

PROCRASTINATION; PLAN AHEAD OF TIME

by:

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“Why do we need to do it the other day If we can do it today?”

A teacher’s work is not just about teaching, directing, managing, and assessing learners’ needs, strengths, and weaknesses. It is a never-ending responsibility not just in the four walls of the classroom, but also a great number of paperwork are also expected to be accomplished by the teacher within a given target time and date; such as submission of daily lesson logs, summative tests, action plans, etc.

One of the Filipino fond traits is the term “bukas nalang” or “sa susunod nalang”, those are the words that we usually say when we feel too lazy to accomplish such things or when we know that the deadline is a bit far away. This arises from a slack mentality that trouble will eventually go away by itself. This is procrastination, which is the act of delaying or putting off tasks until the last minute, or past the deadline. This simple trait can be a small hole that can grow fast if we practice this trait regularly.

When and why do teachers procrastinate? "Teacher procrastination, emotions, and stress: A qualitative study by Laybourn, S. et, al (2019) reported a variety of professional tasks on which teachers procrastinated. The most frequently reported tasks were working on organizational tasks and administrative, checking students’ exams, and evaluating learners’ overall performance.

However, the medicine that can cure this is the proper time management. Plan ahead of time, create a checklist of tasks and responsibilities, and have the end in your

mind! It is undeniable that a teacher has various paperwork, but if we anticipate procrastination, we can prevent any trouble in the future.

If we can do it today, do it now; so that there will be no regrets in our actions. Prevention is the key to plan ahead of time.

References:

Laybourn, S., Frenzel, A. C., & Fenzl, T. (2019). Teacher procrastination, emotions, and stress: A qualitative study. *Frontiers in psychology*, 10, 2325.