



Procrastination

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What is CRE101?

In this class, we learn about how to critically read and think. This requires us to have a flexible mind through a variety of activities to become a critical thinker. The activities have us learn about deduction vs. induction, finding fallacies, marketing ploys, and how to create a valid argument.

My Goal:

My goal is to recognize one of my critical thinking weaknesses and make a plan on how to improve on it.

step 01

My Plan

My plan was to create journal entries and log my progress with completing my assignments and turning them in on time or not. This will help with improving my procrastination or my awareness of it.

Info.

What causes procrastination?

Procrastination happens for a various amount of reasons. People procrastinate out of fear that they will not do well (low self-esteem), have poor time management, lack of motivation, a way to temporarily cope with a situation, they simply don't want to do the task, etc.

My First And Last Journal Entries

Friday 2/24

“I procrastinated my bio test all day to the point where it was 12:01 am and just remembered that I still haven’t taken it yet and was not able to get it reopened”

Monday 4/24

“I turned in my bio rough draft presentation in on time and finished my project. I could have started my project a week earlier but I still got it done in time. The only missing assignment I have is a lab that was due last night, but I plan to turn it in today. I also have one COM110 assignment that I will turn in on time today.”



Conclusion

I think I have had some improvement with my procrastination. I have improved on looking ahead of time to see what's due that week instead of just looking at the ones due that day. I think I could use more improvement, but overall, I have improved a little bit and have gained more awareness and tips on how to improve for the future.

— Irene M. Pepperberg