Tips to Stop Procrastinating and Just DO IT!

Evaluate Your Avoidance	What's holding you back from starting or completing the task?

Too Difficult? Break it down into small parts.
Uninteresting? Get help from others in finding ways to make it interesting.
Being a Perfectionist? Let it go. Decide that you'll do all the fine tuning when it's DONE.
Fear of Failure? Do just a part of the task and ask for feedback so that you'll know if you're on the right track.

Allocate Time on a Calendar/Planner	Map out when you'll work on each subject.
Assess the Task & Do a Bit	Create a checklist for each subtask and then just do one.
Set Goals	Setting goals will allow you to understand what you need to accomplish and remind you of why.
Prioritize	Always try to tackle the most challenging task first (or at least right after a quick fun task). Putting a challenging task at the bottom of your to-do list is certain to kick you into procrastination mode. Stay motivated and productive by starting a challenge early.
Find Your Best Workspace	Avoid working where you're likely to run into friends. Bedrooms can also be really distracting, since they're not only for studying, and there are all kinds of other things that may distract you. Choose a place to work or study that won't.
Eliminate Distractions	Stop checking social media, get out of your inbox and stop looking at your phone! In fact, turn it off or leave it in your room. You can also find distraction blocker apps at www.dickinson.edu/SOAR.
Create Motivators	You may work better with a carrot or a stick approach.

The Carrot: Be ready to reward yourself with a small treat (could be chocolate, using social media, or watching a video, etc.)
The Stick: Give someone money and tell them to spend it if you're not done by a designated time. Or tell yourself "If you don't ____, you can't ____." You might also try the app http://www.stickk.com/ that helps with sticking to the goals you set.

Tell Friends or Family Your Plan	It's easier to hold yourself accountable to your plan if you have announced it. If you're working on a draft of a paper, schedule a Writing Center appointment to go over it, so you have something to be accountable for.
Don't Beat Yourself Up!	Combating procrastination isn't easy. It takes a major overhaul of your habits and a determination to adopt new strategies. Changing a lifetime of habits takes time! Take whatever steps you can. Once you do, you'll be glad you did!

Tips Compiled by Marni Jones, Dean and Director of ADS and SOAR. www.dickinson.edu/SOAR
Sources: Ilya Pozin (Founder of Pluto TV), www.keepinspiring.me, www.wikihow.com/Stop-Procrastinating, and this great article: "Overcoming Procrastination…the bane of all college students" www.collegeview.com/articles//article/overcoming-procrastination