

# The **PURRRR** Plan for Overcoming Procrastination: An Exercise in Self-Regulation

*Scenario: You think about calling the dentist but have an urge to surf the internet instead.*

**Pause:** This is the opportunity for you exert some control over your procrastination habit. The intention is to evaluate your procrastination habit to begin to change the behavior.

*Example:* Pause and contemplate that your goal is to make the phone call.

**Utilize:** Actively resist your desire or urge to procrastinate. Make an active effort to avoid your procrastination behavior.

*Example:* By utilizing your free will, resist the urge to go on the internet.

**Reflect:** It is during this stage that you begin to examine what you are telling yourself about the task that you are inclined to put off.

*Example:* Perhaps you are telling yourself that you won't be able to find a convenient time to schedule the appointment or that the receptionist will keep you on hold for too long.

**Reason and Respond:** Challenge your thought process from the previous stage. It is likely that your reflections will uncover misleading or divergent thinking. Your reasoning should include greater insight. Tell yourself that your initial thoughts are attempts at delaying an unpleasant task. What can you do right now to begin to address the task? There is always something (however small) that you can do to begin a lengthy assignment.

*Example:* Replace your procrastination thinking with constructive and specific actions. Tell yourself that taking care of your teeth regularly will avoid further complications at a later date. Make the call.

**Revise:** Overcoming procrastination is a process that requires periodic assessments and adjustments. One or more steps may need to be revisited.

**Be patient. Challenging procrastination behavior may require multiple attempts and include several setbacks. Be persistent and you will see results!**

Knaus, William. 2002. *The Procrastination Workbook*.



Learning Success Center  
PH: 646-592-4285

|

# What is Critical Reading?

Critical reading is reading with the purpose of understanding, analyzing and evaluating the material. A critical reader is constantly asking the following question when reading: Am I really THINKING about what I am reading?

## **BECOMING A CRITICAL READER:**

### ❖ **Consider the source**

- What kind of publication is this?
- What is the author's background in this subject?
- To whom is the author writing?

### ❖ **Recognize what is said**

- Has the author really said what I think he said?

### ❖ **Recognize assumptions and implications**

- Are the author's statements consistent?
- What assumptions has the author made? Are these assumptions stated?
- Does a statement depend on its context for meaning?

### ❖ **Recognize intent, attitude, tone and bias**

- What is the author's intention?
- What is the author's attitude? Tone? Bias?
- Does the author make the point directly or in a roundabout way through humor, satire, irony or sarcasm?
- Are the author's words to be taken exactly as they appear, or are they slang, idioms, or figures of speech?
- Which of the author's statements are facts? Opinions?

### ❖ **Analyze arguments**

- Which of the author's statements are supported? Which are unsupported?
- What are the author's conclusions?
- Which of the author's conclusions are justified? Which are not justified?

*Adapted from Critical Reading Improvement, Anita Harnadek (McGraw-Hill, 1978)*



**Yeshiva University**

**Learning Success Center**

PH: 646-592-4285 | [learningsuccesscenter@yu.edu](mailto:learningsuccesscenter@yu.edu)