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# No More Netflix

## PUTTING A STOP TO PROCRASTINATION

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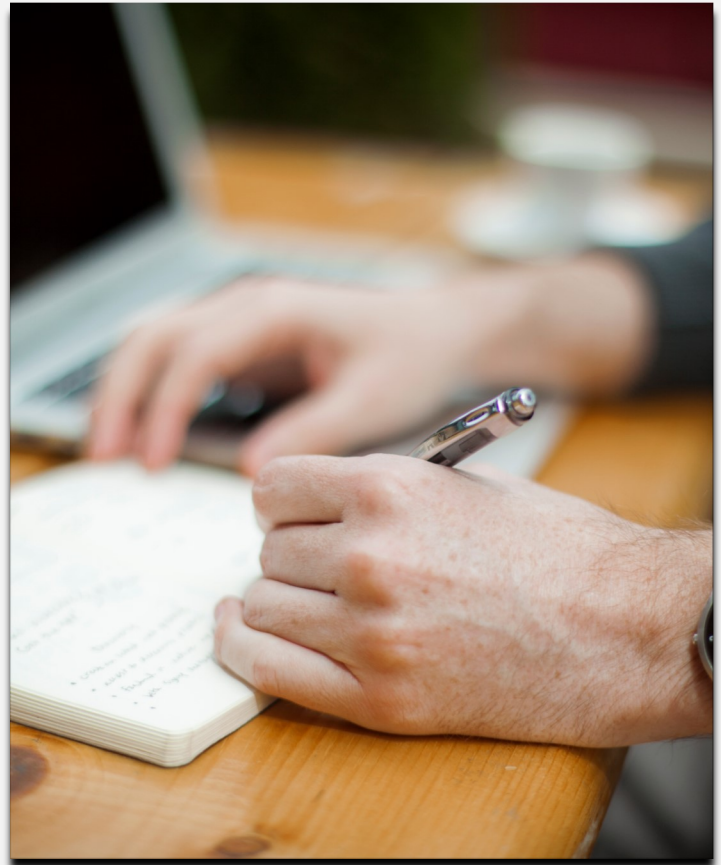
Ever procrastinated *heavily* on a writing assignment?

You're not alone. Even as a Writing Fellow, I too have succumbed to the sway of procrastination. Some cadets seem to "get away" with it, pouring out or piecing together a well-written paper the very night before it's due. But that won't work forever. And regardless, for the rest of us, it's important to do our best to combat that urge to watch just *one more season* of our favorite show.

As a plebe or yearling, had I been more aware of the resources at my disposal I might not have procrastinated as much on my research paper for EN101, or my policy paper for SS202.

The best advice I can offer you—as a cadet and as a Writing Fellow—is to use the Writing Center to its fullest. The earlier you go in, the more you'll get out of each session. You'll start to develop better habits as a writer that will help you your whole career.

And if that's not enough...you'll also free up the time to binge-watch whatever you please after submitting a quality product!



**Come to the Mounger Writing Center early in the process.**

By setting up an appointment early in your writing process, you'll see better results from your session. Even before you have written an outline, coming into the MWC with just the assignment guidance, relevant texts, and any notes you've taken can be extremely effective.

Fellows will be more than happy to help you brainstorm ideas and build the foundations of your paper in order to beat writer's block.



*Procrastination is the thief of time.*

—Edward Young

*One of the great challenges of our age, in which the tools of our productivity are also the tools of our leisure, is to figure out how to make more useful those moments of procrastination when we're idling in front of our computer screens.*

—Joshua Foer



## Find the right writing environment.

Sometimes (ok, maybe most of the time), a location like your room in the barracks will keep you from staying focused. With random distractions and the ever-present temptations offered by your computer, it's easy to procrastinate inadvertently. By finding the proper environment—one with minimal distractions and individuals who are into writing—you'll find more success. Perhaps an isolated location in the library, filled with students solely focused on helping you develop ideas and write...wait a minute, that sounds just like the Writing Center!

## Develop effective time management strategies.

Set personal goals for yourself. For example: "I will have a rough outline done and ready to bring to the Writing Center no later than a week before my assignment is due." By setting these types of deadlines, and by regularly working on your paper in different ways at different stages, you'll force yourself to engage in a true writing process, which is all the more important when you're dealing with challenging new assignments.

## If you get stuck, try something different.

Every writer—even really good writers—get stuck from time to time. We all know the feeling of staring at a blank screen, or revising individual sentences so incessantly that we get nowhere in the grand scheme of things. That can lead to just putting off writing until 'later.' Instead of delaying, try something different to jumpstart your process:

- **Focused freewriting:** For just five minutes (use a timer!), spontaneously and continuously write whatever comes into your head on your topic. Don't stop to reflect or edit. After you're done, sort through your ideas to find what you can use and go from there.
- **Close Reading:** Look at a specific piece of evidence you have for your paper and write up analysis of it and only it. Sometimes analyzing something narrow and specific will help you bring the big picture into focus.
- **Switching Media:** Sick of staring endlessly at the computer screen? Take up a pen and paper or try speaking your ideas into your phone. Switching back and forth between high-tech and low-tech can help!

*If all else fails...come talk it out at the Mounger Writing Center!*