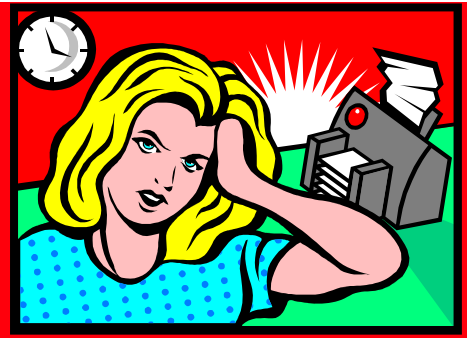


COUNSELLING SERVICES



DO YOU PUT STUDYING OFF...AND OFF...AND OFF...AND...?

DO IT NOW!

SEVEN SESSIONS TO HELP YOU REDUCE PROCRASTINATION

PRO-CRAS-TI-NA-TION (noun): “the art of making something into more than it is, until it expands into more than it needs to be”. (William J. Knauss, *The Procrastination Workbook*)

Do you:

- ✓ habitually wait until the last minute to work on an academic task, putting yourself under great pressure?
- ✓ commonly find yourself thinking regretfully about assignments or tests “If only I’d started earlier, I could have done so much better”?
- ✓ frequently under-estimate how long it will take you to complete a study task?
- ✓ sometimes miss academic deadlines completely?

If so, you may be struggling with chronic academic procrastination. If you are ready to make a change, this seven-session FREE group may be right for you.

In this group, you will:

- ✓ assess your degree of procrastination
- ✓ evaluate your procrastination style and determine likely causes
- ✓ develop psychological strategies to challenge your beliefs, manage your emotions and change your behaviour
- ✓ learn concrete, practical strategies to manage academic projects and avoid being overwhelmed
- ✓ take action to reduce procrastination NOW!

DATES/TIMES:

Wednesdays, 4 to 6 pm
February 6, 13, 20 & 27, March 5 & 12, April 2

LOCATION:

Surrey Campus, Room TBA

FACILITATOR:

Wendy Belter, MA
Kwantlen Counsellor

TO REGISTER:

Although there is no cost, you *must* pre-register. Please contact the facilitator directly:

wendy.belter@kwantlen.ca
604.599.2006

SURREY CAMPUS

COUNSELLING SERVICES

604.599.2044 counsell@kwantlen.ca
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