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Research Paper Outline

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This paper will explain what causes procrastination, it will define procrastination, and it will discuss ways to avoid procrastination.

I.Introduction:

1. What is Procrastination
2. Definition of Procrastination

II.Body

- 1.Why do we procrastinate
- 2.Fear of procrastination
- 3.Fear of success
- 4.Perfectionism
- 5.Excellence without effort
- 6.Lost of control

III.

- 1.Procrastination
- 2.Planning not to procrastinate