

Stop procrastinating now

We all procrastinate, so quit beating yourself up and decide to stop procrastinating today.



Commit to starting

Acknowledge that everyone procrastinates; it's a part of human nature. Make a firm commitment to stop procrastinating and start today. Identify your most productive times during the day and utilize them wisely.



Set realistic goals

Establish achievable study goals for each session. Prepare everything you need in advance to minimize distractions. Remove your phone and block social media access to maintain focus.



The 10-Minute rule

Use this rule to start a study task and work on it for 10 minutes. After the 10 minutes, decide if you want to continue or take a break. Most often once you are into the study, you will opt to continue with it, as starting is the hardest part. Use positive self-talk to help you: "I am choosing to study now" instead of "I have to study". Choice gives you a sense of agency.



Self-encouragement

Praise yourself for your efforts and progress. Avoid self-criticism and negative self-talk. Cultivate a mindset of self-empowerment and control. Set daily rewards for completing tasks as positive reinforcement keeps you motivated and engaged.



Reflect on your thoughts

Analyse the thoughts and emotions that arise when you feel like procrastinating. Speak to a professional to address the underlying issues such as fear of failure, imposter syndrome or perfectionism.



Accountability buddy

Find a study partner or friend who can help you stay on track. Collaborative studying with peers can provide motivation and support.



Long-term planning

Use an assessment planner to schedule study sessions and due dates. Balance work, leisure, and fun activities in your schedule to avoid burnout.



Reach out for support

The UQ Learning advisers have resources and help available, along with Medical School Student Support.



Seek support:
Medical School
Student Support



CREATE CHANGE