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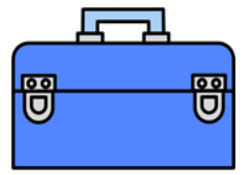
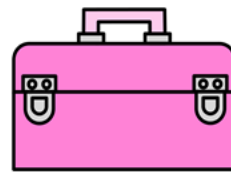
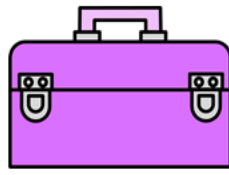
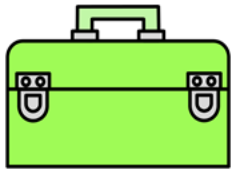
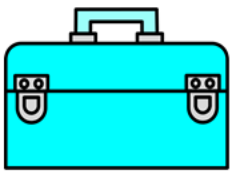


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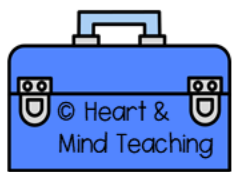
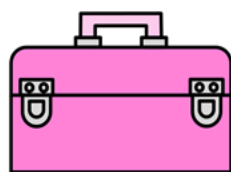
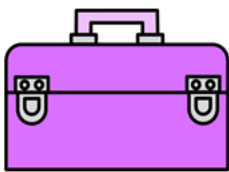
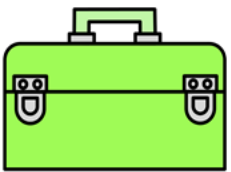
If you have any questions or concerns please email me at:
heartandmindteaching@gmail.com

♥
Ashley

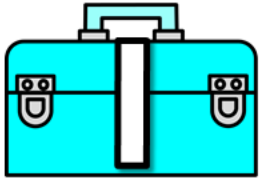


BEHAVIOR TOOLBOX

Procrastinator



BEHAVIOR TOOLBOX



Procrastinator

What it looks like

- *Student frequently puts things off, causing them to not complete assignments or turn in incomplete or rushed through work that lacks quality. It impacts his/her grades due to lack of completion.
- *He/she has no sense of urgency.
- *He/she often talks a good game and often acts like they want to get the work done but they complete very little.
- *Student will volunteer or offer to do something but never actually gets it done.
- *Student has an "I will do it tomorrow" attitude, but when tomorrow comes, has the same motto.
- *Student appears to have a need to please and wants to get the job done, but lacks initiative.
- *Others may get upset with student because he/she let them down and have low expectations of task completion.
- *Procrastinating could be due to inability or thinking they are unable to achieve, it could also be because they have not been taught to be assertive and responsible when it comes to work completion.

Procrastinator

BEHAVIOR TOOLBOX



Procrastinator

What to do

*Speak to the student and be specific, tell the student that you can see that they procrastinate. Explain that putting things off is normal to a certain extent, especially things you do not want to do, however it is impacting the quality of their work.

*When giving this student a task or assignment, be very specific about deadlines. For example do not say "as soon as possible", instead say "Tuesday before the end of the school day".

*Teach the student how to plan in advance. For projects that take a lot of time to complete, give him/her deadlines for a certain amount completed on specific dates leading up to the deadline for the completed full project. This can also be done class wide.

*Take advantage of this student's need to please, use praise and check in with the student on work progress. The student's sense of urgency will develop when they get the benefits of not procrastinating. Say to the student "Why are you so nervous about starting this? You can do this!" Offer a reward if completed on time.

*Help the student develop an alternative to "I will do it tomorrow", instead, "I will do only half today and half tomorrow." Or "If I get it done now, tomorrow I can relax and have free time".

*Starting is the hardest part for procrastinators, help them start the assignment or project and tell them to focus on the most important part of it for 10 minutes (5 minutes if they have a short attention span) and then they can take a short break. Remove distractions from work area.

*Break tasks down into chunks, long essays or assignments can be overwhelming. Have the student start by making a list of things they need to do to complete the assignment. Start with the hardest tasks first.

Procrastinator

BEHAVIOR TOOLBOX



Procrastinator

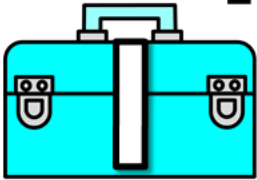
What NOT to do

- *Do not get mad or embarrass the student in front of other students by talking about the issue in public.
- *Do not forget that the student does have a desire to please.
- *Do not let the student take on more than they can handle.
- *Do not use broad deadlines like "at your earliest convenience" or "get it to me when you can". Be very specific when giving this student a deadline.
- *Do not let the student stress out over procrastinating, if they are worried about the fact they have not started a long project and its due soon, they will not be focused on completing it in the here and now.
- *Do not neglect to speak to parents, they are likely frustrated by the same thing. Work together to fix it, have the parent ensure the student has a workspace at home with as minimal distractions as possible (No T.V. or phone nearby), have the parent set small goals of partial completion working towards full completion and a reward when completed. If the work area is noisy, the student might benefit from listening to music with no lyrics to better focus.

Procrastinator

BEHAVIOR TOOLBOX

Procrastinator Quick Guide



what it looks like

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*Starting is the hardest part, help them start the assignment or project and tell them to focus on the most important part.



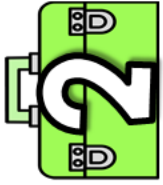
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*Do not let the student take on more than they can handle.

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*Do not neglect to speak to parents.



Procrastinator

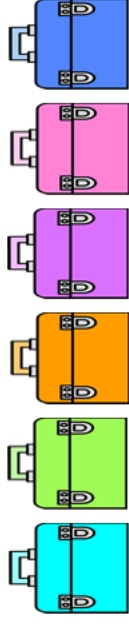
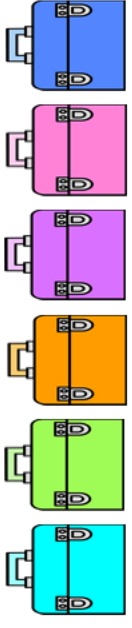
What to do (Cont.)

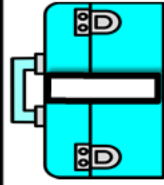
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"A change in
behavior
begins with a
change in
the heart."

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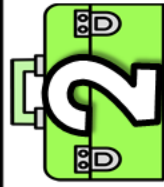




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- (Continues on the flap)



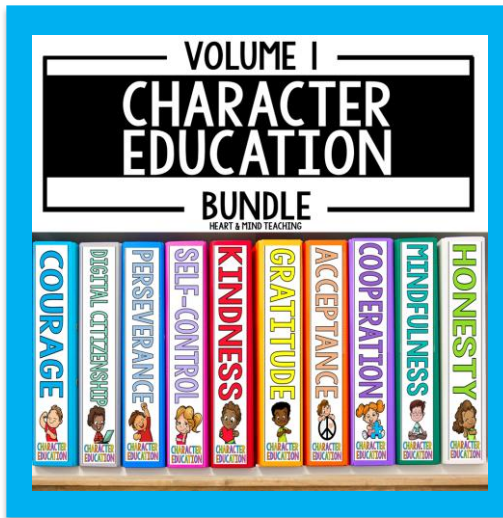
Procrastinator

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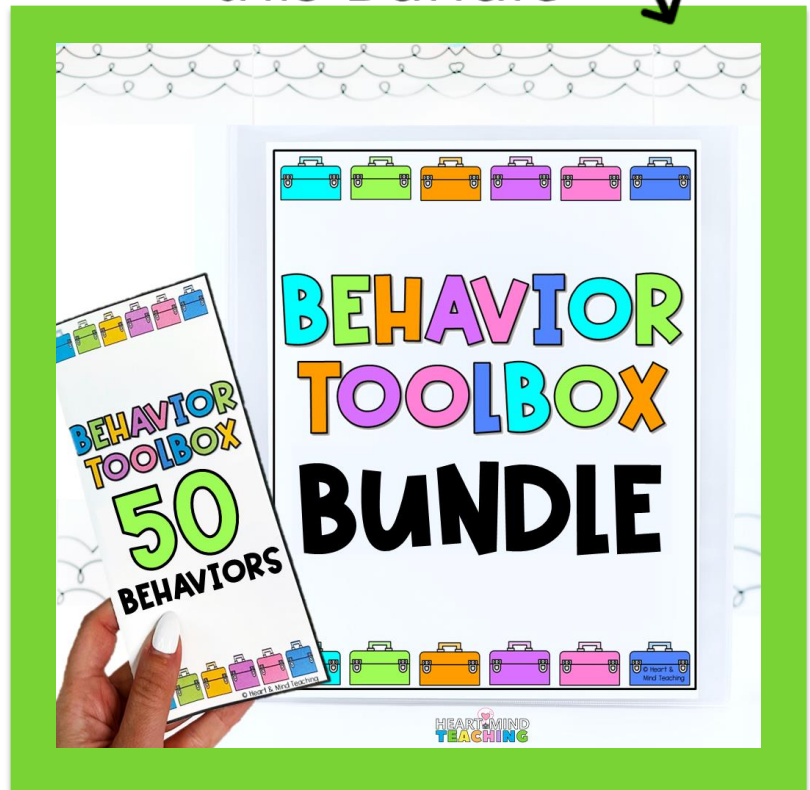
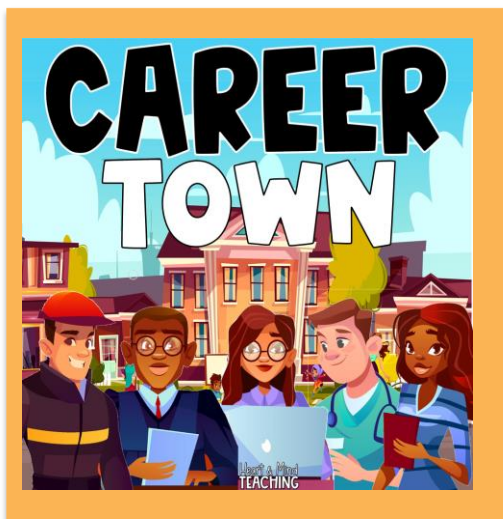
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Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

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Ashley

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