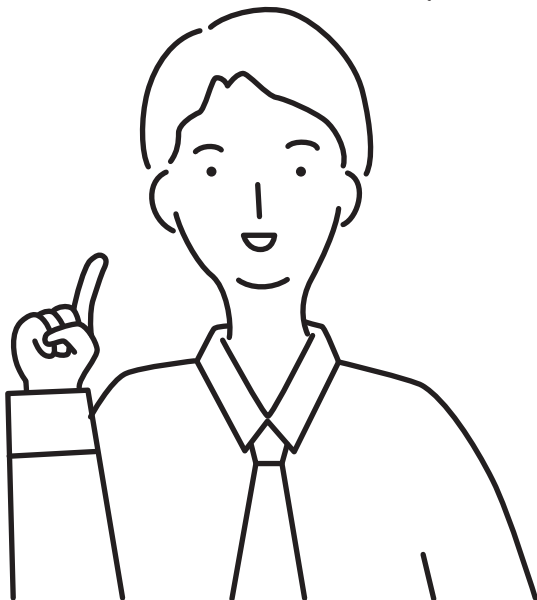


## Introduction

In University life, you must deal with a variety of problems, such as academics, friendships and employment. Meanwhile, isn't there a lot of trouble? I want to talk to people, but I'm embarrassed that I can't ask and there are no people who can talk to me. Step by step of work on each problem can make it easier for you to solve it yourself. If you are wondering whether to go to consult about your problems, here are some tips to solve some of the most common problems in university life. If you know not only the problem you are having but also how to deal with another problem, you may find things can do when your friends and other people are in trouble. By all means, read it once. If you would like to ask about more detail, please feel free to use the nearby Center for Health Sciences and Counseling.



## Welcome everyone

[Contact us at Center for Health Sciences and Counseling]

○Mon. – Fri. 9:00-17:00

○<http://www.chc.kyusyu-u.ac.jp/>

**Center for Health Sciences and Counseling**

(2<sup>nd</sup> floor, Big Sand) 092-802-5881

**Center for Health Sciences and Counseling,  
Center Zone, Ito Campus**

Ito Center Zone (1<sup>st</sup> floor, Center Zone 1) 092-802-5859

**Center for Health Sciences and Counseling,  
Ito Campus West Zone**

Ito West Zone (3<sup>rd</sup> floor, West Zone 3) 092-802-3297

**Center for Health Sciences and Counseling,  
Hospital Campus**

(1<sup>st</sup> floor, Building of Administrative  
Offices of Research and Education) 092-642-6889

**Center for Health Sciences and Counseling,  
Chikushi Campus**

(old health science center) 092-583-7685

**Center for Health Sciences and Counseling,  
Ohashi Campus**

(2<sup>nd</sup> floor, Design Commons) 092-553-4581



## Selfcare series for students

[Student life]

1. Student counseling Q & A
2. How to make small talk
3. How to take tests and make presentations
4. How to not procrastinate
5. How to get over failures
6. How to deal with parents during adolescent year
7. How to control anger
8. Transfer students
9. How to manage your schedule
10. Friendship at the university
11. Quit the university?
12. For students that plan to study abroad

[Mental and physical health]

1. Sleep disorder
2. Headache
3. Anemia
4. Intestinal issues
5. Adjustment disorder
6. Anxiety disorder and panic disorder
7. Cause of depression
8. Symptoms of depression
9. Autonomic nerves and autogenic training
10. Relaxation
11. Health issues associated with smoking
12. Infectious diseases

Source: Center for Health Sciences and Counseling, Kyushu University.

Illustration by Chiyo Inoue

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Selfcare



For students

Student life 4

# How to quit procrastination



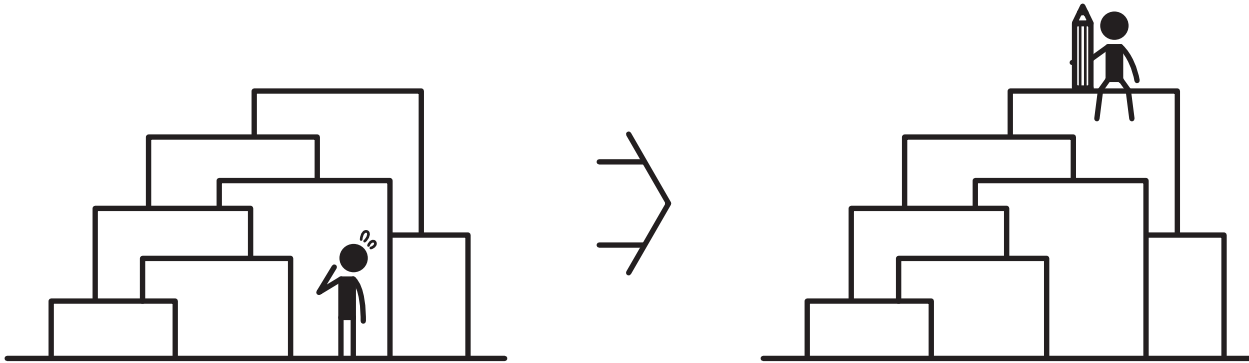
This pamphlet summarizes the information necessary for you to manage the mental and physical problems you may encounter. Please refer to this pamphlet as needed.

**Kyushu University**

Center for Health Sciences and Counseling

# How to quit procrastination

Why do you put off even if you know that you have to do it because it is difficult to study and work a lot of tasks?



## Why are we procrastinating?

### 1 Seek fun and avoid suffering

- 1.I'm distracted by something interesting or fun
- 2.I'm going to have an easy time for the time being.

### 2 The environment not organized

- 1.There's a lot of space to study and work.
- 2.I don't have what you need to do the assignment.

### 3 I don't know what to do

- 1.I don't know how to finish the assignment.
- 2.I started but I'm tumbled in someplace and can't get out of there
- 3.Concentrate on the details and lose sight of the goal

### 4 Not confident in yourself

- 1.giving up with someone who is naturally procrastinating
- 2.I'm used to thinking that I've put off again.
- 3.I feel I can't do what other people can do
- 4.I don't like to produce poor quality results.
- 5.I think that what I do is not a big deal.

### 5 Time management and goal setting swell

- 1.I can't find time to move on with my assignment.
- 2.Set goals and priorities strictly
- 3.It takes longer than I think.

## How can we quit procrastination?

### 1 Make room and space to focus.

- 1.Let's make time to focus.
- 2.Make sure you have time to sit at your desk when you are well

### 2 Try to advance a little even if you don't feel comfortable.

- 1.Let's write down everything we have to do.
- 2.Let's do one or two things that are likely to be put on their hands in it.
- 3.After 30 minutes of hard work, you took a break and said, "I've been a little advanced. Let's think about it."

### 3 Check Marks.

- 1.Let's finish what the deadline is about to be.
- 2.Plan your assignment and decide when to finish it.
- 3.When you're done, make a mark and enjoy your sense of accomplishment.

### 4 Face something that you don't want to do.

- 1.Let's face something we just don't want to do for five minutes a day.
- 2.I'll reward myself for my hard work.

### 5 Get help from others.

- 1.If the problem doesn't progress due to lack of knowledge or information, ask your teacher.
- 2.Work with encouraging friends to get started
- 3.Make a person who can report progress on a regular basis and make an appointment.