

Roman

The important strengths I will build to not stress my eyes out

The topics I am choosing for this paper are being organized and procrastination. Since I am taking college classes, organizing my resources, tasks, and energy is very important. Though I am currently undecided on my field of study, building these strengths and skills will be very beneficial for me in the future, since I will be better in the chosen topics and will know what works best for me. I believe that being organized also requires some time management, so some great advice I have found from a source is, instead of managing your time, as in time slots, think about your energy. What works best for you at certain times. Once I have made a conclusion on what time I focus best, I then shape my schedule around that. Another suggestion is having a clean space for studying. Having a desk with stacked papers, water bottles, and other unnecessary items is very unorganized and can lead to difficulty focusing.

“Although I could get it done now, I have plenty of time to get it done later”, is generally how it goes for me. Since I haven’t completed an assignment, I have a little worm in my head that always reminds me I’m not truly free from my homework, which causes stress and, ironically, even more reluctance to get it done early. **“Some procrastinators contend that they perform better under pressure, but while they may be able to convince themselves of that, research shows it is generally not the case; instead, they may make a habit of last-minute work to experience the rush of euphoria at seemingly having overcome the odds.”**

Procrastination. (2025, November 17). Psychology Today.

<https://www.psychologytoday.com/us/basics/procrastination?msocid=1c0e40507030694b3b5153d5718a68a3>

Since I’m now putting important tasks off, I am also throwing off and screwing up my schedule. Therefore, I am not organizing my time or energy. **“Being organized is ultimately about giving you a sense of control. It allows you to be more in charge of how you manage your time, spaces, priorities, and workflows.”** 8 *Benefits of being organized in work and life | Motion | motion*. (n.d.).

<https://www.usemotion.com/blog/benefits-of-being-organized>

The first experiment I tried for being organized was from a book my mom recommended to me. The experiment was finding out what studying time worked for me. In this experiment, I did homework in the morning, day, and night, to find out what time I was most productive. I found nighttime to be my best time. (Adams, S. (2023). *Reframe your brain: The User Interface for Happiness and Success*. Scott Adams, Inc.)

The second experiment I gave a try for being organized was from an article I read about how clean workspaces allow for more focus. Distractions are actually what cause procrastination for me, specifically not being able to use my desk for work, which throws off my focus, and then things don't get done until the end of the deadline. I cleaned up my desk and room, and I found it to be easier to work in and navigate. (Pro, & Pro. (2024, October 3). The importance of a clean workspace: driving productivity and good health - Perfection professionals. *Perfection Professionals - Articles*. <https://blog.perfectionprofessionals.com/2024/10/02/the-importance-of-a-clean-workspace-driving-productivity-and-good-health/>)

The first experiment I tried for procrastination was starting something big with something small. Let's say I have to write a paper on a topic, I'll constantly have the thought that it's too difficult to begin, and I'll put it off because of that. Instead, give yourself a little jump start. I actually gave this a try for writing this paper. Start small, and eventually, due to momentum, the words will start pouring right onto the paper. This definitely worked for me. (Adams, S. (2023). *Reframe your brain: The User Interface for Happiness and Success*. Scott Adams, Inc.)

The second experiment I tried was a breathing exercise I learned from a book. This exercise helps open a creative mindset for your work. Blocking out what other things and worries I have, and then being able to focus on what is at hand with a creative mindset, unlocks a whole new world of strengths. I found this to be helpful with my studying. (Fiore, N. (1988).) *The Now Habit: a strategic program for overcoming procrastination and enjoying Guilt-Free Play*. https://openlibrary.org/books/OL17171510M/The_now_habit)

I chose to share my topics with my Mom. I took the role of the student. She thought it was a great choice for this assignment. Just like me, she said they are great strengths to build for the future, especially once I start taking more than two classes per semester and more advanced classes.

I found all of these experiments to be useful. I've done breathing exercises before for sports, but I never considered doing them in my education. All of these topics lead back to being "locked in". No distractions, no outside thoughts, and having an open and creative mindset. I think this is important that every human being, specifically college students, take the time to relax their mind, especially before long study sessions. In the future, I would love to gain some more skills in money management, as I'm not great with money.

For this project, I spent 6 hours researching sources, 3 hours skimming through books and sources, 1 ½ hours writing notes, 4 ½ hours typing and making corrections, and about an hour brainstorming what I was going to do for my experiments, the format this project is going to be in, and other miscellaneous things. A total of 16 hours was spent on this project.