

Learning Tip:

# **Understanding and Overcoming Procrastination**

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# What is Procrastination?

Procrastination is:

- ▶ the act of delaying or postponing tasks or decisions.
- ▶ triggered by pain signals from the brain when faced with unpleasant, uninteresting, or difficult tasks, nudging one to avoid them in favor of other activities.
- ▶ provides short-term relief but with long-term costs.

# How to Fight Procrastination

- ▶ Set smaller, realistic goals: E.g., “Study for the exam” → “Finish Chapter 3 by 6 PM”.
- ▶ Focus on the process rather than the outcome: E.g., “I need to lose weight” → “I’ll exercise for 15 minutes today”.
- ▶ Visualize success: At the end of the day, what do you want to be able to say you have accomplished?
- ▶ Use the Pomodoro Technique!
  1. Eliminate all distractions.
  2. Set a timer for 25 minutes and concentrate on the task at hand.
  3. After a successful Pomodoro session, set a timer for a 5-minute break.
  4. Repeat Steps 2 and 3.

You can use a physical Pomodoro timer or a website/app, such as:

<https://pomofocus.io/>