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November 6, 2021

Grade 12A-St. John the Evangelist

ACADEMIC PROCRASTINATION

Academic procrastination is a naturally experienced concern for primary to tertiary students. Students practically procrastinate, which might cause anxiety presses and decreased assessment scores. Furthermore, students become lazier and unmotivated since it is online, and they see their friends virtually. Lack of motivation can be a source of hesitation, overthinking, and delaying of tasks.

To block the mindset of having procrastination, set a goal. For instance, prepare or read the given books and modules. Each day, make one to three school works or performance tasks. Then, take a break to promote self-regulation and decrease procrastination. These results can lead to change; it will escort to increase test scores and improve performance. Also, time allocation is significant to ascend self-control and academic achievements.

Since I am a senior high school student, I expect loads of works and countless memorizations. But, sometimes I experienced laziness, but still, I did not neglect my responsibilities as a student. It is inescapable to give a teacher tons of assignments, quizzes, and performance tasks, so think of it as a challenge. This challenge can be used in college, as well as in future work. If you overcome it, then you are a certified multitasker and achiever.