

The Counselor's Corner

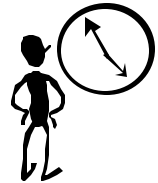


NWMSU Counseling Center's Bi-Monthly Newsletter



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Deadline Dodge—How to Beat Procrastination



With the end of the school year looming in the near future, many college students find themselves in a time crunch to complete assignments. If you find yourself suffering from deadline dodge, here are a few tips to help you meet or perhaps beat that deadline:

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1. Stop worrying and start working.

To break through the anxiety barrier, start working. Begin with a commitment to work five minutes. Reward yourself for that five minutes and decide if you can handle another five minutes of it.

2. Slice the task into manageable pieces.

Too often students feel overwhelmed by the size of the task. Set up a series of mini goals for each project. There is a feeling of satisfaction that goes along with achieving small goals. Feelings of accomplishment and satisfaction will keep you going.

3. Set reasonable standards of performance.

Perfectionists are especially vulnerable to procrastination. Some students would prefer to avoid a task than to risk making an error. Their rationale is, "if I don't start I can't fail." Make a list of the pros and cons of perfect performance. You may find that the disadvantages prevent your academic and personal growth.

4. Choose a quiet workplace.

Give yourself room to spread out and stock your study area with reference materials that you use regularly. A quiet organized study area will aid your concentration.

5. Use your time wisely.

Deadline dodgers tend to underestimate the amount of time required to do a job. Meeting a deadline requires allowing extra time for the unexpected, learning to use small amounts of time efficiently and adhering to your schedule.

6. Make a priority list.

Start with the number one task on the list. The number one task may be the most disagreeable but it may also be the one that is most important to complete. Most procrastinators will go to the bottom of the list and do the less important items and avoid the more challenging assignments.

7. Reward yourself.

Give yourself some positive reinforcement for making progress on the task. Procrastinators often value only the finished product, but it is important to realize that small steps are also accomplishments.

8. Use your campus resources.

The Northwest Counseling Center provides counseling services for students with concerns about procrastination. Other alternatives for services include the Talent Development Center, the Writing Center, the Math Lab, as well as your professor or advisor.



Combating Spring Stressors

Spring can be a stressful time of the year for many college students.

Below is a list of common college stressors this time of year:

- ? Vocational choices may be looming on the horizon, which can cause anxiety and depression.
- ? It can be a difficult time for many as they begin to realize the financial concerns they may be faced with in the near future.
- ? Depression begins due to the anticipation of separation from friends and loved ones at college.
- ? Couples begin to establish stronger ties (engagements) or experience weakening of established ones.
- ? Senior panic about jobs (or lack of jobs) and ability to finance oneself until the first paycheck.



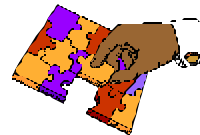
The following is a list of stress relievers to help ease this difficult time:

- ? Relax—Make time to do things that relax you. Take a warm bath, sit quietly and breathe deeply, practice yoga or relaxation techniques, meditate.
- ? Laugh—Laughter releases chemicals in your body that make you feel good. Tell a joke, watch a funny movie, go to a comedy club.
- ? Exercise—Regular exercise helps relieve tension in your muscles and releases chemicals in your brain that make you feel good. Take a brisk walk, become a member of a gym, aerobics or yoga class.
- ? Organize—When working on a task, focus on the individual steps to complete the task so you're not overwhelmed. Set a routine, jot down appointments, keep a daily calendar.
- ? Talk—Discussing your situation with someone can make it less overwhelming. Share your thoughts, feelings and fears with a friend or family member, join a support group, seek counseling.



Solve the Cryptogram

Mark Twain Quote for Spring-



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(answer in the next issue)

New Website Up and

The Counseling Center has a new and updated website. Check it out at:

<http://www.nwmissouri.edu/counseling/index.htm>

