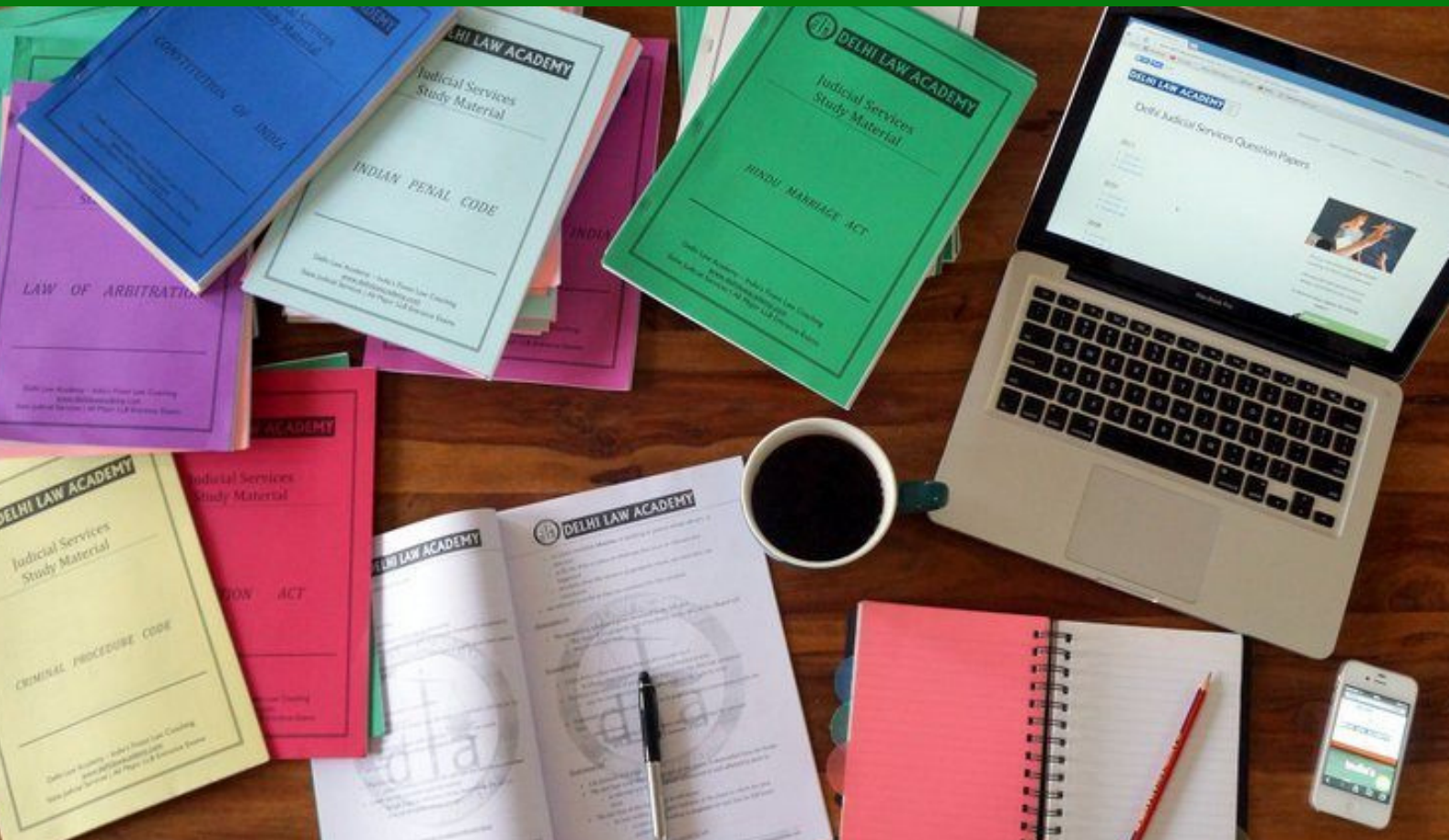




# The HUSKIE HERALD

*A weekly newsletter to help keep you entertained and healthy while self-isolating*



## THE PROCRASTINATION CYCLE



## *WHAT IS PROCRASTINATION?*

Procrastination is often confused with laziness, but they are very different. Procrastination is an active process - you choose to do something else instead of the task that you know you should be doing. In contrast, laziness suggests apathy, inactivity and an unwillingness to act. Procrastination usually involves ignoring an unpleasant, but likely more important task, in favor of one that is more enjoyable or easier. But giving in to this impulse can have serious consequences.

# HOW DO I FIX PROCRASTINATION?

As with most habits, it is possible to overcome procrastination. Follow the steps below to help you to deal with and prevent procrastination:

1. Recognize that you are procrastinating
2. Work out why you are procrastinating
3. Adopt anti-procrastination strategies:
  - a. Commit to the task
  - b. Promise a reward
  - c. Ask someone to check up on you
  - d. Minimize distractions

Thank you to Shahab for this idea of what to include in this week's Huskie Herald!

Every day spent procrastinating is another day spent worrying about that thing. **Do it now**, and move on with your life!

## 10 TIPS FOR GETTING THROUGH FINALS SEASON

1. Pick a place & time: Set up your study space, find the best time that works for you
2. Study every day: Study a bit everyday & you'll be continually reviewing things in your mind
3. Plan your time: Set alarms & time limits. This will allow you to have adequate breaks while also being productive
4. Discover your learning style: Auditory? Visual? Tactile?
5. Review & revise: Use old-midterms or quizzes to practice questions
6. Take breaks: It's important to take breaks while you're studying, especially if you feel tired or frustrated. Working too long on a task can actually decrease your performance
7. Ask for help: If you're stuck on something, ask for help! Talk to your supervisor, or lecturers about the things you don't understand. Talk to friends & students too.
8. Stay motivated: When you're studying, keep in mind your reasons for doing all this hard work, like a course or career you're working towards. The Holiday break is almost here!
9. App it up: There are heaps of apps out there!
10. Look after yourself: You'll study better if you take care of yourself. Make sure you eat well, get enough sleep, & exercise



### Ready Reads

*The Now Habit*  
by Neil Fiore

*Inside the mind of a master procrastinator*  
With Tim Urban

<https://www.youtube.com/watch?v=arj7oStGLkU>

### Shameless Showtime

*Hawking*  
On Netflix

*The Canadian Light Source synchrotron is considered one of the largest and most innovative investments in Canadian Science*