

# LATER ALLIGATOR

By Desiree Brady

The first sign of procrastination begins when you never pick up the book to read, you don't look twice at the open assignment on your computer, your pencil or pen is no longer in your hand and best of all you feel there is always time to do it tomorrow when tonight is the deadline.

"I work better under pressure" says Shard-ea Henderson a student at a local community college said. "Procrastination is the lazy bug that keeps on biting, it's the ultimate way to fail or either gets you an extension."

The etymology of procrastination dates way back in time with the root word being "Cras" with the Latin meaning tomorrow.

Procrastination can be linked to many different psychological problems, most commonly anxiety and stress. When overwhelmed human nature tends to make people lethargic and withdraw allowing excuses to be made and work to not be done. Anxiety can occur because of the pressure to achieve and the fear of failure which deters some from even trying, according to PsychologyToday.com .

"I always try to figure out the best approach for how I am going to handle my work, but it never seems to go as planned" Justin Carrol a student at a local college says.

Procrastination in large part reflects our perennial struggle with self-control as well as our inability to accurately predict how we'll feel tomorrow, or the next day. 20 percent of people chronically avoid difficult tasks and deliberately look for distractions according to PsychologyToday.com.

Procrastination can be closely related to our human nature. Human nature which is ordinary human behavior shows how people are expected to act in society. It also outlines the qualities that make people act out in different ways.

"On the other hand, human attitudes vary profoundly because they are rooted in different cultures. Ideas about success, just like ideas about what is beautiful, are embedded in the larger value systems of different groups" according to Dr. Bill Knaus a psychologist who writes for PsychologyToday.

People believe that procrastination can be linked all the way back to biblical times. In some societies procrastination is embraced more so than looked at as a negative concept. The big issue that lies with the procrastination, is that if you put things off for another day there is no absolute guarantee that you

will be ready to finish the task another time. "Most students have the mere idea that teachers will not be able to tell the difference in the quality of work," said Mrs. Stephens, a long time teacher for Cumberland County school system. "We notice because there are students who take the time to do things right and sufficiently, those are the students that make the grade," she added.

Procrastination is commonly presented in the form of excuses. For example Mary has a project that she must finish in order to present to the board of her job in hopes of gaining a promotion. Mary knows that delaying her presentation can result in no promotion. But the baby next door in her apartment complex is crying so she thought she would go see if she's okay. Mary clearly knows that going to check on the baby is not her responsibility but Mary will do anything to put her presentation off.

Procrastination seems to be the direct result of laziness when not in the mood we opt to do other things, but when the deadline approaches people still scramble and struggle to collect their thoughts.

If procrastination could be cured overnight it would start by simply just starting.

photo by Victor Sanchez. Alligator in Wilmington NC. Shane Booth instructor.