

LC-DC Podcast Episode 1: Planning and Procrastination with Avery

Show Notes

Host Bio

Avery is a second-year student in the Music Diploma Program at Douglas College and a peer tutor in the Learning Centre. His main instrument is the piano.

Episode Summary

As Avery says, "planning ahead helps you spend time the way you want to spend time" by helping you get things done early and balance competing priorities. To set up a schedule that works for you, Avery suggests the following steps:

1. Decide where your plan will live - on your phone, computer, a calendar, agenda, whiteboard etc.
2. Put all your classes into your schedule
3. Once you get your course outlines, write the due dates for all your important assignments, tests, presentations, etc. into your schedule.
4. Look at the free spaces in your schedule and decide when you will do your homework, tackle big assignments, and study for major tests.
5. Prioritize - Sort your assignments from highest to lowest priority based on how soon the due date is and how much of your overall grade the assignment is worth.

The biggest barrier to planning ahead is procrastination. To manage your procrastination, Avery recommends identifying what makes you procrastinate (ex. TV, video games, social media). Another good idea is to break your assignments

into small, manageable chunks, and then put in a little bit of work each day to get them done. This will help you avoid burnout. Finally, make sure to prioritize time for yourself, and don't hesitate to get counselling support if you're experiencing mental health issues.

Resources

The Learning Centre website has a ton of study skills resources. For help with planning and procrastination check out the following:

[Dealing with Procrastination](#)

[Making a Study Schedule](#)

[Improving Concentration](#)

What Next?

Book an appointment with a Learning Centre tutor through [our online booking system](#)

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