

Improving your research productivity

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Research, like love, doesn't always follow a smooth path

Things get in the way.

Sometimes things you can't control (science isn't always predictable, and nor is equipment!).

Sometimes things you could have controlled but didn't (forgot to make the solution you need today; forgot to check the temperature or pH).

And sometimes due to you (lack of motivation, procrastination, being a perfectionist, etc.).

Below, each title is a link to information to help you in the latter case.

1. Procrastination

[Identifying why you are procrastinating](#)

[Now finding what to do to stop procrastination](#)

[The solution to procrastination depends on the type of procrastinator you are](#)

Practical tips to avoid procrastination

2. Lack of motivation

Why motivation matters

Improving your motivation

3. Making life easier for yourself

Perfectionism: it's never good enough!

Managing your time

Technology to help you manage your time

Learning to make good decisions