

Name _____

Beat the Clock: Overcoming Procrastination

Open-Ended Response Answer Key

1. Possible answer: (Personal experiences will vary. Example: "I had to write a school essay, and I set clear goals by breaking it into smaller steps. Each day, I focused on one step, and it made the whole task feel more manageable. Setting those goals helped me finish the essay on time.")
2. Possible answer: (Common distractions may include phone notifications, social media, or noise. To minimize them, I can turn off notifications, use website blockers, or find a quiet place to work.)
3. Possible answer: (Personal experiences will vary. Example: "When I had a big project to complete, I told my friend about it. She checked in on my progress and encouraged me to keep going. Her support helped me stay accountable and finish the project.")
4. Possible answer: (Developing this skill can benefit me by making me more productive and organized. It can help me meet deadlines, reduce stress, and achieve my goals more effectively in school, work, and life.)

