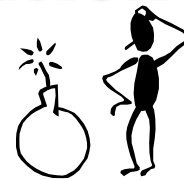


Overcoming Procrastination



Realize you are delaying something.



Discover the real reason for your delay. Write it down.

Dispute those real reasons and overcome them!



BEGIN YOUR TASK!

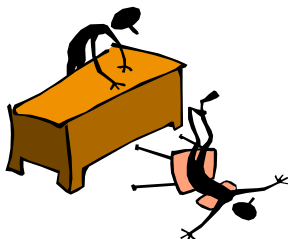
Toolkit for Success



Make tasks small and easy in your mind.



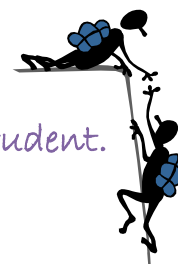
Do a small part.



Have a 5-minute plan.



Advertise your plans to accomplish something.



Study with a friend who is a good student.



Change your environment.



Plan and establish priorities.



Accept setbacks and start again.

Need More Information?

Contact **Laura J. Clark**, College Success Coach
Paul D. Camp Community College - Franklin Campus
Phone: 757-569-6780 E-mail: lclark@pdc.edu