

WHAT'S IT ALL ABOUT -PROCRASTINATION?

If putting off tasks is seriously affecting your academic work or other aspects of your life, then you may have a problem with procrastination.

This workshop helps you understand how and why you procrastinate, and shows you what you can do to overcome procrastination.

This informal workshop enables students to share their tactics for avoiding tasks, ponder the consequences, and build up a set of tools and techniques that encourage breaking of familiar habits.

Procrastination is not an untameable beast!