



3.6: Overcoming Procrastination

CORE LESSON

Objectives: Students will be able to:

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

MATERIALS NEEDED: Handout 3.6

	<p>Get Started [Greet students and ask them to review the Handout 3.6 Get Started question and rank their top three procrastination styles.]</p>	2 min
	<p>Essential Question We don't know the answers now—but we will by the end of class. [See slide.]</p>	1 min
	<p>Teen Voices Video: PROCRASTINATION [As students watch the video, encourage them to KNOCK if they can relate.]</p>	4 min
	<p>Think-Pair-Share: What Kind of Procrastination Can You Relate to Most? Partner with a classmate and share your “Top 3” procrastination styles. You can give yourself an official sounding diagnosis if you’d like to (e.g., “Avoider-itis with Gamer and Crammer symptoms”).</p>	5 min
	<p>Knowledge Hub: Overcoming Procrastination w/ Ms. Nichols [PLAY video then CLICK for debrief question.]</p>	6 min
	<p>Activity: Choose Your Procrastination-Prevention Plan(s) Review all six types of procrastination styles and possible interventions. Use Handout 3.6, pages 2 and 3 to check/circle any options that may be helpful for you. Double star** especially relevant options.</p> <p>This information will help you prepare for the Reflection/Application: Customize Your Procrastination Treatment Plan.</p>	6 min
	<p>Wrap Up [Revisit Essential Question.]</p>	1 min
	<p>Reflection/Application: Customize Your Procrastination Treatment Plan After thinking through the different procrastination styles...</p> <ul style="list-style-type: none"> • What did you learn about yourself that you had not thought about before? <p>Use the Handout 3.6, page 4 to help design a Procrastination Treatment Plan for yourself.</p>	++ out of class
	<p>Wrap Up</p>	
	<p>Reflection/Application: Use Handout 3.6, page 4 to help design a Procrastination Treatment Plan for yourself.</p>	
<p>Exit Ticket: “Procrastination is like a credit card—fun until you get the bill.” [Students say Exit Ticket as they leave.]</p>		