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## OVERCOMING PROCRASTINATION

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It is known that students usually make a lot of breaks in the process of creating educational projects, writing essays, etc. We call it an academic procrastination. It has a negative influence on a student's productivity. Therefore, it is important to determine the reasons for such a phenomenon and to find out how to avoid it. Therefore, we will try to realize what academic procrastination is and how to decrease its impact.

In order to achieve our aim, we should divide it into several parts and create an imaginary ladder of them. This ladder is also known as a series of tasks that can help us in reaching the objective, for example:

- to analyze what academic procrastination is;
- to find out if there is any connection between multitasking and procrastination;
- to research the impact of procrastination on the productivity of students;
- to understand how to avoid procrastination and increase our productivity.

Most people who have ever tried to study or to work mentally are familiar with procrastination [Petrova 2018:156]. In practice, often a person who tends to delay knows that it will be highly unproductive, but cannot resist the desire to procrastinate. Therefore, the questions are following: how to stop delays and complete everything in time?

According to most psychologists, procrastination is a kind of self-protective behavior. Empirical research made by psychologists Ivutina and Shurakova has proved that procrastination is correlated with following self-defense mechanisms: regression and denying. It means that some procrastinators begin to act less responsively and, roughly speaking, behave like children and some of them are incapable of admitting that they waste time [Ivutina, Shurakova 2013:142-144, 149-151]. Nevertheless, it is vital to admit that procrastination is quite harmful because it decreases productivity.

Procrastination might exist in both active and passive types. The first type of this phenomenon can be called a concerned delay, as a person delays completing any tasks intentionally and realizes it. The second type mostly remains unrealized. It is interesting to note that in most cases procrastinators are staying right where they are and just doing nothing. [Barabanshikova, Marusanova 2015:135].

The results of another empirical research presented in the article written by Mklyayeva A. V., Rebrova D. S., and Savinskaya A. S. point out that nearly 75% of students are inclined to so-called permanent delaying. Moreover, our study has

shown that stressed, inconvenient, and uncertain students are even more vulnerable to procrastination than those who do not have enough skills in planning. However, the second ones suffer from permanent desire to delay an important task as well [Mklyaeva, Rebrova, and Savinskaya 2017: 97-98].

It is important to note that mostly delayers feel guilty because of procrastination and often they think that it is related to their personal qualities or character, while statistics show that such phenomenon is also related to circumstances, there are many factors that cause it.

**Conclusions:** We found out that academic procrastination often remains unrealized. Moreover, it is caused by both external (social) and internal (psychological) reasons. Since we have learned that the high concentration of procrastination might be harmful, let's discuss the ways to teach ourselves to avoid it.

1. Ask yourself if you really want to finish a certain task. Why? It will help to keep motivation awoken.

2. If you realize that you could use a pause, use it. But use it wisely.

3. Believe in yourself.

4. Plan. Nowadays every person has many long- and short-term tasks. Download an app where you will put all your tasks and remove them after accomplishing.

5. Divide your aims into numerous smaller tasks-steps.

6. Estimate your personal time.

It is important to note that procrastination is not about laziness. Quite often it is caused by such things as lack of motivation and interest, incorrect time-management, or simple over-tasking.

Problems will not be solved by themselves, but it doesn't mean that you should blame yourself. Do not waste time on it: it is also unproductive. Nevertheless, admit your mistakes, as otherwise it is impossible to learn.

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## **CONCLUSIONS OF THE SUPREME COURT OF UKRAINE ABOUT APPLICATION OF ARTICLE 116 “MURDER COMMITTED IN THE HEAT OF PASSION” OF THE CRIMINAL CODE OF UKRAINE**

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Some people are sure that there are no problems with the qualification of different types of murder. However, it is not true. Some elements of the particular crime are almost impossible to be proved because of lack of research on their nature. One of the most problematic articles about murders in use is Article 116 of the Criminal Code of Ukraine. That is why there are some conclusions of the Supreme Court of Ukraine about its application.

Under Article 116 of the Criminal Code of Ukraine, a murder committed in the heat of passion caused by violent conduct or conduct that lowers in honour and dignity and also in case of the systematic character of such conduct of the victim shall be punishable by restraint of liberty for a term up five years, or imprisonment for the same time [1].

The object of this crime is life of a person. As the human being and his or her life is the highest social value, murder is one of the most dangerous crimes.

The objective side of the crime is characterized by encroachment on life that causes death of a person and relationship of cause and effect.

The peculiarity of the offence provided in Article 116 of the Criminal Code of Ukraine is that heat of passion is caused by violent conduct or that lowers in honour and dignity and also in case of the systematic character of such conduct of the victim.

The subject of the crime is a physical person of sound mind who committed crime in the heat of passion.

The subjective side of the crime is characterized by the intent that suddenly arose. The heat of passion reduces the ability of a person to realise his or her actions or to control them.

The problems of the application of Article 116 of the Criminal Code of Ukraine are often connected to the definition of the heat of passion. Most scientists agree that the heat of passion includes the state of affect and other emotional states that are characterized by the strong power of their expression. Every state must be caused by the special conduct of a victim.