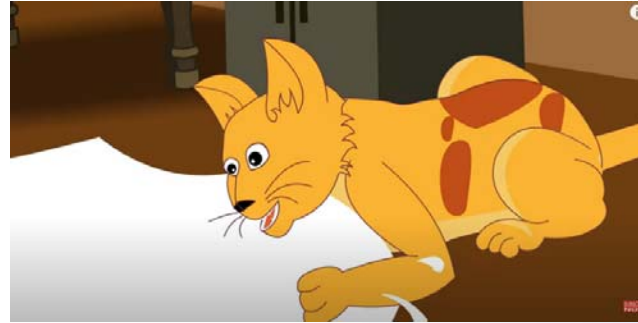*https://www.youtube.com/watch?v=dxd2o5uREUw*

What did you observe in the video?

- *Does Dheeraj do his work on time?*
- *Did the magic stick help him?*
- *Was it possible for him to save the field?*
- *Why should we do our work on time?*
- *What lesson do you get from this story?*

Discussion on the Video Watching Activity

What is Procrastination?

Procrastination is action of delaying or postponing something for no reason or intentionally despite knowing that there will be negative consequences for doing so.

Examples of Procrastination!

*Do you think you have been **procrastinatist** sometime? Go through some*

examples of procrastination and decide for yourself:

- A student who **postpones** studying for an exam until the night before, despite wanting to start earlier and feeling bad about the delay

- A student who **postpones** practicing for sports tournament but delays until the day before the deadline, despite promising himself that he will do it soon

- A student **staying up hours** later that he intended, watching videos or playing games, despite knowing that this will make him tired tomorrow

- Planning to start a new habit (for example, dieting, exercising, or saving money), but instead **making excuses** to wait with it for months

When we '**postpone things**' and '**make excuses**' despite knowing that it will have a negative effect, we are actually doing an act of procrastination.

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Effects of Procrastination

Postponing things can only add to problems in our life. Let's see:

- Our prestigious time gets **wasted**

- Causes **stress**

- Makes us feel **guilty**

- We **lose** our self-esteem

- We **doubt** our abilities

- Creates **frustration**

- Induces a feeling that we are **lacking behind**

- **Reduces** our productivity

It is for our betterment that we give up the habit of postponing things as soon as possible.

Story Time!

Story of Satish

Satish is nervous.
Today is the last day of submission of the science
project which he has not completed yet, while all
other students had submitted it.
Ms Geeta, the science teacher asks him again for
his file.

She knew that he has not completed his work. She said that he
was the only student who did not complete his work. Satish again gives a feeble
excuse and asks for a day's time to submit his project.

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Ms Geeta, knowing fully well that he is only making an excuse, gives him a day's time on a condition that he will also complete his other works and submit all of them the next day, without any excuse!

Now, Satish is burdened with not just the other two pending projects alongwith the science project, also preparing for the upcoming maths test.

'If I had completed my projects on time I would never have been burdened with lot of work at the same time.' Satish thought.

Our work should never be procrastinated. If we procrastinate then one day all the work will be piled up an it will be a burden to complete them.

Reflection on the Story

- *What mistakes do you think Satish made?*
- *What would have happened if Satish had done his project on time?*
- *Do you postpone your work?*
- *Do you waste time in unproductive activities?*

Think over and discuss with your elders to seek help if needed.

What is the moral of the story?
Time is precious. If we do not do things on time, it puts pressure on us as work piles up. It puts us in embarrassing situation as well.

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Overcoming Procrastination

As a student, you can try these tips to manage your procrastination:

Create a to-do-list: Write down the tasks that you need to complete on a daily/weekly basis and arrange them on priority basis.

Break down bigger tasks into smaller
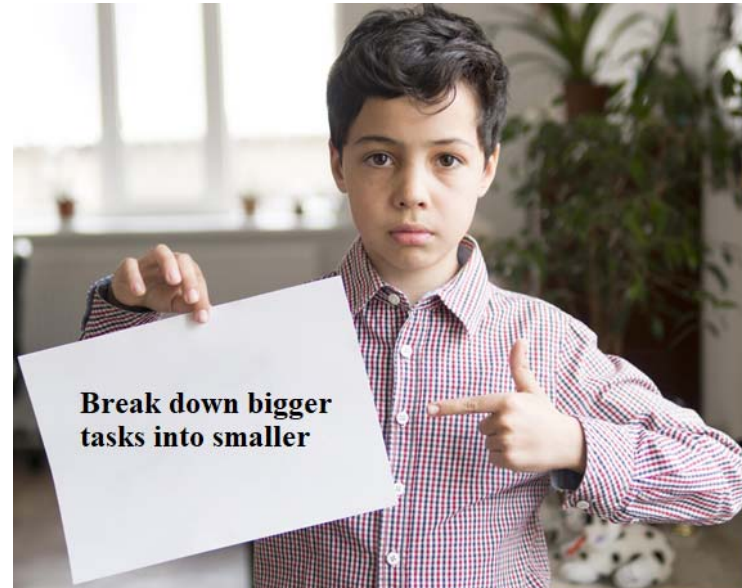
Break down large tasks into shorter ones: If you have lengthy work to complete, try to finish part by part at a time, do not sit on it just one night before the final submission date.

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Get rid of distractions: Part of beating procrastination is the study environment. If that is harmonious then you feel energised and not procrastiantion

Find a study partner: Having a good study partner makes you feel looking upto having good time while studying.

Reward Yourself you deserve it

Reward yourself : 'All work and no play makes Jack a dull boy'. Hence, it is important to give yourself some good time after having completed an important task.

To: Me
From: Me

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Reflection Activity 1

Here are listed some activities.
Think and tick those activities that you should not postpone and do on time.

- Watching a cartoon movie _____

- Learn your lesson today as tomorrow you have a test of the same _____

- Take care of your sick brother _____

- Sleep early as next day you have to wake up early to catch a train _____

- Buy new toys when you already have many _____

- Save your pocket money _____

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Reflection Activity 2

Let's not fall into the habit of procrastination. Do you ever feel like 'I will start this work from tomorrow and next day again the same feeling'? Go through the following three questions and add three more questions to these.
Ask these questions whenever you feel postponing a task. You will realise how important it is to start a task on time.

- *What will go wrong if I don't do this now?*

- *What one thing can I do to get started now?*

- *How can I make it easier?*

- _____

- _____

- _____

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