1. One of the biggest ways that procrastination has gotten in the way of my success and goals is through my school work. In high school, I was assigned a research paper. In this paper, we were given several weeks to complete research and several rough drafts. Even though the process was heavily scheduled and watched, I slipped through the cracks with “half-assed” drafts and claims of misunderstanding of the paper. When the paper was actually due though, I had crammed weeks’ worth of work into only a couple of days. This ended up with me not having a full paper and overall a bad grade. The heavy workload that I left for myself caused a lot of stress that took a lot some of my focus away from other subjects. If I had just done the work incrementally like I was supposed to, the pressure to finish wouldn’t be as high and the stress levels would have lowered. It also would’ve most likely led to a better grade on the paper and a better grade in the class. Procrastination was the biggest obstacle for me in this situation and without it, success on my paper would’ve been more easily achieved. Another example of when procrastination has hurt me in school is when I registered for my first quarter here at De Anza. Over the summer, I always had the thought of registering in the back of my mind, but I never really got around to it. When I did end up finally looking for classes and registering for them, I realized that I had been much too late and most of the classes that I had wanted or needed to take were already full. Because I waited so long to register, I only took GE unit courses. While this wasn’t too bad of a situation, I could’ve been much more efficient with the classes that I took and I would’ve been much farther on track for my life goals. As shown by these two examples, schoolwork has been heavily affected by procrastination.

2. I hate wasting time on things that I don’t get anything out of, even though I do that most of the time. Many people don’t like wasting their time, but they do it anyway. I think it’s an addiction for me because I like playing videos games and having fun rather than doing work. Although I love having fun, I also love working hard. I only work hard if I’m not distracted, I have to be focused. Distractions waste my time that keeps me from focusing more on school. One of my biggest distractions is my friends. I love me friends, but I also love sleep. I need my sleep to grow taller and for my health. My friends distract me from doing my work sometimes, which makes me do the work later or last minute. Sometimes I think it’s not them it’s me because I‘d procrastinate for example, I go out and have fun because I feel like I need it I also hang out with them because I hate being alone, that is one of my biggest fear. And I think that a lot of people’s fear is being alone. You can’t just work hard because it can give you stress, so take a break once in awhile.