

Name \_\_\_\_\_

## The Psychology of Procrastination and How to Overcome It

### Open-Ended Response Answer Key

1. Answers may vary but could include personal experiences of procrastinating on homework or chores and the reasons behind it.
2. Answers may vary but could include personal experiences of giving in to instant gratification, leading to delayed or incomplete tasks.
3. Answers may vary but could include breaking a big project into smaller tasks or creating a to-do list.
4. Answers may vary, but could include rewards such as watching a movie, playing a game, or enjoying a favorite treat, and why these rewards are motivating.

