

## How to battle procrastination [1]

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Everyone procrastinates from time to time, and it can keep us from being able to complete our work when it needs to be done. Whether it's studying for an exam, finishing a homework assignment or applying for a job after college, procrastination will prevent all these tasks from being completed on time and completed well.

In the 24-minute course "[Overcoming Procrastination](#) [3]," hosted by Brenda Bailey-Hughes, you will learn the ins and outs of procrastination and possible tactics to address the causes of procrastination.

Procrastination comes in many forms. In this course, you will learn how to identify when you are procrastinating, understand your unique procrastination causes and how to work on overcoming further procrastination.

Procrastination can happen at any point during the process of working on a task. Learn how to avoid procrastination now by taking this course, so you can be more productive and complete your tasks on time with your best ability.

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