

The GRACE team presents...

Procrastination

A topic we have been meaning to cover all year.



Procrastination and Giftedness

Why does it seem like a lot of gifted children are procrastinators?

- Fear:** some people might wait until the last minute because they're afraid to tackle something difficult.

- Confidence:** perhaps they're overconfident, thinking the task will truly only take that last minute.

- Busy-ness:** maybe the child is over-committed and waits until the last minute because that's the only minute they have.



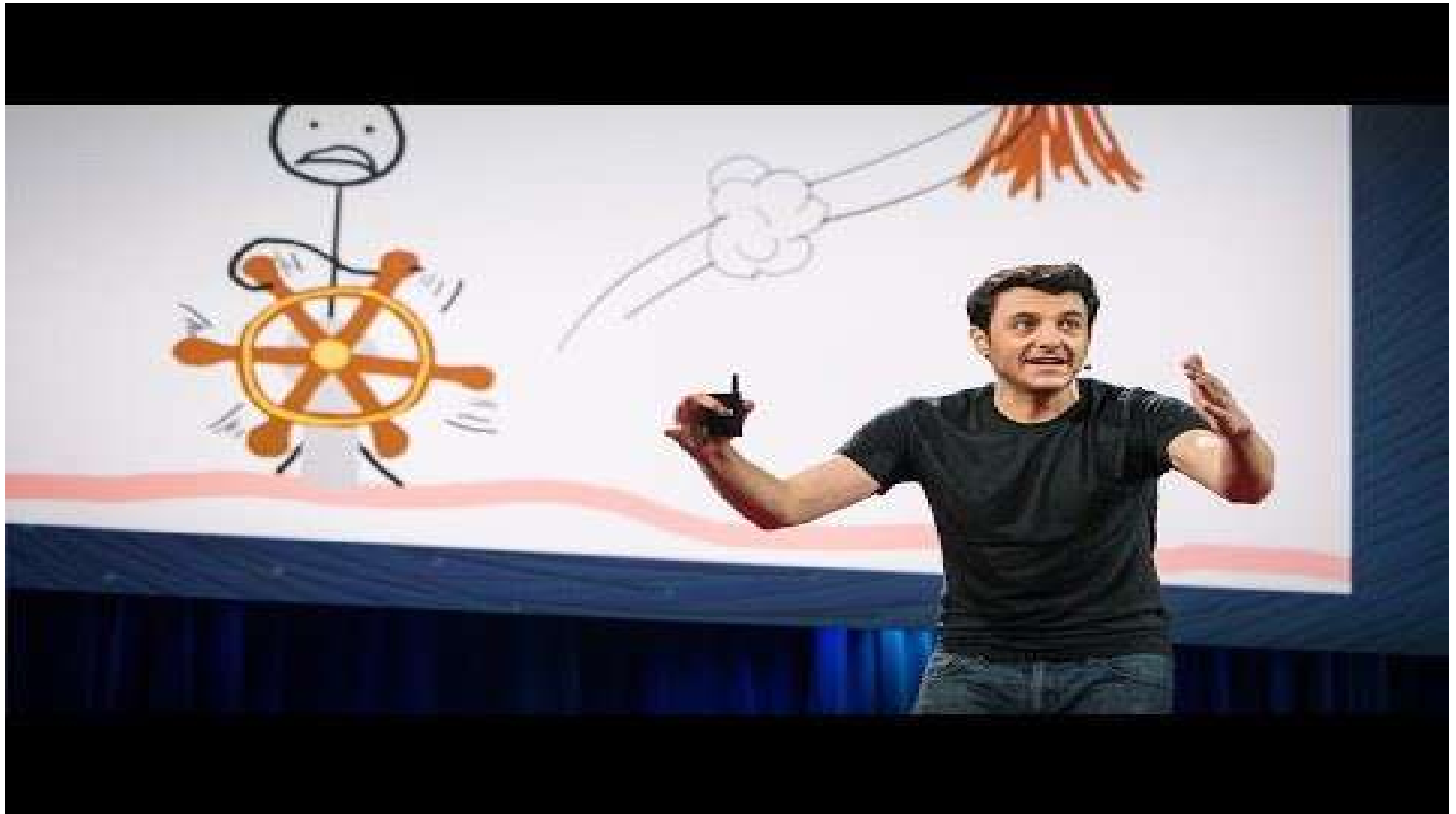
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Signs of Procrastination

- Your child's work load seems to go from none at all to way too much and back again often.
- Your child starts to cry or get upset when you mention a project that needs to be done.
- Your child's grades are in 3 sections: 100s, 50%^s, or 0%^s.
- You have had more than 2 "Oh no! My big project you never heard of is due tomorrow!" nights this year.



Tim Urban: Inside the mind of a master procrastinator



11 minutes

Procrastination vs. Precrastination

Ok, so is it even a word? Spell check says “no”, but the internet says “yes”.

“Precrastination” is the act of jumping on every task or assignment the minute it is given.

“Prerastinators” do things quickly and are efficient, but they do not always put enough thought into the task before checking it off their “to do” list.

Procrastination vs. Precrastination

Examples of Precrastination

- Answering emails as soon as they enter your inbox
- Handing in assignments a week before the due date



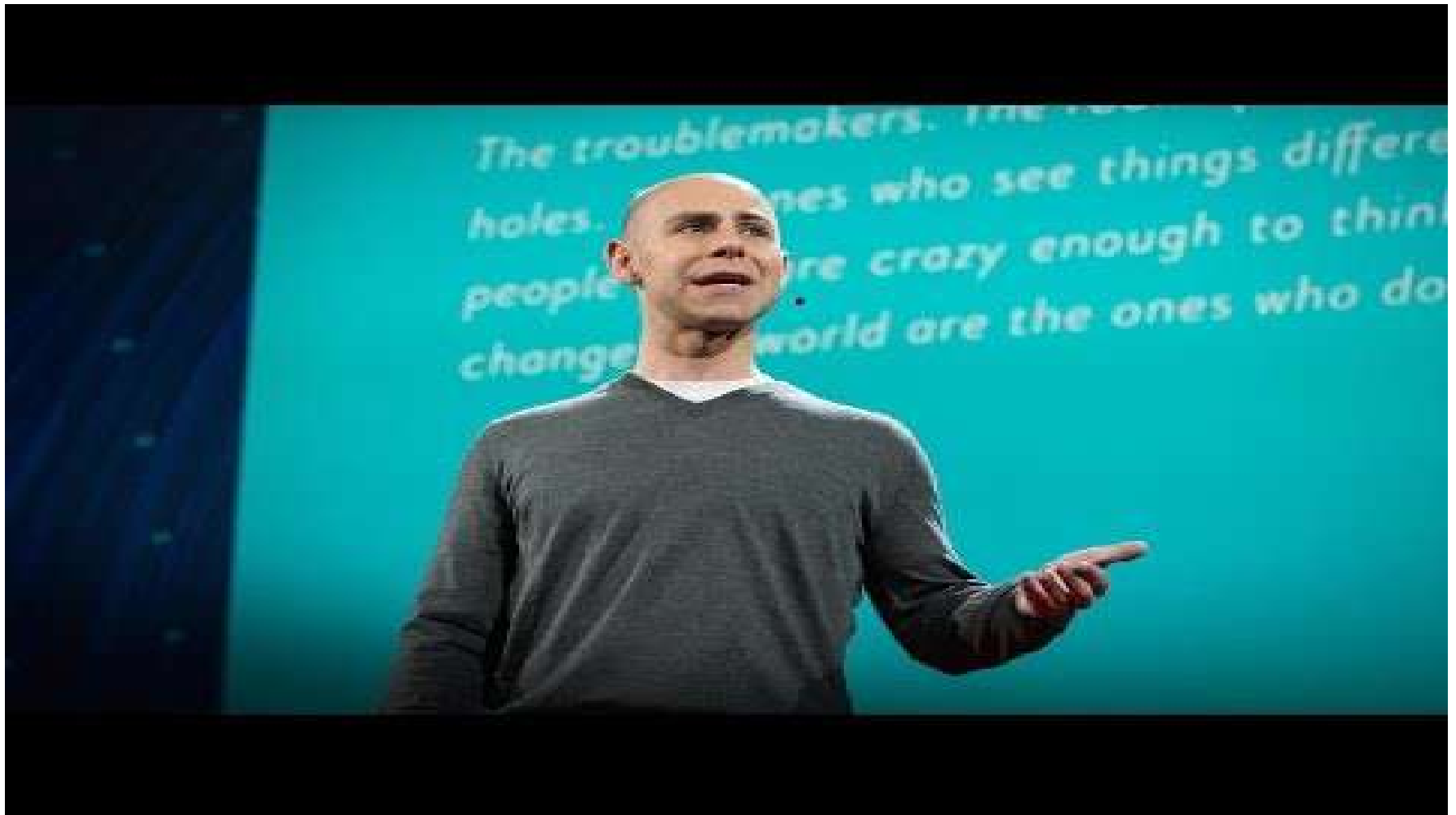
Dangers of Precrastinators

- Less thoughtful
- Less creative
- Not prioritizing
- More errors- not waiting for all the information
- More likely to butt heads with a procrastinator!

Benefits of Procrastination

Here are five benefits to procrastinating and putting off a dreaded (or not so dreaded) task.

1. Active procrastinators can often create better work under pressure.
2. Procrastinating allows time for ideas to ruminate and flourish on their own.
3. Relaxation can be more beneficial in the long-run than working harder and longer.
4. Procrastination can cut down on busy work.
5. Procrastination offers a chance to plan ahead.



Adam Grant: The Surprising Habits of Original Thinkers

When to worry...

- If your child is pulling all nighters more often than not
- When there are fights and tears over assignments on a regular basis
- When the quality of work goes down on delayed assignments
- When your child is losing points and their grades are dropping due to late or poor quality work
- When your child waits until last minute and does not complete the assignment



Ideas to Balance Procrastination

Set **S.M.A.R.T** Goals

- Specific, Measurable, Ambitious, Realistic, Time-bound
- Teach kids to set specific goals with specific end times.

Be mindful of **Motivation/Mindset**

- Help students with growth mindset!
- Positive, encouraging, but HONEST words.

Help with **Planning & Routines**

- Teach kids HOW to plan, don't plan everything for them.
- Create action steps and monitor progress
- Have kids help plan and monitor new routines

Acknowledge **Success and Challenge!**

- Rewards – Intrinsic or Extrinsic
- Celebrations vs. Consequences

Procrastination Situations

- What does procrastination **look like** to your student? (List behaviors you see when you KNOW he/she is procrastinating)

Procrastination Situations

- **When** does your student procrastinate?
(Times of year, subject areas, etc.)

Procrastination Situations

- **Why** do you think your child procrastinates?
(Think about motivation & mindset)

Procrastination Situations

- What are the typical **consequences** of procrastination for your student?

(What happens as a result of procrastination)

Procrastination Situations

- What are the typical **rewards** of not procrastinating for your student?

(Think about planning and routines that go well)

What's the difference...

- Between Procrastination and Prioritization?