**Procrastination Types**

Procrastination is something that every college student struggles with. The first step to over- coming procrastination is to realize what type of procrastinator you are. There are six different types of procrastinators: **Perfectionist**, **Dreamer**, **Worrier**, **Defier**, **Crisis-Maker**, and **Over- doer**.

Use this handout with the Procrastination Self-Assessment Quiz on the Motivating Adult Learners page from the University of Maryland (<http://userpages.umbc.edu/>

~koconne1/605TheAdultLearner/quizInstructions.htm)

That assessment will help you to discover what your procrastination type is.

# The Perfectionist Procrastinator

## Characteristics:

* Tend to put forth excessive amounts of time and energy to make sure that everything they do is perfect.
* Tend to put off starting tasks due to a fear of failure or doubts about doing it the “right way.”
* Tend to see everything in life as things that have to be done, not necessarily what they want to do.

## Strategies for Perfectionist Procrastinators:

* Strive for excellence rather than perfection
* Focus on what’s realistic rather than ideal
* Avoid “all or nothing” thinking
* Change your “have to”s to “want to”s
* Give yourself a time limit for completing a task
* Make a daily “to do” list that’s short and practical

# The Dreamer Procrastinator

## Characteristics:

* Tend to recoil from anything that might be difficult or distressing.
* Tend to be passive rather than active.
* Tend to pay little attention to facts or details, making it hard to focus on and perform diffi- cult tasks.
* Tend to think of themselves as special people, for whom fate will intervene, making hard work and efficiency unnecessary.

## Strategies for Dreamer Procrastinators

* Train yourself to differentiate between dreams and goals
* Develop the habit of thinking with “5 W’s and 1 H”: What, When, Where, Who, Why, and How.
* Change your *wish*’s, *like to*’s, and *try to*’s to *will*’s
* Change your *someday*’s and *soon*’s to specific times
* Plan each major project in writing, using a time line and specifying each step you will need to take
* Seek more interaction with other people

# The Worrier Procrastinator

## Characteristics:

* Tend to be indecisive and often fail to commit themselves to the specific decisions they do make.
* Tend to lack confidence in their own abilities, causing them to avoid or delay doing things.
* Tend to be dependent upon others for advice, reassurance, nurturance, and help
* Tend to have a high resistance to change, preferring the safety of the “known” over the risk of the “unknown.”

## Strategies for Worrier Procrastinators

* Recognize making no decision, is, in fact, a decision
* Follow a two-step decision-making process: first commit yourself to the goal, then deter- mine the steps you’ll take to achieve that goal.
* Change your *I don’t know*’s to *One thing I do know is*…
* Change your *I can’t* statements to compound sentences: *I can’t…but I can*…
* Each day, do at least one thing you’ve been consciously putting off
* Each week, do something that you’re generally uncomfortable doing
* Break down every large, intimidating project into an assortment of smaller, easier-to- manage tasks.

# The Defier Procrastinator

## Characteristics:

* Tend to see life in terms of what others expect or require them to do, not what they them- selves would like or want to do.
* Tend to avoid expressing negative feelings; instead they convey those feelings by procras- tinating.
* Tend to use procrastination as a way of challenging authority.
* Tend to be pessimistic in nature, undercutting their motivation to complete tasks in a timely manner.

## Strategies for Defier Procrastinators

* Learn to view what someone else wants or expects as a request, not a demand.
* Mean what you say
* If you haven’t done something, own up to it.
* Strive to act rather than react
* Do what you know needs to be done
* Try to work with a team, not against it.
* Do something specific that will satisfy you because it’s done your way.

# The Crisis-Maker Procrastinator

## Characteristics

* Tend to first ignore the task, then feel intensely caught up in it, when faced with an undesir- able task.
* Tend to dramatize situations, making themselves the center of attention.
* Tend to be easily bored and resist the “dullness” of doing things rationally and methodically.
* Tend to have a need to prove themselves by living on the edge.

## **C:\Users\rspannagel1\Downloads\NSTP Header.png**Strategies for Crisis-Maker Procrastinators

* Identify other self-motivators besides stress.
* Strive towards changing your thinking style from extremist and general to moderate and specific.
* Avoid overdramatic, polarized language
* When discussing a task or responsibility, try to focus on the positive or active, rather than the negative or reactive.
* Figure out methods for handling things so that you can avoid or more successfully manage- recurring crises.
* Create your own motivators to change a boring task to a more interesting one.
* Understand that you may not feel interested in something until after you get involved in it.

# The Overdoer Procrastinator

## Characteristics

* Tend to suffer from low self-esteem, compelling them to take on more work than they can handle.
* Tend to have trouble saying “no” or asking for help.
* Tend to assume so many different responsibilities and roles that they easily get distracted from specific tasks and confused about priorities.
* Tend to lack true self-discipline, especially in regard to personal needs.
* Tend to find it very difficult to relax without feeling guilty or ashamed.

## Strategies for Overdoer Procrastinators

* Acknowledge the difference between priorities and demands.
* Try not to depend on other for approval
* Focus your thoughts on how you are going to gain control over things, not how things are controlling you.
* Don’t hesitate to say “no” to others when it’s appropriate.
* Talk more about your options than your obligations
* Make and follow daily “to-do” lists that make the best use of your time and energy
* Enlist help whenever appropriate.
* Incorporate an ample amount of leisure activities into your life

