

ABC 720 Perth (Perth)
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Bernadette Young

Head of the Staff Development and Training Unit at [Flinders University](#) Hugh Kearns says almost everyone procrastinates at some time, and one of the most common actions of procrastination he encounters is answering emails. Kearns says he works with PhD students, doctors and business people and has found that the more clever people are, the more clever ways find find to avoid performing tasks they do not want to do. Kearns says he recommends setting a reward for yourself for finishing a task.

Interviewees: [Hugh Kearns](#), Head of the Staff Development and Training Unit at [Flinders University](#)

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