



## Why students procrastinate

There are many reasons for procrastination. Each task that you procrastinate may be for a different reason. When you boil it down, procrastination is often a combination of motivation, confidence, and comprehension issues. Here is a list of common causes.

### Example causes of procrastination among students:

- Lack of motivation, interest or joy completing a task
- The goal and relevance of the task are unclear
- The task itself is too vague
- Low self-confidence, fear of failure and perfectionism
- Lack of understanding and how to accomplish the task
- The task seems too large, difficult and overwhelming
- Trouble concentrating or a low energy level
- Difficulty organizing or initiating a task

## Effects of procrastinating

Procrastinating can lead to stress, anxiety and low performance. Here are a few reasons why:

- You will likely run out of time and your work might look incomplete.
- Your work will be hurried, which will create stress.
- The task will not get easier and you will likely lose your chance to ask for help.
- You will have no buffer in your schedule for unplanned life events.
- Good ideas take time.

Not procrastinating gives you the chance to amaze yourself and others! Want to know how? Keep reading: [Stop Procrastination – Today!](#)