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LIFE SUCCESS FOR TEENS PRESENTS

# **7 Ways To Stop Your Teen From Procrastinating**

(Without Having to Nag)

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## 1. ALARMS

SKILL LEVEL



We're not talking about traditional alarm clocks!

### ON A PHONE

Benefit: Your teen can set alarms on their phone to go off on specific days/times or repeat an alarm on the same/day time each week. They can also label it something like "put book bag by the door". Once it's set, your teen doesn't have to worry about it again until later when it goes off.

### FOR THE MORNING

If the thing you need your teenager to do is get out of bed, you may want to check out these unique alarm clocks. Click below for some of our favorites!

WAKE THEM UP!



## 2. BODY DOUBLING

SKILL LEVEL



Many teens find it easier to stay focused on homework and other tasks when someone else is in the same room. Ever wonder why you see people working on their laptops at Starbucks? Working in the same room as someone else has been shown to increase productivity. [Learn more.](#)

Benefit: By nature, humans don't like to be alone. We are more productive when we have like minded individuals around us.

**Bonus tip:** if no one is available, use this online body double in the comfort of your own home. It's like a virtual study buddy.

WATCH NOW



### 3. CALENDAR REMINDERS

SKILL LEVEL



Most digital calendars will send you a reminder for events.

**REMINDER**

Benefit: Once you set it you don't have to think about it. This is different than an alarm, because an electronic calendar allows you to see a week or even a month of events at a glance.

It also allows you to look at your schedule to see if you have too much on your plate (or not). Parents can see the calendar if it is shared without bothering their teen. You can even use it as a family calendar that the student can add to.



### 4. TECHNOLOGY-FREE REMINDERS

SKILL LEVEL



Sometimes the best reminders are technology-free:

- **Rubberbands:** Put a rubber band on your wrist and don't take it off until you have accomplished the task.
- **Mirrors:** Write on your bathroom mirror with dry erase markers. Review your list while you brush your teeth.
- **Post-Its:** Leave bright post-its in the places where you will be inspired to follow-through when you find them.
- **Medicine Container:** use this to check off a task each day that you get it done.

\***Bonus:** Put a Skittle or M\*M in the container for each day you complete a task.\*

Benefit: Teens don't have to rely on their phones and it's a nice change of pace not to be so tech heavy. If your teen has to have their phone taken away or if it is out of commission, these methods will still work.

## 5. ADVANCE SCHEDULERS

We love the idea of being able to send emails and text messages to ourselves as reminders. Often, the message will say something like, "Hello Natalie, this is a reminder to ask Mrs. Smith for help on your Algebra homework".

### EMAIL

The email advance scheduler we recommend is called Boomerang. It's an easy add-on to Gmail.

Benefit: It's easy to use on phone or desktop, fun to get a message from yourself and you can set it up to come on a certain date so it's timely.

### TEXT MESSAGE

Our favorite text message advance scheduler is Oh Don't Forget. You can use it to send a text message to yourself in the future.

Benefit: If your teen doesn't open the text, it looms on their phone and will still have a dot indicating that it's new.

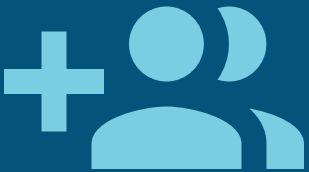
## 6. ACCOUNTABILITY PARTNERS

Have your teen choose an accountability partner. This is someone to remind them of something they have to do. It can be a friend or a family member.

This tip is best as a backup. We would rather see your teen *take responsibility* for creating their own reminders.

However, it doesn't hurt to ask a parent or friend to check in with them.

Benefit: Strengthens the relationship with the person you ask. This also helps teens build who is on their "team", or who they can always count on for support.





## 7. LOCATION BASED REMINDERS

iPhone has a location based reminder feature to remind you to do things according to your location. For example, you can program it to remind you to "change clothes for soccer practice" right when you get home from school. It uses its GPS to do this.

Benefit: These reminders are set in advance so that they are out of mind. While we often base our reminders on time, it's not unusual to need a reminder when we arrive (or leave) somewhere.

### BONUS: PRO TIPS!

**Always keep these two tips in mind when you use any of the above strategies:**

**Always build two back ups!**

If you've ever slept through your alarm clock, you know the importance of having multiple kinds of reminders.

**Be strategic with timing.**

Schedule your reminders to come at the right time of day. If you need to speak to a teacher before you leave campus for the day, make sure your reminder is set for before your final class ends. Otherwise, you're too late!

**Which one of these tools are you most excited to try?  
Schedule a free strategy session to see how we can help your teen raise their grades, lower their stress & still have time for a social life.**

**SCHEDULE NOW**