

CAN YOU RELATE TO THESE ISSUES?

TIME PLANNING ISSUES

Many students suffer from time planning and workload management issues. See if you relate to any of the following issues:



- A. "I've tried following a time plan, but I get frustrated and give up because no matter what I plan out, I can't seem to follow it. Most of the time I end up not finishing something in the time I set aside, and then have to cut class or stay up late to get it done at the last minute anyway."
- B. "I don't have any problems with getting day-to-day work and small assignments done - it's the big things (major papers, thesis, etc.) that kill me. I feel overwhelmed and can't seem to sustain any kind of momentum."
- C. "I find the idea of following a "schedule" suffocating. I like the flexibility and freedom of choosing to do what I feel like doing. I've always felt that this is the most effective way to work, since I do things when I'm in the right mood or most productive frame of mind. But I always seem to be rushing from one deadline to the next, and feel burned out half-way through the semester."
- D. "I always seem to over-estimate how much time there is. I only have fifteen hours of classes a week, but end up having to do most of my work on the weekend. Then I'm so overwhelmed by how much I should do that I end up doing almost nothing. By the second week of classes I'm already behind."
- E. "I have so much to do that I don't even know where to begin. What's the point of trying? There's no way I can get it all done, no matter how hard I work. I'm so far behind I feel like I'm drowning."
- F. "My course assignments and projects involve a lot of creativity. Without the pressure of an impending deadline I find it really tough to come up with good ideas. It's almost as if my inspiration depends on the stress and pressure from working at the last minute. There must be a better way to work, but I don't know what it is."

If you relate to any of the issues above, you may find the handouts in the "Planning Your Time" and "Staying on Track" sections to be quite helpful.

PROCRASTINATION ISSUES

Students often experience problems with procrastination. See if you relate to any of the following issues:

- A. "Despite my best efforts, I often end up doing difficult or large assignments at the last minute. No matter what I can't seem to get an early start. Either I'm too busy with other things or I just can't face the amount of work - and frustration - that's involved with the project until I absolutely have to. My marks always suffer as a result."
- B. "I just can't seem to get started. Once I do I'm OK and can usually work fairly productively. But it's really a struggle to get settled and down to work."
- C. "I procrastinate all the time, on everything - big and small assignments. I almost always cram for exams and often have to stay up all night to get papers done. I don't even start an essay until a few days before it's due. It's totally irrational and it's driving me crazy - I don't understand why I do this to myself all the time. I either have no self-discipline or I'm incredibly lazy or both. I know what I have to do; why can't I just do it?"

If you relate to any of the issues above you may find the handouts from the Procrastination section to be very helpful.