



Overcoming Procrastination: Causes & Cures

Overview

Inextricably linked to time management and academic goal setting are the concepts of motivation and procrastination. Students may be able to motivate themselves to the point where they've planned how they'll use their time, and they've even clearly set the academic goals they'd like to achieve, yet many just don't follow through and use their schedules, even though they made them. They just can't seem to get motivated. Why is this? What is motivation exactly? How does procrastination affect motivation? In this session, you will learn strategies to combat procrastination and ways to get motivated to reach your goals and achieve academically.

Objectives:

Students will learn:

- What thoughts, feelings, and attitudes fuel procrastination behavior
- The consequences of procrastination
- How to gain control over procrastination
- To identify replacement activities
- Anti-procrastination behaviors and habits
- Solutions for combating procrastination

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Presenter



Laurie L. Hazard
Bryant University in Smithfield

Laurie L. Hazard is the Assistant Dean for Student Success at Bryant University in Smithfield, RI. As a member of the Applied Psychology Department, she writes about parent involvement, student personality types and classroom success. She is an award-winning expert on how students can make successful transitions from high school to college. After earning her Master's of Education degree from Boston University in counseling, she received a Doctoral degree from Boston University in Curriculum and Teaching. Laurie is co-author of the book *Foundations for Learning*, 3rd Edition (2012, Prentice Hall), which is designed to help students make a successful transition to college by encouraging them to take responsibility for and claim their own education. Hazard's textbook has been adopted by colleges and universities around the country, including Boston University, University of Nevada, and Texas A&M. Richard J. Light, the Walter H. Gale Professor of Education at Harvard University, calls Hazard's book "a winner for any college student" that is a "beautifully written joy to read."

Laurie has won numerous awards for her work with first-year students and their parents, including the National Resource Center for The First-Year Experience and Students in Transition's Outstanding First-Year Student Advocate; the Learning Assistance Association of New England's Outstanding Research and Publication Award; and the Learning Assistance Association of New England's Outstanding Service to Developmental Students Award. Most recently, Laurie received the CRLA Northeast's Outstanding Service to the Field of Developmental Education Award.

Laurie's expertise has garnered national media attention. She has been interviewed and cited as an expert in the Associated Press, Seventeen Magazine, The Chicago Tribune, The Times Picayune, The San Diego Tribune, and Student Affairs Leader. Laurie has also been a guest columnist for the Washington Post's Answer Sheet: A School Survival Guide for Parents (And Everyone Else). Her articles offer concrete advice for parents of new college students: "How to Help Your Child Adapt to College Life," and "Parents Should Leave their Kids Alone at College." Most recently, Laurie has written a book with co-presenter Stephanie Carter, called *Your Freshman Is Off To College* (2016).