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Seeking Professional Help

The University provides counseling services for undergraduate and postgraduate students. You may check out our Counselors' profiles on our webpage and make an appointment with them online. Two weeks' advance booking is allowed. Please be reassured that all information shared and anything discussed during counseling sessions will be strictly confidential.

Counseling and Wellness Center

Room 5003 (via lift 3) <http://counsel.ust.hk>
Email: counsel@ust.hk Tel: (852) 2358-6696

24/7 HEARING: (852) 8208-2688

This is a helpline exclusively for all HKUST students.
Counselors are from Christian Family Service Centre.



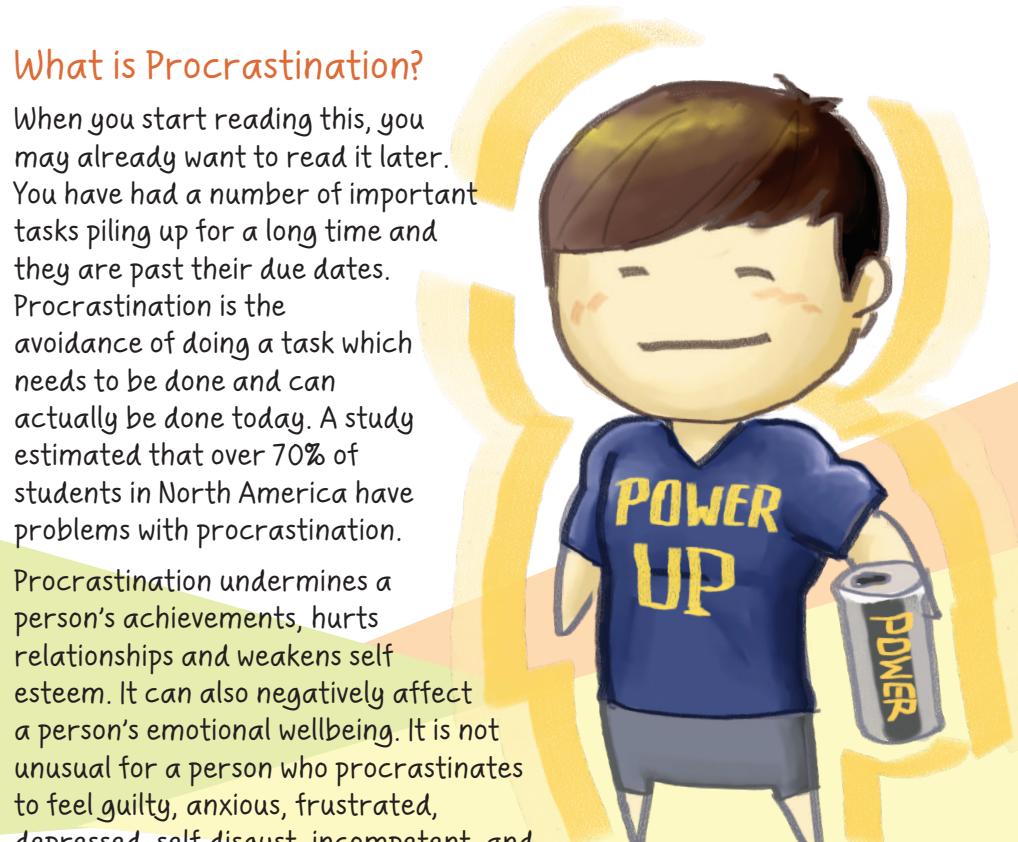
Meet Our Counselors

No More Procrastination

What is Procrastination?

When you start reading this, you may already want to read it later. You have had a number of important tasks piling up for a long time and they are past their due dates. Procrastination is the avoidance of doing a task which needs to be done and can actually be done today. A study estimated that over 70% of students in North America have problems with procrastination.

Procrastination undermines a person's achievements, hurts relationships and weakens self esteem. It can also negatively affect a person's emotional wellbeing. It is not unusual for a person who procrastinates to feel guilty, anxious, frustrated, depressed, self-disgust, incompetent, and helpless.



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An example of Procrastination

Procrastination is causing me a lot of trouble and stress. I told myself I can't procrastinate this time; I will change. So I set my alarm clock for early in the morning to start working. But I missed the alarm and slept till noon. I feel so tired even though I have longer than I should have slept. I sat down and turned on the computer. Wait... I should go and grab a coffee first. After getting the coffee, I decided to do my laundry first so the clothes would be clean and ready when I finished my work. Wait... I have already missed one lecture and there was video recording. Let me get that video ready so I can watch it when I need to. Turning on the internet browser, I watched the news, and then when I checked the time, an hour has past already.



Why are you procrastinating?

- Perfectionist
- Overwhelming anxiety
- Fear of failure or disappointing people/self
- Fear of success
- Myth of 'work best under time pressure'
- Poor time management, often associated with a misjudgment of time available
- Unable to prioritize
- Poor concentration
- Lacking responsibility
- Don't know how to get started
- Don't know how to do it
- Bored by tasks
- Avoidance of tasks which are difficult



Are you procrastinating?

- Late for deadlines
- Difficulties getting started on tasks
- Putting off until tomorrow, which could be done today
- Distracted by unimportant tasks, e.g. tidying up your desk, replying to emails, checking social media.
- Can't really rest well as the unfinished tasks are always at the back of your mind
- Start working only at the last minute
- Anxious and blaming yourself
- Frustrated and helpless

Tackling Procrastination

1. Get organized

Spend some time to clear your mind and organize what tasks you have in hand, when are the due dates, and allocate resources and time.

2. Set priorities

Focus on tasks which are urgent and important instead of preference of doing them.

3. Eliminate distractions

Get rid of temptations. Define a space for 'work' and create a separate profile for study. Set aside your smartphone or any instruments that are distracting. Make use of internet blocking apps such as Anti-Social.

4. Start with easy parts

The most difficult part is to get started. You may start working on the task by working on the easy parts first. You will be less resistant to do these parts and once started, the momentum goes on.

5. Work best under time pressure?

Stop deluding yourself. The adrenaline rush is about the relief from pressure after finishing the tasks.

6. Manage expectations

Set realistic expectations with your ability and available time. Make the best out of it.

7. Accepting imperfection

It's better to accomplish something rather than nothing!

9. Create incentives

Reward yourself after accomplishing some parts.

8. Bit-and-pieces approach

Breaking a big, difficult task into several smaller, easier tasks.

11. Forgive yourself

Be kind to yourself. You have tried hard to fight against procrastination. Forgiving yourself for procrastinating allows you to procrastinate less in your next task.

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