Try this:
Helping students who struggle with procrastination

Hundreds of studies have documented the negative impact of procrastination on everything from health to academic success[6]. Procrastination has been consistently related to low grades overall, in courses, on exams, projects, and assignments.[4]. It's no surprise that about 95% of procrastinators say procrastination has had a negative effect on their happiness and they would prefer to procrastinate less [7].

Think about it!

Procrastination takes up more than a quarter of most people's work day.[1,2]

Procrastinators are more likely to be unemployed[5] and have low paying jobs.

Women procrastinate less than men.[3,4]

Procrastination is moderately stable over 10 years[8], which means a procrastinator today is likely to be a procrastinator ten years from now.

Here's what you can do to help your students curb procrastination:

Change students' beliefs about success. One way of tackling procrastination is to increase students' expectancy of success. Students may be less likely to avoid projects if they believe that they can do well. Make sure students understand what steps they have to take to successfully complete an assignment. Instead of a generic rubric on how they will be marked, provide them with specific instructions directly related to the project at hand. If possible, attach a few examples of A-grade work.

Reduce distractions. Research has shown that procrastinators are very sensitive to distractions. Try to remove immediate distractions from your classroom, such as cellphones or even computers. Some teachers make their classroom phone-free while working on assignments by having students put cellphones in a designated place until the class is over.

Limit choice. Many studies demonstrate that greater choice can increase procrastination because too many options tend to interfere with our ability to quickly reach a decision. When assigning a project, limit the number of topics students can choose from and how long they can wait before choosing a topic.

Set frequent goals. Researchers have found small, regular goals reduce procrastination and increase productivity[10, 11]. Outline a number of steps you expect students to complete each day or every second day (e.g., biography today, outline tomorrow). When appropriate, use daily (or weekly) quizzes to keep students working on the material that will be covered on the test.

Impose firm due dates. Although procrastinators are often aware of their problem and try to self-impose deadlines, these are not as effective in reducing procrastination as due dates imposed by others. Studies have found that when students have no choice in deadlines, they report enjoying the tasks less but obtain higher grades compared to students who are given a choice[9]. Instead of relying on students to set their own deadlines, you could make a difference by assigning firm due dates for projects, as well as for project milestones (e.g., outline due on Monday, first draft due on Thursday).

Make tasks more interesting. According to research, students are more likely to procrastinate if the task is aversive or boring. When designing projects, assignments, and activities, think of ways to make them a little bit more challenging. Try to increase the novelty and, in some instances, even the difficulty level of the task (but don't make it too difficult).

Keep in mind. Researchers have found that the academic performance of students who procrastinate improved dramatically when they were given frequent tests rather than homework assignments—these students moved from the bottom to the top of their class.[12]

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