

My space

Sociology



**ASSIGN
BUSTER**

1. Discover the type of procrastination: There are four basic types of procrastination styles. Dreamers have big plans but they seldom work to translate them into specific plans, let alone realize the dream. Worriers focus on worst-case scenarios and move away from their objectives instead of focusing on the main idea. They are problem-oriented rather than solution finders. Defiers resist new tasks or may even take new tasks up but don't follow them through till the end. The plans never materialize and are dropped half-way through. Overdoers create extra work for themselves and then run out of steam. This makes them drop their projects ultimately. Perfectionists don't start projects for fear of making mistakes or failure. Discovering individual styles makes one change behavior easily. Worriers need to focus on positives as well and keep the focus of the project. Defiers need to take up new tasks and see them through the end. Perfectionists need to lower their standards and accept that mistakes will be a learning experience.

2. Trick the mind into starting a project: Believing and ranting that I will not start a book or a write-up or study can work as long as the mind believes it to be true in actuality. Once a task has started the momentum and interest of the task is enough to carry a person through the task to the end.

3. Think ahead: Procrastination can be put off if a calendar is maintained. Whether one is accustomed to working under pressure or not, maintaining a calendar always minimizes the last minute haphazardness.

Answer 3

I could use up the commuting time for study by making a CD of my notes and listening to them while I travel. I would also like less social commitments which will free up my time for study. This can be accomplished by partying
<https://assignbuster.com/my-space/>

twice a month, having in-house dinners, and not inviting guests. Hanging a 'no entry' sign is also a good idea while studying at my table at home, which is most effective when people are visiting. Since Masters is a tougher routine, more time for each subject is required.