Rewards For Poor Time Management

The negative consequences of poor time management are not always enough to motivate a change in behavior. No matter how motivated a student is to be academically successful, a variety of habits may get in the way of this goal. See if you can relate to any of the statement below.

<table>
<thead>
<tr>
<th>Reward:</th>
<th>Rationale:</th>
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<tbody>
<tr>
<td>More time for fun.</td>
<td>If I implement positive academic habits, I have to limit my social time.</td>
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<tr>
<td>Avoiding failure.</td>
<td>It is much easier to ignore a project I feel overwhelmed with, rather than facing it.</td>
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<td>The rush.</td>
<td>I am only motivated in the last minute rush. I do my best work under pressure.</td>
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<td>Sense of identity.</td>
<td>I’ve always been this way, if I change, I do not know who I’d be.</td>
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<td>Less anxiety.</td>
<td>If I am worried about being successful, getting away from my academic tasks gets me away from the worry.</td>
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<td>Avoid discovering true ability.</td>
<td>Turning a paper in late and getting 50% is better than handing the assignment in on time and still receiving a low mark.</td>
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