



Counselling Workroom

ME TIME Series:

Beginning from **HEART** (Last Episode)- “Lost in the ZOO”

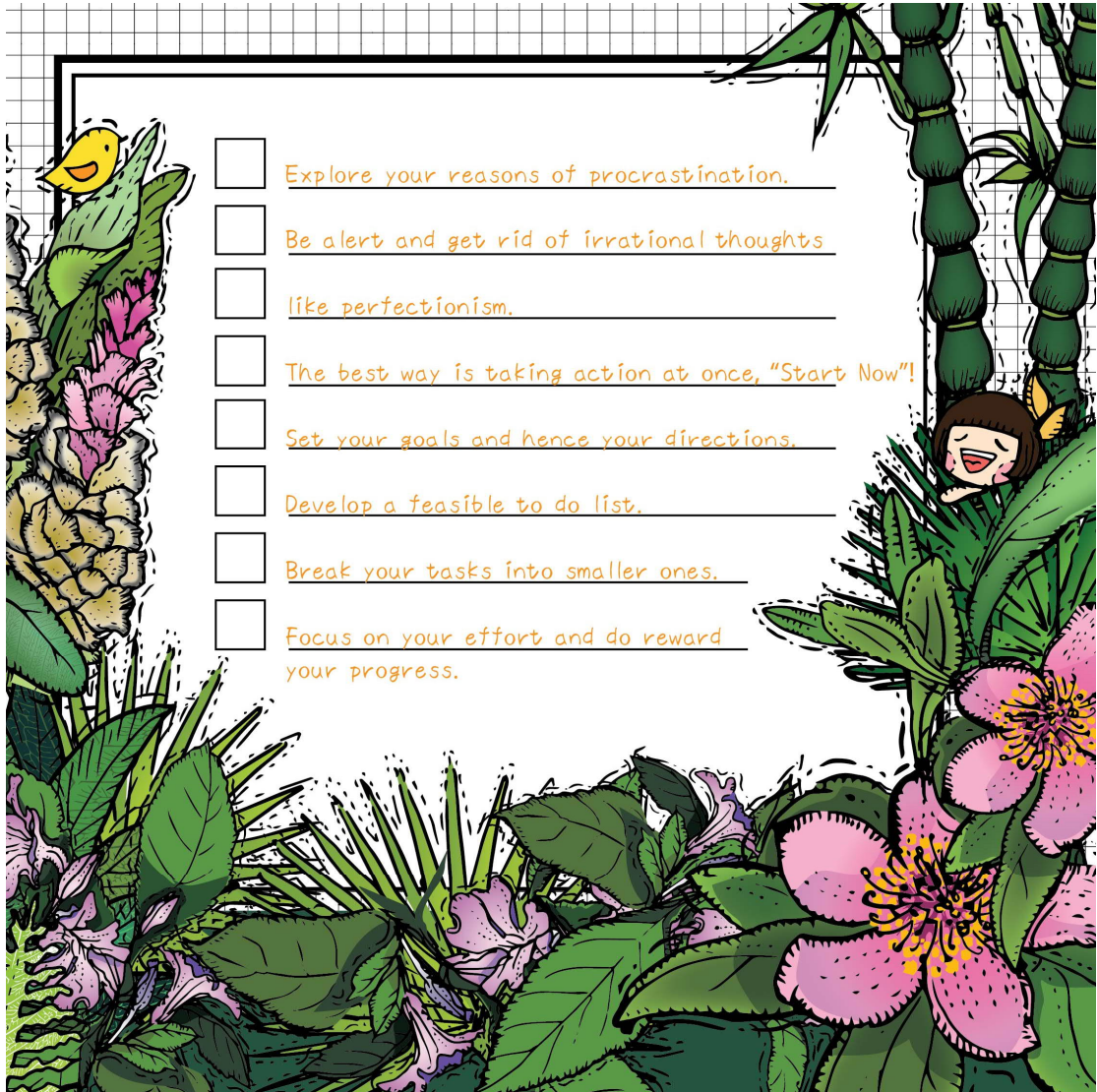
Subsidized by UGC Special Grant, a set of illustration books (Chinese version only) would be issued by Counselling Services in cooperation with four illustrators, hoping to let students learn more about mental health and enjoy ME TIME during the pandemic.



The last book of this series : “Lost in the Zoo” (about Procrastination):

	<p><u>Lost in the Zoo</u> about Procrastination https://www.flipsnack.com/eduhksao/--hier15mxu3.html</p>
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Many university students complained to have problem of procrastination. Are you one of them? Through reading the story, hope you can learn to:



- Explore your reasons of procrastination.
- Be alert and get rid of irrational thoughts
- like perfectionism.
- The best way is taking action at once, "Start Now"!
- Set your goals and hence your directions.
- Develop a feasible to do list.
- Break your tasks into smaller ones.
- Focus on your effort and do reward your progress.

Let your trusted ones accompany and help. [We](#) can be your help if you are in need.