



Annalena King

CELEBRATING THE

Writers among Us

HARRISON HIGH SCHOOL

~
JUNE 7, 2023

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Opinions

Procrastination: A friend or foe?

Zoe Coric, Editor in Chief
April 28, 2023

It's Sunday night. A cold cup of coffee sits atop a pile of wrinkled papers. Your computer is the only light emitting in the room. The blank page burns your eyes. The cursor blinks back at you, a constant reminder of the seconds ticking by.

The project was assigned months ago. You told yourself you had enough time to do it, over and over again.

Every day, you told yourself you would work a little on it tomorrow, but something always came up. You had time to do it—you really did—and now you don't. Now, the "11:59 AM" due date reaches out from the computer, keeping your eyes open; the fear of getting a bad grade keeps your fingers typing, trying to finish the project in the next few minutes. You try to fight against time. Your heart beats rapidly, another clock reminding you of the time slipping away. But ultimately, you are left sitting at your desk at 11:56 with four minutes left to turn in an assignment.

That student experienced something that we have all been through at least once in our lives: procrastination. Procrastination in the English dictionary is referred to as the action of delaying something, usually until the last minute. Thus, procrastination is the act of not acting.

According to *The Real Reason You're Procrastinating!* McLean Hospital, procrastination can lead to high levels of stress, as well as poor impulse control. There is even a link between procrastination and physical illness. Procrastinators stress themselves more and tend to delay treatments, leading to a cycle of poor health.

When asked if she procrastinated, Mrs. Zanot, a Health teacher at Harrison High School, said "Of course", with a smile, indicating that it was a somewhat silly question: who doesn't procrastinate?

People tend to procrastinate out of fear of a big project, out of boredom if the project/studying/homework is not interesting to them, perfectionism, and being distracted by other things, such as their phones.

Tenth graders at HHS are currently working on their MYP projects. Procrastination is right there behind them. But is procrastination their friend or foe?



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