

# Reducing End of Semester Stress By Eliminating Your Self-Sabotaging Behavior

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If you often find yourself stressed and cramming for finals at the end of the semester, there are steps you can take to change that, reduce your stress, and improve your grade point average.

It's standard advice to avoid procrastination, to prioritize school work over leisure and recreation activities, and to set up a daily routine of school work.

Many people who stress out at the end of the semester admit to being procrastinators, acknowledging the problems it causes, yet struggle to stop. Procrastination can stem from various reasons, such as self-sabotage, perfectionism, or low self-esteem, hindering the start, progress, or completion of tasks. Lack of academic skills, assertiveness, or organizational abilities may also contribute.

Identifying your self-sabotaging behavior is the first step in eliminating it. Understanding why you procrastinate is crucial for finding solutions. Counseling or coaching can help address issues like low self-esteem or perfectionism. If you lack specific academic, personal, organizational, or time management skills, you can learn them to reduce procrastination and enhance your college experience.

Fear often underlies procrastination. Fear of failure or inadequacy can deter people from attempting new tasks or investing time and effort. Poor time management is often associated with delaying tasks until a large chunk of free time appears, which doesn't often happen.

Some people need help prioritizing and choosing school work over socializing. Lack of assertiveness, intolerance of being alone, living in distracting environments, and having a peer group with different academic priorities contribute to the problem. Self-sabotage can happen passively

as a result of lack of planning. Self-sabotage can result from an inability to effectively prioritize, underestimating task complexities, or under-preparation from high school to college.

Many first-year students struggle with the transition to college, realizing they can't coast through as they did in high school. The newfound freedom requires discipline, self-responsibility, and accountability. Half-measures such as borrowing lecture notes are less effective than attending classes and taking notes. Such activities that indicate a lack of engagement may have worked in high school, but fall short in college.

When students who commonly struggle with end-of-semester stress take action to develop and understand their self-sabotage patterns, they can learn new skills and overcome obstacles to academic and personal **SUCCESS**. **Note: This article has been revised and edited from its original version, which was previously published in 2011 on this site. The content has been updated for contemporary language, clarity and accuracy.**

*Eliminating self-sabotaging behavior to reduce end-of-semester stress sets the stage for further exploration of optimizing productivity and achieving academic goals. Learn to effectively manage your semester for effective investments of time and energy. With "Time Management for College Students: How to Manage the Semester and Still Have A Life," you can learn to enhance your organizational skills and streamline your approach to coursework, ensuring a balanced and efficient use of your time.*



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