PERFECTIONISM and PROCRASTINATION

Spring Workshop Series
Location: Willis 204

1. Discussion: Challenging a Culture of Perfectionism (at Carleton)

Did you know that perfectionism is contagious? Well, so is its antidote—practicing authenticity. Please join us for a discussion to explore ways of challenging perfectionistic cultural norms here at Carleton (similar to Harvard’s Success-Failure Project and Stanford’s Resilience Project) in order to “motivate and support students as they experience the setbacks that are a normal part of a rigorous education... [to] help students learn from failure and hope to instill a sense of belonging and bravery. ...to help change the perception of failure from something to be avoided at all costs, to something that has meaning, purpose, and value.”

(see http://resilienceconsortium.bsc.harvard.edu/)

*Note the “How to Successfully Fail at Overcoming Perfectionism” presentation is now available online (on SHAC’s groups webpage): https://apps.carleton.edu/studenthealth/counseling/groups/perfectionism/

2. Procrastination: Time Management Solutions

3. Procrastination: Emotional Management Solutions

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