**Strategies to Prevent Procrastination**

Source: Trinity College Dublin (2017)

**Take Action**

Do some type of work, any type, to get started and create momentum.

**Salami Technique**

Cut a task into small slices, and work on each slice in turn.

**Worst first**

Tackle the worst, most boring task first and then the rest will seem easier.

**Make commitments**

Create mini-deadlines for yourself.

**Reward Yourself**

Take breaks and rewrad yourself during your study with coffee, Netflix etc.

**Change Subjects**

Keep it fresh by changing subjects regularly.

**Reference:**

Trinity College Dublin (2017). *Procrastination handout*. Available at: https://student-learning.tcd.ie/about/what/workshops/ (Accessed 11 October 2017).