How to: Stop Procrastinating

1. Create a To-Do List to stay organized.
2. Decide on a task and stick with it!
3. Eliminate distractions such as cell phones and television.
4. Break down larger tasks so they are more manageable.
5. Study in an environment that sets you up for success.
6. Plan time to do the things you want, so you don’t avoid the things you need to do.