



Top 10 tips to reduce procrastination

Procrastination in moderation is not a cause for concern, but when a student procrastinates often, it's important to address it. Often, those who procrastinate have challenges with executive functioning or attention. Fortunately, there are many ways to reduce and ward off this bad habit before it becomes a learned behavior.

Here are 10 ways to reduce procrastination in your teen

1. **Prioritize:** List tasks in order of urgency and importance. Do the most urgent or important first. Once you start, momentum should help you move forward.
2. **Try the "easy task" hack:** Start with the easiest task on your list to create momentum.
3. **Break tasks down into smaller steps:** Divide each task on your list into steps so you can begin a task without feeling overwhelmed by having to complete it.
4. **Set specific deadlines and time limits:** Use calendars, apps, and alarms to designate specific times to start and complete tasks. The Pomodoro technique instructs you to work for 25 minutes and then take a 5-minute break. Repeat this cycle. This technique is proven to improve focus over time.
5. **Delay avoidance:** Commit to one step at a time. Even if momentum does not propel you forward onto the next segment, you are a step closer to your goal.
6. **Use goal-directed language:** Replace statements like, "I will start my homework before dinner and finish after," with specific, measurable statements like, "I will complete my math homework before dinner and finish my chemistry after."
7. **Use rewards strategically:** Rewards are an excellent method to overcome procrastination of tedious, uninteresting, or particularly unpleasant tasks. Utilizing rewards in limited, strategic ways can greatly diminish procrastination without undermining intrinsic motivation.
8. **Do the hardest or least likable task first:** Embrace the classic "eat the frog" strategy. If your first task is the most difficult one on your plate, every subsequent task is much easier.
9. **Take accountability:** Share your goals with someone whom you would feel guilty about letting down or who can influence your behavior. Positive peer pressure is highly effective in curtailing procrastination.
10. **Visualize:** Envisioning the specific outcome of a task and imagining the sensation of completion can significantly enhance our drive to initiate it.

Do you need help supporting a teen?

Visit [wellthy.com](https://www.wellthy.com) to create your Wellthy account, start a Care Project, and connect with a dedicated care expert. This professional can collaborate with you to identify programs, mental health providers, and more to aid in your teen's development.