

**General Purpose:** To persuade

**Specific Purpose:** To present a problem and a solution for students who encounter procrastination.

### Introduction

- I. **Open With Impact:** How many of you had your problem solution speech done a month ago? Ok, you do not have to answer that. Now in the other hand, how many of you waited until the night before to put it together?
- II. **Thesis Statement:** Following some simple time management guidelines can be a helpful tool for fighting a serious problem among students, which is procrastination.
- III. **Connect with the audience:** I am sure that when we were assigned the speeches we would be preparing for this class, most of us didn't jump for joy. I know I didn't! Let be honest, we would rather go out with our friends than sit at home on a Friday night preparing a speech.
- IV. **Preview:** I want to discuss a common problem specially among students and provide you with a solution

### Body

- I. **Main Point:** Why do students procrastinate?
  - A. Difficult to concentrate
    - i) Personal lives
    - ii) 90% of college students procrastinate ( University of Buffalo)
    - iii) 25% of that 90% end up dropping out of college (University of Buffalo)
  - B. Feeling overwhelmed
    - i. Not being sure of what the assignment in tales
    - ii. 2. Feeling as if you weren't capable of doing a good job
      - a) not smart enough
    - iii. 3. Fear and anxiety
  - C. Over confident
    - i. Feeling as if you can do it all and right at the last minute
    - ii. Never a good thing

**(Signpost and transition:** Now that we know some of the reason why students procrastinate, here is a solution for it.)

- II. **Main Point:** Time Management is a great solution for students that are procrastinators.
  - A. Students that find it difficult to concentrate should be more organized with their time
    - i) Make a list
    - ii) Prioritize your list
    - iii) Set a time goal to accomplish each task
  - B. To avoid feeling overwhelmed give yourself plenty of time to do the work and play (University of Guelph)
    - i) Divide your time so that you have a break to do something fun.
  - C. Students that think that they can do their work at the last minute rarely achieve the goals that they want
    - i) Too much material to get done in one sitting

### **Conclusion**

- I. **Summarize:** Today I have discuss a problem that many students face and a solution for it
- II. **Close With Impact:** Procrastination is a students worst enemy. It leaves us feeling incapable of accomplishing our work. So why put off what you can do today for tomorrow?

### **References**

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