

# **How to avoid Procrastination & Get back on track with your CSS & PMS Exam Studies again?**

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CSS and PMS Exams' journey is a very prolonged and tedious one. You can lose motivation at any instant. However, Procrastination can be a common challenge when it comes to studying for competitive exams of CSS and PMS. If everything goes well, still it takes about 2-3 years to get recruited ultimately. Thus, it can be easy to put off tasks or become distracted by other things, leading to a feeling of overwhelm and a lack of progress.

However, with the right strategies and mindset, it is possible to overcome procrastination and stay focused and motivated while studying. By setting specific and achievable goals, creating a consistent schedule, and eliminating distractions, you can develop good study habits that will help you make progress towards your academic goals.

Additionally, seeking help when needed, rewarding yourself for your efforts, and using visualization and positive self-talk can help boost your motivation and keep you on track. With a little effort and persistence, you can overcome procrastination and succeed in your studies.

## **Tips and Tricks to avoid Procrastination & Get back on track to initiate studies for CSS & PMS Exam Studies**

Here are some strategies that can help you avoid procrastination and get back on track with your CSS and PMS exam studies:

1. **Having common and truly inspired friends:**
2. **Set specific and achievable goals**
3. **Create a schedule and stick to it**
4. **Find a suitable study location**
5. **Take breaks**
6. **Get rid of distractions**
7. **Seek help**
8. **Reward yourself**
9. **Get organized**
10. **Set a deadline for completing tasks**
11. **Use visualization techniques**
12. **Use positive self-talk**
13. **Avoid comparing yourself to others**



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## **1. Having common and truly inspired friends:**

Having motivated and inspired friends while working towards your CSS and PMS



goals can provide support, encouragement, and motivation to help you stay focused. These friends can help keep you accountable and encourage you to stay on track, even when facing challenges. Avoid those who waste your time and only seek out friends who share similar goals and motivations. Having motivated and inspired friends can provide valuable support and make the journey towards your goals feel more enjoyable and rewarding.

## 2. Set specific and achievable goals:

It can be easy to feel overwhelmed by a large workload, but breaking your studying into smaller, more manageable tasks can help you feel more in control and motivated. For example, instead of setting a goal to study for four hours straight, you might break your studying into four one-hour sessions, with specific goals for each session. For example:

**Session 1:** Review chapter 1 notes and complete all of the review questions at the end of the chapter.

**Session 2:** Complete all of the practice problems in chapter 2.

**Session 3:** Review chapter 3 notes and complete all of the review questions at the end of the chapter.

**Session 4:** Complete all of the practice problems in chapter 4.

By setting specific and achievable goals for each study session, you can stay focused and motivated and make progress towards your larger goal of completing your studying.

## 3. Create a schedule and stick to it:

Planning out your study sessions in advance and sticking to the same schedule each week can help you develop a consistent routine and make it easier to stay on track. For example, you might plan to study for two hours each day from Monday to Thursday, and then take a break on Friday and Saturday before starting again



on Sunday. By following a consistent schedule, you can establish a routine that helps you stay motivated and focused.

#### **4. Find a suitable study location:**

Choosing a study location that is free from distractions and conducive to focus and concentration can make a big difference in your ability to stay on track. This could be a quiet library, a study room, or even a quiet corner in your home. Avoid studying in a location where you are likely to be tempted by distractions like social media or television.

#### **5. Take breaks:**

It's important to take breaks to rest and recharge, especially if you are studying for long periods of time. Schedule short breaks into your study sessions to give your mind a chance to rest and refocus. For example, you might take a 10-minute break after every hour of studying. During your breaks, you might take a walk, stretch, or do something enjoyable like listening to music or reading a book.

#### **6. Get rid of distractions:**

Eliminating distractions can help you stay focused and avoid procrastination. Turn off your phone, log out of social media, and eliminate any other distractions that may be tempting you to procrastinate.

#### **7. Seek help:**

If you're struggling to stay motivated or are having difficulty understanding the material, don't be afraid to ask for help. This could be in the form of tutoring, study groups, or even asking your instructor for clarification. Seeking help can not only help you better understand the material, but it can also boost your confidence and motivation.

#### **8. Reward yourself:**

After completing a study session or achieving a specific goal, reward yourself with something you enjoy. This could be something small like taking a short walk or indulging in a favorite snack. Rewarding yourself can help you stay motivated



and give you something to look forward to as you work towards your larger goals.

## **9. Get organized:**

Make sure you have all of the materials you need for your study sessions and keep them organized in a way that makes them easy to access. Having everything you need in one place can help you stay focused and reduce the time you spend searching for things.

## **10. Set a deadline for completing tasks:**

Having a deadline can help you stay motivated and on track. When you set a deadline for completing a task, you are more likely to work towards it consistently and avoid procrastination.

## **11. Use visualization techniques:**

Visualizing yourself completing a task or achieving a goal can help motivate you to get started. For example, you might visualize yourself turning in a completed assignment or receiving a high grade on an exam.

## **12. Use positive self-talk:**

Remind yourself of your abilities and the reasons why you are studying. This can help boost your confidence and motivation to get started. If no study partner is available, make yourself your study partner.

## **13. Avoid comparing yourself to others:**

Comparing yourself to others can be a natural tendency, but it can also be counterproductive and lead to negative feelings. When you compare yourself to others, it can be easy to focus on your own perceived shortcomings or to feel discouraged if you don't measure up. This can lead to feelings of inadequacy or frustration, which can undermine your motivation and make it harder to stay focused on your studies.

So, in short, procrastination can be a common obstacle when it comes to



## How to avoid Procrastination while doing studies for CSS & PMS Exam?

preparing for CSS and PMS exams, but with the right strategies and mindset, it is possible to overcome this challenge. One effective strategy is to set specific and achievable goals, such as “I will spend one hour reviewing my notes on Islamic history every day.” This helps break down the studying process into smaller, manageable tasks and gives you a sense of progress and accomplishment. Having a consistent schedule can also be helpful in avoiding procrastination. For example, you might plan to study for one hour every weekday evening and three hours on the weekends. By sticking to this schedule, you can develop a routine that helps you stay on track and make progress towards your goals. Eliminating distractions is another important factor in avoiding procrastination. This could involve turning off your phone, logging out of social media, or finding a quiet study location where you can focus. Seeking help when needed, taking breaks, and using visualization and positive self-talk can also be useful in keeping you motivated and on track. For instance, if you are struggling with a particular subject, you might seek out a tutor or join a study group. Taking regular breaks can help you rest and recharge while using visualization techniques and positive self-talk can boost your confidence and motivation. Overall, with a little effort and persistence, you can overcome procrastination and succeed in your CSS and PMS exam studies.

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