AMPERSAND'S

GUIDE TO PROCRASTINATION

BY **JAKE GREEN & JULIE RODRIGUEZ**

SHOULD I START MY HOMEWORK?

HOW DO YOU FEEL?

- **SLEEPY**
  - Do you want to stop being sleepy?
    - no → Take a nap. You can't work like this.
    - yes → Make coffee.
      - Don't waste this energy, go for a run.
        - **AWAKE** → If you're so perky, you can pull an all nighter. Until then, go do something awesome.
- **HUNGRY**
  - Cook a big meal for yourself, you deserve it you're about to work really hard on something maybe.
    - Shoot. You're out of groceries. Now might be a good time to go to the store.
      - I'm sure all your friends need to go too. Let's make this a fun group trip.
- **FEELING PRODUCTIVE?**
  - **YES, VERY**
    - Sort through expired food in the fridge.
      - Make sure all your pencils sit parallel and you have a fresh piece of paper even though this is an online assignment.
    - Do laundry.
      - Do you have a cat?
        - Yes → Feed cat.
        - No → Call mom.
      - Poop. Check Instagram.
  - **YES, BUT DON'T MAKE ME MOVE**
    - Organize your desktop files.
      - Make sure you don't have any notifications on any app you could possibly have notifications on so you don't have to think about it.
    - Plan your wedding on Pinterest. You've never had a stable relationship that lasted more than 2 months, but it's never too early to start.
    - Why not start drafting up your evaluation comment for your professor? It's their fault you're in this jam anyways.
- **YES, I'M ALREADY STARTED!**
  - **YOU DESERVE A BREAK!**
    - Look out window
    - **TAB PARTY:** sequentially indulge in all your favorite sites: Netflix, Buzzfeed, Facebook, Tumblr, Pinterest. keep the tabs open; repeat.
  - WOW. You're an inspiration. Snap a photo of your perfect workspace and post it on all social media to inspire your classmates. Their likes will give you the confidence you need to finish out this project.

WHEN IS IT DUE?

- **END OF SEMESTER**
  - Don't be such an overachiever. Do you want to make your classmates look bad?
- **ONE MONTH**
  - One month is basically a semester
- **ONE WEEK**
  - You're never going to remember the nights you did your homework. You're going to remember the nights you had fun.
- **TOMORROW**
  - Wait till tonight. You work better under pressure and can make magic happen during all nighters
    - Woah, you really blew this one off didn't you. You're on your own.
  - Go to sleep now and you can wake up early and finish it in the morning
    - It's due in an hour.

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