**KUMON MOMENTS**

Help Your Children Overcome Procrastination

It’s exam time and your teenager would rather shovel the snow, clean the house or do the laundry.

While it may appear that your children are being proactive with household chores, beware- chances are they are putting off studying and mastering the art of procrastination.

Procrastination is the avoidance of doing a task that needs to be accomplished. This can lead to feelings of guilt, inadequacy, depression, and self-doubt among students. Procrastination has a high potential for painful consequences. It can interfere with academic and personal success of students.

“Let’s face it. We all procrastinate and if we examine why, it’s to avoid doing something that is not too pleasant,” says Dr. Donna McGhie-Richmond, Educational Specialist with Kumon Math and Reading Centers. “We’re supposed to being with the most overwhelming task first, but who does that?”

Children may be uncertain of priorities, goals and objectives. As a result, they may keep putting off academic assignments for a number of more appealing tasks.

When children have difficulties starting tasks, Dr McGhie-Richmond says it is best to help them get started so that they can get on the right track, and begin to experience some success.

Breaking down an overwhelming task into “baby-steps”, and then developing a schedule for getting the work done is a helpful strategy for supporting your children.

“Use lots of visual reminders, like a calendar or agenda,” says Dr. McGhie-Richmond. “Having your children schedule their tasks in daybook is an effective method of helping them learn how to manage their time.”

Scribbling or checking off completed tasks on a to do list provides a sense of accomplishment- that helps children achieve their goals, step-by-step.

Dr. McGhie-Richmond also says that rewarding students by displaying their work and offering praise for their effort and achievement will help keep them motivated to get the job done.

“The final outcome is that your children will become more confident in tackling a project and more successful at completing the tasks.”

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