

STUDY SKILLS & PROCRASTINATION



Overcome procrastination and gain new study skills with these quick tips!

REFLECT ON THE REASONS BEHIND YOUR PROCRASTINATION



Procrastination is rarely the result of laziness or lack of motivation. More often, procrastination is used to avoid judgment of our abilities. The first step to overcoming procrastination is to understand the reason behind it.

PLAN FOR SUCCESS

Create a timeline for your task or project with small goals each day. Remember to make your goals realistic by considering the time and effort they require.



BUILD IN INCENTIVES TO YOUR WORK

When you complete a difficult task, reward yourself with a treat such as a cup of coffee! By rewarding yourself every time you complete a task on time, you increase your motivation to get your work done.

TACKLE YOUR MOST DIFFICULT TASK FIRST

Try starting your day with your most difficult task as it allows you to spend the rest of your day on tasks you enjoy more. Finishing your difficult task in the morning also can increase your motivation to continue working throughout the day.



SHARE ACCOUNTABILITY



Reach out to a study group, friend, and/or family member to hold you accountable to the work you are supposed to accomplish in a day. Not only will it help keep you on track, but it's also a great way to connect with those around you!

JOIN A STUDY GROUP

Learning communities, such as study groups, facilitate greater academic achievement and resilience in STEM programs including Engineering¹ and can add fun to studying! Speak to your [Local Wellness Advisor](#) to connect with other students or take part in [online tutoring sessions](#) offered by your faculty.



LEARN HOW TO TAKE YOUR EXAMS

Set yourself up for exam success by familiarizing yourself with the format and types of tests you will be taking in your program. Try a free [McGill SKILLS21 course](#) on taking exams!

STRENGTHEN YOUR NOTE TAKING SKILLS

Set yourself up with tools that will facilitate studying. Taking good, subject-specific notes is a key mechanism to enable you to study when the time comes. Try a free [McGill SKILLS21 course](#) on note taking! (See below)



MAKE USE OF TUTORIAL SERVICES

[Tutorial Services](#) are another great resource at McGill! Whether you are looking for a tutor in a specific course or seeking tools and resources for academic skills development, browsing Tutorial Services' webpages is a great way to begin strengthening your study skills.



For a **complete list of references** check out the Reference List page at www.engineeringresilience.ca

Contact us for more information at engineeringresilience.education@mcgill.ca

