Procrastination
A guide to submitting your exams and assignments on time

Scene 1
Procrastination, we all do it.
[Man relaxing in a hammock on a beach. Hammock is hanging from the “P” and “N” in the word procrastination]

Scene 2
Resisting the temptation to put off work in place of play can be a tough habit to break.
[Papers and textbooks appear on a couch]

Scene 3
After all, there’s a new season of your favourite show that you want to watch, and a video game you want to beat.
[Man watching TV and playing video games.]

Scene 4
The problem is that those assignments and exams still need to be submitted on time.
[Previous papers and textbooks appear on his lap]

Scene 5
You can take time for the stuff you want to do, as long as you also take time for the stuff you have to do.
[A Seesaw is balancing back in forth, with one end containing homework and school related responsibilities, and the other end containing fun related activities such as pizza, traveling and computers. A student is cheering as the seesaw finally balances]

Scene 6
Luckily, there are time management strategies that can teach you how to curb your procrastination
[Man in office setting looks frightened and is trying to avoid responsibilities]

Scene 7
and help you get started on your assignments.
[Previous man puts on glasses and gets to work]

Scene 8
Not sure how long it will take you to complete an assignment?
[A clock appears with its hands spinning uncontrollably]

Scene 9
Use an assignment tracker to plan your time out properly.
[Assignment tracker icon appears next to clock]

Scene 10
This way you get the best of both worlds – no last minute panicking and plenty of downtime for the fun stuff. [Two images of the world appear, one with a woman working hard and the
other with a woman flying around the world]

**Scene 11**
Check out the Time Management resources to stop procrastinating and start working on your assignments.
[Time management icon appears next to instructor]

**Scene 12**
Happy Studying!