

Procrastination: To Do List

Academic Success Center
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Identify three items/tasks you are currently procrastinating. Then, make your to do list. Split up the project into small, manageable parts. Finally, identify your deadline for each. Share your plan with your academic coach.

<p>#1 _____</p> <p>TO DO:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Deadline: _____</p>	<p>#2 _____</p> <p>TO DO:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Deadline: _____</p>	<p>#3 _____</p> <p>TO DO:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Deadline: _____</p>
<p>TO DO:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Deadline: _____</p>	<p>TO DO:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Deadline: _____</p>	<p>TO DO:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Deadline: _____</p>
<p>TO DO:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Deadline: _____</p>	<p>TO DO:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Deadline: _____</p>	<p>TO DO:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Deadline: _____</p>
<p>Deadline: _____</p> <p>Pick one thing you can do for this task in the next 24 hours:</p> <p>_____</p>	<p>Deadline: _____</p> <p>Pick one thing you can do for this task in the next 24 hours:</p> <p>_____</p>	<p>Deadline: _____</p> <p>Pick one thing you can do for this task in the next 24 hours:</p> <p>_____</p>

Source: University of South
Carolina ACE
[http://www.sa.sc.edu/ssc/
resources/](http://www.sa.sc.edu/ssc/resources/)