



## Tips to Help Students Avoid the Procrastination Trap

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Everyone procrastinates now and then, but research shows that student procrastination results in decreased performance.

**In fact, students who habitually start assignments late are 21 times more likely to fail than students who start on time.**

Procrastination is a common human behavior. As an instructor, you have the opportunity and tools available to detect student procrastination so you can help your students stay on track and succeed.

### **3 tips to encourage your students to start early and avoid the procrastination trap.**

1. **Clearly communicate due dates for each assignment in your syllabus and learning management system.**

Consider meeting students where they are via social channels and text messaging. This helps students know exactly what is expected of them and when.

2. **Space out assignments so students are not overwhelmed.** A steady pace of assignments throughout the term will prevent cramming and deter procrastination. Plus, spacing out your assignments will maximize student engagement and learning over time.

3. **Watch for early warning signs of procrastination like turning in late assignments, poor quality work, or lack of communication.** McGraw Hill Connect allows you to access reports to view those students who are lacking engagement so you can get ahead of performance issues by reaching out to specific students.



Help students achieve course goals with these tips and find more information about how to space your assignments at <https://www.mheducation.com/highered/support>.