

Chapter 10
Solve Problems in Your Life

Enrichment Activities

TACKLING PROCRASTINATION

Are you always waiting until the last minute to begin a project? Just before something is due, you're only getting started. You may have some great ideas for a project, but if you've procrastinated, there's no time left to act on those ideas. So you — and the people around you — never get to see what you're capable of doing. Procrastination is a self-defeating habit, but it can be changed with some effort and planning.

Directions: Pretend you are a world-renowned expert on skillful planning. You've been recruited to work with Erin, a serious procrastinator. Her art project on Mongolian felt making is due in three weeks. Erin's project requires four steps: researching, writing, photographing the felt-making process, and creating a felt sample. In the calendar spaces below, write the dates for the first three weeks of the current month. Then schedule a plan that will give Erin plenty of time to complete her project. Make sure you allow time for school, other homework, and leisure activities.

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.

It's Your Turn

Think of a project that's coming up. Make another calendar, and create a daily plan that guarantees you plenty of time to do your best work without last-minute stress. You deserve it!

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SET GOALS FOR THE FUTURE

Did you know that most auto accidents happen within ten minutes of home? Why do you think that is so? Auto insurance companies believe it's partly because people tend to be less focused as they move into familiar territory. They begin to think about other things, like what they need to do after they get home, instead of paying close attention to their driving.

In the same way, it's easy to focus so much attention on long-term goals, like what college you're going to attend next year, that you don't focus enough on the classes you have right now. The danger is that if you neglect your current classes, it can seriously impact your long-term college plans. Think about the possible consequences of neglecting the present as you plan for the future.

Short-Term Goals

So how do you keep your eyes on the road and still think about the future? Having short-term goals is one good way. In creating a plan for your future, your short-term goals will move you toward a long-term goal, step by step. For example, if your long-term goal is to get into the college of your choice, a logical short-term goal is to do well in the classes you have this term.

Focus In

1. Search your heart and mind. Think of a situation in your life now that calls for some added focus or effort.
2. Create a short-term goal that will enable you to make the necessary mid-course correction.
3. What long-term goal will be supported by this change?

Write your goals on the lines provided at right. Now, congratulate yourself! Mid-course corrections are not easy for people of any age.