

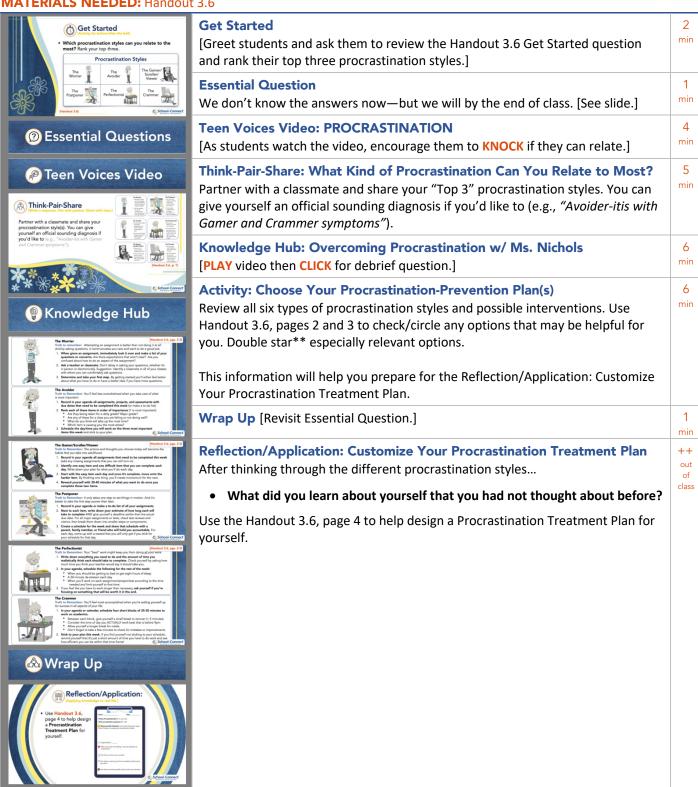
3.6: Overcoming Procrastination

CORE LESSON

Objectives: Students will be able to:

- 1) Identify which type of procrastination they relate to most. 3) Consider how procrastination affects their well-being.
- 2) Design a personalized procrastination-prevention plan for themselves.

MATERIALS NEEDED: Handout 3.6



Exit Ticket: "Procrastination is like a credit card—fun until you get the bill." [Students say Exit Ticket as they leave.]