

ABC 702 Sydney (Sydney)
Evenings - 27/06/2007 - 09:37 PM
James O'Loughlin

O'Loughlin talks to Hugh Kearns. Head, Staff Development and Training Unit, Flinders's University and Maria Gardiner, Psychologist, Flinders University about procrastination. Kearns says a lot of it comes down to fear of failure or success. Gardiner says there are often tasks that people just don't want to do and that's another reason they put things off. Kearns says we use our intelligence against ourselves and we come up with plausible ways to procrastinate by getting involved in other things. Gardiner says one step to getting over procrastination is by doing a small amount of action, which gives you more motivation and leads to more action. Kearns says to break down tasks into little bits then give yourself a reward. They all agree that procrastination can lead to a negative view of yourself. Kearns says one strategy is to set a deadline and you also need to look at the consequences of not doing something.

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Interviewees: Hugh Kearns. Head, Staff Development and Training Unit, Flinders's University; Maria Gardiner, Psychologist, Flinders University
Duration: 15:00