Procrastination & What To Do When Going to Tutoring.

The Learning Center-CKB G22

Email: TLC@njit.edu

Phone: 973-596-6430

Presented by: Mr. Barry Broxton, MPA, MA
Procrastination

The meaning, why we do it and ways to avoid this state of mind.
Procrastination

Theory of Procrastination
Procrastination

Procrastinating has been an issue for people for centuries. Greek philosophers Socrates and Aristotle (300-400 B.C.) developed a word to describe this type of state: *Akrasia*. 
Akrasia is the state of acting against your better judgment.
**Definition:** The act of intentionally delaying tasks.
Procrastination

Examples include:
1) Avoiding homework assignments
2) Avoiding studying for exams
3) Avoiding taking time to stay organized
4) Avoiding going to tutoring centers
Procrastination

Discussion

What to do?
Understanding Tutoring

A successful tutoring situation consists of the tutor and the student having great rapport. Because a lot of tutoring relies on rapport, having a positive first impression is essential to creating a successful tutoring situation. During the first tutoring session, your tutor will probably spend about five to ten minutes just getting to know you.

Tutoring at NJIT is non-remedial.
What To Do When Going To Tutoring.

- What subject are you currently struggling with in school?
- What do you like most about this subject?
- What do you like least about this subject?
- Where do you experience the most challenges in this course?
- Discuss your experiences of taking common exams, quizzes and projects?
- What content are you currently reviewing in this course?
- What do you find most challenging about the content/course?
- How do you take notes for this course? How do you study for this course?
- Bring past course materials such as graded assignments and exams.
Understanding Tutoring

It isn’t your tutor’s responsibility to do your work for you. During the tutoring session, your tutor will review some tips and strategies about how to answer a question, or approach an assignment.

The ultimate goal is to learn strategies to help foster a sense of confidence and independence when it comes to solving your questions and assignments.
THANK YOU