

# Workshop looks for end to procrastination

By KASEY KERBER  
Senior Reporter

This is one workshop students shouldn't put off.

The "Overcoming Procrastination" workshop, held Monday at the Nebraska Union, examined what procrastination is, how to spot it and more importantly — how to stop it.

Career Services and Counseling & Psychological Services worked together to sponsor the workshop, which was the third "Overcoming Procrastination" workshop this year.

A final workshop will be Nov. 12 from 3:30 p.m. to 5:30 p.m. in the Nebraska Union. The room will be

posted.

Monday's workshop began by examining the definition of procrastination.

Martin Ramirez, consulting psychologist of Counseling & Psychological Services, said procrastination is a destructive "delaying" behavior.

"It becomes a pattern of behavior where you delay, put off and hesitate," Ramirez said.

Ramirez said procrastination becomes a problem when its "consequences" become apparent.

"Procrastination does not work in the world of academia," Ramirez said. "You can get away with some things, but usually not in academics."

Freshmen are a common target of

procrastination, Ramirez said.

"Often they do well in high school, and we have to admit that college is a little harder," Ramirez said. "Their perceptions wear off and reality sets in."

Other students who tend to become procrastinators are those that are perfectionists, students that make excuses, students who hate to lose and sometimes, those that are afraid of succeeding.

Ramirez said it was important to remember that no one is a "born procrastinator." And admitted procrastinators can change if they want to.

Vern Williams, coordinator of counseling for UNL Career Services, said time management is a key com-

ponent of dealing with procrastination.

Williams recommended that students keep track of what they do hour-by-hour in an average week by updating a blank "master schedule."

This, Williams said, would enable students to recognize when they are procrastinating and make changes in their schedule to avoid it.

Williams said the use of incentives, rewards and job cards also can help combat procrastination.

"With job cards, every time you have something to do — write it down on a card," Williams said. "Then, when you get it done, you can crumple it up, throw it against a wall, throw it in the wastebasket or burn it."

## Celebrations will be held for parties

From Staff Reports

No matter what party you belong to, there will be plenty of parties to join Tuesday night as local congressional candidates wait for election results to come in from around the state.

Republican U.S. Senate nominee Chuck Hagel will have his celebration at the AKSarben Hall near 72nd and Center streets in Omaha. Follow signs to the ticket office. Fellow Republican, U.S. Rep. Jon Christensen, will have his celebration at the Omaha Marriott at 10220 Regency Circle.

U.S. Senate nominee Gov. Ben Nelson will be at a joint Democratic party celebration with U.S. House nominee James Martin Davis at the Holiday Inn on 72nd and Grover streets in Omaha.

A similar joint celebration for Lincoln Democrats, including U.S. House nominee Patrick Combs, will be at the Ramada Inn ballroom on Ninth and P streets in the Haymarket.

Also in Lincoln, supporters will rally for U.S. Rep. Doug Bereuter at the Villager Motor Inn at 52nd and O streets.

Most celebrations begin between 7 p.m. and 7:30 p.m. Polls close at 8 p.m.



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