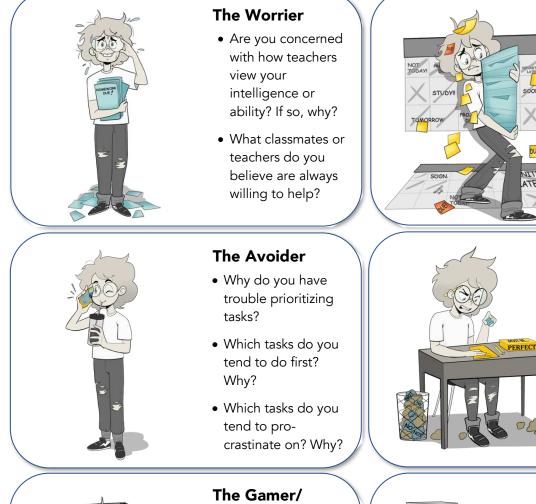


Reflection/Application: Now that you have self-diagnosed your procrastination style and designed a treatment plan, it's your chance to be the psychologist and consider WHY this is your procrastination tendency. Use the questions on the cards below for self-reflection to analyze your tendencies.



The Postponer

- How do you go about determining the amount of time it will take you to complete a task?
- How do you typically approach big projects, essays, or tests?

The Perfectionist

- What drives your need/desire to get everything right?
- Has your perfectionism had any negative effects on you lately? (Hint: lack of sleep, stress, health issues)



The Gamer/ Scroller/Viewer

 Do you have shortterm and long-term goals for your success in school and future career? If so, how often do you think about these? How does/ would success feel?



The Crammer

- How often do you think of your future self when you're deciding to put things off?
- How often do you catch careless mistakes after you turn something in?





- What do you think are root cause(s) of your procrastination? (Write your response below or another paper.)
- What advice would you give to someone else who came to you wanting help with the same issues?