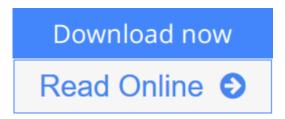


Student Procrastination: Seize the Day and Get More Work Done (Palgrave Student to Student)

By Michael Tefula



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Provides research based advice and practical suggestions to help students beat procrastination and perform better at university or MA26. Written by a recent graduate, the author gives students a chance to explore the root causes of procrastination and some of the best ways of eliminating it. Will help students to seize the day and get more done.



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Review

"I have already mentioned this book to several students and academics that are very excited about it. I think the subject is something that needs to be addressed from a student stand point and this publication does just that." - Andy Gibson, Student at Kingston University, UK

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About the Author

Michael Tefula is a former student of the University of Birmingham, UK. He is the author of How to Get a First: Insights and Advice From a First-Class Graduate.

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