

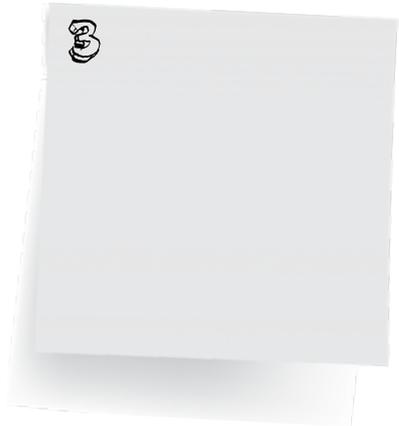


The keys to stop procrastinating and start studying

PURPOSE



List 3 key takeaways from this video



STORY

LIVE NOW
DO NOW!

As a kid, my favourite time of the year was Christmas. I always loved the last day of school before the Christmas break. However, I remember Christmas in 1st year for the wrong reasons. We were finishing school on the Monday with a half-day. The bad news is that we had a Science test that morning. My intention was to study over the weekend but I kept procrastinating.

The night before my test, the BBC Sports Personality of the Year programme was on TV. This show was a big favourite in my house. We loved sport. I barely got any study done. I really struggled in the science test the next day. I think I scraped 52% which for me was a poor result as I saw myself as a high achiever. I swore I wouldn't do that again.

The sad truth is most people spend the majority of their lives putting things off. Research suggests that 85-95% of college students are chronic procrastinators. They know they should study but they leave it until the last minute. Usually students put off study because (1) they are fearful or (2) they are not in the mood. You could be fearful because you don't want to face the material you have to study. There are many different reasons you might not be in the mood.

STORY

Procrastination has a really negative impact on your well-being and mental health. Research shows that procrastination:

- o Increases student anxiety
- o Increases feelings of guilt and shame
- o Leads to overeating, binge-watching Netflix and social media addiction.
- o Can lead to long term mental health problems such as anxiety, depression and self-harm.
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When we procrastinate we don't achieve our goals. When we stop procrastinating and start doing, we start to feel a sense of progress. Personal confidence comes from that feeling of making progress towards your goal. The simplest way to beat procrastination is taking small steps. Take out your favourite subject and start with only 5 minutes of study. Maybe tomorrow you do 10 minutes and the next day 15 minutes. What you will find is that the secret to study is to get started!

“ The secret to study is to get started. ”

GET GOING!

Game 1

FAVOURITE SHOW

Write down your favourite TV show or YouTube channel right now:

Partner off with someone or get into a group of 4.

Take turns acting out what your favourite TV show is and your buddy has to guess it.

Discuss PROCRASTINATION and what stops YOU from GETTING THINGS DONE.

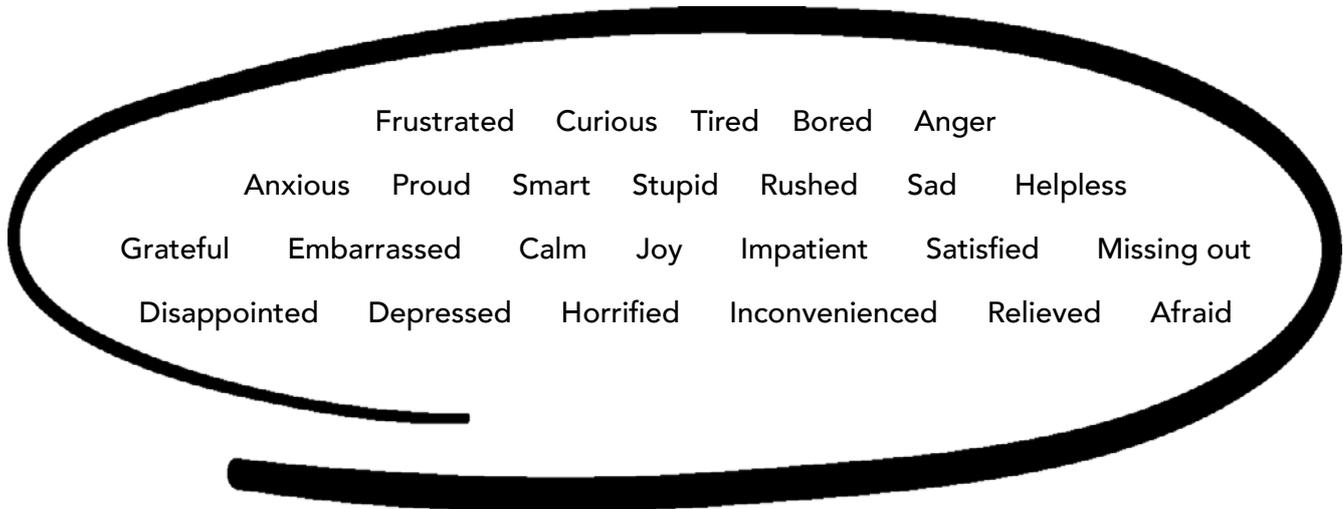


PURPOSE

Game 2

WORD GAME

Look at the list below and pick out the 4 most common feelings you experience every evening when you have to do your homework and study.



Game 3

KICK-START SONG

Write down your favourite subject

Tonight create a ritual that is going to get you started for a 5-minute burst of study. To kick-start your study you need a kick-start song. Tonight you are going to play your kick-start song as you are going to take out your bags and books and kick-start your study.

What is your kick-start song?

Reflect and Connect

Rate each of the learning intentions below by shading each section. Read each statement and shade in the area to get a visual on how today's lesson was for you.

1 = Lowest level

5 = Highest level

6. I did my best and didn't give up

5. I worked well with others

1. I enjoyed today's story

