

# CAAR Newsletter

## Whats Going On?

Last Day of scheduled Classes prior to finals week	Friday, December 9
Finals Begin	Monday, December 12
Finals End/ End of Fall 2011 Semester	Friday, December 16
Fall Semester Grades Due	Friday December 23

### CAAR

Pederson Admin Building

8:30am-5pm

Monday-Friday

805.493.3260

car@callutheran.edu

facebook.com/CAARCLU



## Procrastination: The Not-So-Good, The Bad, and The Ugly

There is a link between procrastination and stress. Learn which type of procrastinator you are and ways to break the procrastination cycle:

- Arousal Types “Thrill-Seeker”: Those who wait to the last minute for the euphoric rush.
- Avoiders: Those who may be avoiding fear of failure or even fear of success, but in either case are very concerned with what others think of them. They would rather have others think they lack effort than ability.
- Decisional Procrastinators: Those who cannot make a decision. Not making a decision relieves procrastinators of responsibility from the outcome of events.

Wellness Programs wishes you a happy and procrastination free finals week!



### stages of procrastination

chibird.tumblr.com

#### 1. false security



This isn't due for a while!



I'll relax for now.

#### 2. laziness



Maybe I should get a headstart...



Nah!

#### 3. excuses



I'm busy right now.



Just taking a short break...

#### 4. denial

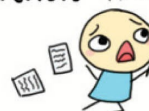


I still have time...



I don't need sleep...

#### 5. crisis



I'll never procrastinate again!

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@  
tumblr

#### 6. repeat

## **Don't Wait Until January to Think About Your Goals for 2012!**

Now is the perfect time to start thinking about what you would like to accomplish in 2012. Even though you are busy with final projects and exams, it would be worthwhile to set aside a little time to reflect on what you have accomplished in 2011 and set your goals for 2012. Here is a list of things to think about:

1. Did I accomplish my goals for 2011?
2. What did I not accomplish but would like to accomplish next year?
3. Are there any goals that I no longer wish to accomplish?
4. Do I have any new long-term goals?
5. What could I accomplish in 2012 that would help me achieve my long-term goals?
6. What could I do differently next year that would help me achieve my goals?
7. What goals do I have that are exciting and motivate me to accomplish them?
8. Who can I talk with about my goals that might help me stay on track?
9. What books/magazines can I read that will inspire me to accomplish my goals?
10. What did I accomplish in 2011 that I can be proud of?

Taking time to think about these or similar questions is a valuable activity that will help you to focus on what is important to you and on the goals that you wish to achieve in 2012 and beyond!

### **Accessibility Resource Program (ARP)**

Students must meet with Wendy Perkins at the beginning of each new semester in order to request accommodations. If you are in town, you can meet right after finishing your finals or before classes start in January. Call CAAR at 805-493-3260 to set up your meeting now! Remember that we will be closed Dec. 24-Jan. 2nd, but we will be open the other days!

### **Five Time Management Tips**

1. Use a calendar, either paper or on-line, to schedule your time.
2. Be sure to schedule time for rest, relaxation, and fun!
3. Look at your calendar at the beginning of each week to see what you have coming up.
4. Make a "to-do" list every day and check off items on your list as you accomplish them.
5. When you accomplish all the items on your list reward yourself with something you enjoy!