

# Why do we procrastinate?

## 1. Procrastination

Have you ever told yourself, “I’ll start after dinner”, and then suddenly it’s late and you still haven’t started?

That’s **procrastination**: delaying a task even though you know it could cause stress later. It’s common for students and adults, especially when work feels difficult, boring, or overwhelming.

Procrastination isn’t just “laziness”, there’re real reasons behind it.

## 2. What’s happening in your brain?

- **The Tug-of-War**

The prefrontal cortex which is responsible for planning and decision-making, tries to begin tasks, but is overpowered by the limbic system, which avoid discomfort.

- **Future Self Disconnection**

The brain treats your "future self" as a stranger. This makes it difficult to feel the consequences of not working which makes up excuses for working later.



- **Instant Gratification & Dopamine**

The limbic system wants immediate rewards, lets you to perform "easier" tasks (like checking social media) to get a quick dopamine hit rather than dealing with anxiety.

- **The Worrier**

Starting a difficult task may make you feel you are unable to complete the task. Therefore, you may not be willing to start the task because you don't want to have failure.

- **Feeling bored**

If you perceive an activity/task that makes you feeling bored or unpleasan, you are more likely to put it off until later.

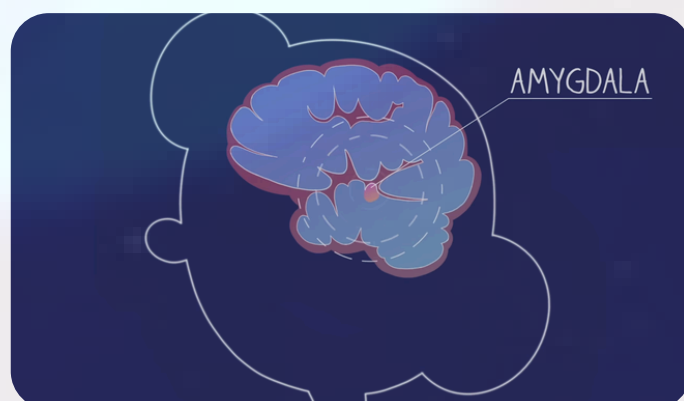


## Science behind:

When you realize you need to do that task, your brain responds like it would to any incoming threat. Your *amygdala*, a set of neurons involved in emotional processing and threat identification, release hormones including adrenaline that kick off a fear response.

The stress-included panic can overpower the impulses from your prefrontal cortex, which typically help you think long term and regulate your emotions.

And you will decide to handle the threat by avoiding it in favor of some less stressful task. That's how procrastination happened.



# How do we prevent procrastination?

## How to Get Started?

- **Break Down Tasks:** Divide large tasks into tiny, manageable steps. This makes them less intimidating and easier to begin.

*For example: Instead of "I'm going to study Science",  
Try: Read 3 pages / Do 5 practical questions*

- **The 5-Minute Rule:** Commit to working on a task for just five minutes. Often, getting started is the hardest part. Once you begin, it becomes easier to continue.
- **Pomodoro Technique:** Work in focused 25-minute bursts, followed by short breaks. This structured approach helps maintain concentration and prevents burnout.



## Environment & Accountability

- **Eliminate Distractions:** Turn off notifications and clear your workspace. Create an environment conducive to focus.
- **Accountability:** Tell someone your goals or work with a partner. External pressure can be a powerful motivator.



# Monthly Question



If you can answer all the Question correctly, you will receive a small gift!

Deadline: 9/3/2026

## February Quiz Answer

Q1: C Q2: C Q3: C Q4: C Q5: B

## Relaxing Zone



			2	3	4	7		
2	3	4	6				1	
				1		2		
	2	9	7				5	1
4		1				8		7
5	8				9	4	2	
		3		7				
	1				2	9	4	6
		2	8	9	1			

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6	4	2	8	9	1	3	7	5
7	1	8	3	5	2	9	4	6
6	5	3	4	7	6	1	8	2
5	8	7	1	6	9	4	2	3
4	6	1	5	2	3	8	9	7
3	2	9	7	4	8	6	5	1
8	7	6	9	1	5	2	3	4
2	3	4	6	8	7	5	1	9
1	9	5	2	3	4	7	6	8

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