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Procrastination

Why do people procrastinate? Knowing what we should be doing we simply don’t want to do it because the Limbic system runs automatically at an incredibly fast rate and is less thus then inexplicably and unexpectedly. Procrastination occurs when the limbic system vetoes the long-term plans of the prefrontal cortex in favor of the more immediately realizable; and the limbic system aside being the quicker of the two in charge of our first impulse is often the stronger. When near events get this evaluate boost from out limbic system. Their vividness increases and our attention shifts to their immediate and highly valued consumable aspects such as what we can see, smell, hear, touch, and taste. Deadlines are often put off until they are close or concrete enough to get a hint of that limbic system zing where both parts of our brain are finally shouting “Get back to work”, time is running out! Some people might procrastinate on eating. They’ll know that something isn’t healthy for them but will still eat it as a reward to themselves. A lot of college students procrastinate on last minute assignments. They will wait till the last minute or day to turn in an assignment because they felt like that assignment was easier enough to do that and also, some people procrastinate when they think they could be doing something more fun than the assignment that’s boring them. The reasoning’s behind my own procrastination are expectancy, value, and time. I would use these three strategies for my own procrastination style when I’m making decisions and taking chances.