



Four reasons why teens and tweens procrastinate with assignments

(and how parents can help)



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Do you have a teen who avoids starting their assignments?

Are you constantly nagging your tween to do their homework?



We all do it!

Avoiding that task that we know we should do and delay doing it until the last minute.

To understand how to help your teen or tween, you need to understand the cause of procrastination in the first place.

This ebook outlines the causes of procrastination and suggests ideas to assist your teen or tween to conquer this difficult obstacle (and create more peace in your family).

There are four main reasons why students procrastinate, let's explore them...



It's so boring



Students often study subjects they have no interest in because they don't have a choice. There are some tasks that are mundane and the thought of it is a deterrent. Naturally students will avoid these tasks.

Try these ideas to get the work done...

Solutions

- **Make an appointment** – create a plan and set a time to complete the assignments that need to be done. A task without a set time doesn't get done.
- **Set time limits** – give a task a beginning and end, otherwise the student feels like it will go on forever.
- **Chunk it** – break it into manageable stages so it can be completed in short sessions.
- **Do the worst thing first** – when completing homework do the least favoured tasks first. This gives the student an opportunity to look forward to a more enjoyable activity.



I Can't Do It

None of us enjoy trying to complete a task that we don't understand or can't do. When you don't know how to do it or don't understand what needs to be done, you will avoid it. Often students will not tell anyone they can't do it, they just don't do it.

Here are some suggestions to help...

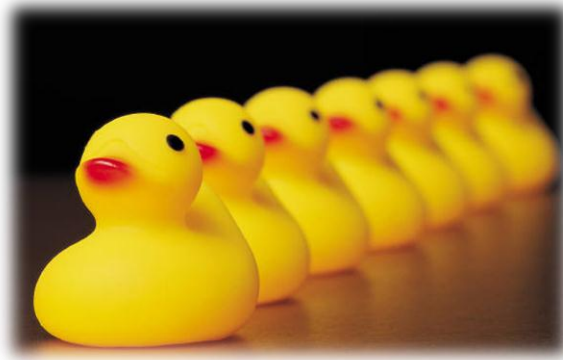
Solutions

- **Get help** – contact the teacher and find out what they are asking for, they are the best person to explain what is expected and the concept they are looking for.
- **Go to a workshop** – there are workshops and tutoring services that help students to understand the concepts presented in assignments. Sometimes it is helpful to have a person other than a parent work with your child.
- **Google it** – it is amazing what you can discover. Just make sure your research is from a reputable site. There are some great YouTube clips that explain a variety of concepts.





The Perfectionist



Some students are perfectionists. Everything needs to be completed to an unrealistic standard and this can be overwhelming. Teens will avoid what needs to be done because they don't have everything as they like it or they worry they will not get it right. So they avoid starting.

Try these ideas to break through the procrastination...

Solutions

- **Focus on excellence** – shift your child's mindset from making it perfect to showing an excellent attempt. They don't have limitless time, so help them to see the great work they can achieve with the time and resources they have.
- **Personal Best** – teachers want to see the student's personal best. It is not about getting the perfect mark, it is displaying the best a student can offer and what they have learned.
- **Don't do it for them** – give them the satisfaction of achieving it themselves. If you do it for them, they will think they are not good enough.
- **Praise** – it is important you encourage your child as they progress. Focus on their effort and application rather than the product.



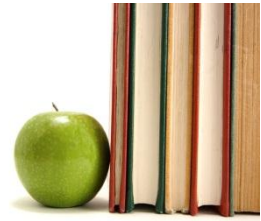
Not enough time

Teens are busy people. They have a myriad of activities in their life. Teens often don't have enough time or set times to get their homework completed.

Here are some suggestions to gain time...

Solutions

- **Set a prioritised time** – set a regular time for homework to be completed.
- **Allow enough time** - work out how much homework your child has been given and create the right amount of time to have it completed.
- **Get creative** - not all work needs to be produced at a computer. Students can read an English novel while waiting in the car during a sibling's sports practice.
- **Set time limits** – students need a beginning and end to their homework time. They need to know what is to be achieved within the allocated time.
- **Enough is enough** - teens should not be spending hours and hours every night completing their work. If you are concerned see your child's teacher and discuss how their work can be streamlined.



Finally ...

Sit down with your teen and work out a plan together to help overcome their procrastination.

Let them learn from their mistakes. If they don't do their work they need to face the consequences through school and at home (e.g. losing a privilege).

Remember to encourage and praise your teen for their efforts. It will take time to change habits. Pace yourself, it is a marathon not a sprint.

Thank you for the opportunity to help your teen.

What has worked for your teen?

We'd love to know how this ebook has helped you and your teen.

Tell us:

What strategies worked for your teen?

What other organisational issues do you want help with?

on **Facebook/OrganisedSolutions**

Or contact us at **emma@organised-solutions.com.au**

We look forward to hearing about your success and how we can help you.

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