

West Side Informer

Volume 8, Issue 3

Spring 2012



WEST CAMPUS
LIBRARY

Library Main Number:
979.845.2111

Study Room Reservations
reservations.library.tamu.edu

Copies of the newsletter
are available at the Check
Out Desk as well as the
WCL homepage:
wcl.library.tamu.edu

The newsletter is written
and published by the West
Campus Library Staff.

“Procrastination is the thief of time.”

Edward Young (1683-1765)

Procrastination is a complex psychological behavior that affects everyone to some degree or another. With some it can be a minor problem; with others it is a source of considerable stress and anxiety. The reasons for procrastination vary; difficult task, will take too much time, lack of knowledge or skill and fear of failure.

Ways to overcome Procrastination

New Rule #1: I Can Face It.

I'll do what I need or want to do regardless of how I feel. Feeling anxious at times is normal and doesn't mean something is wrong with me.

New Rule #2: Good Enough Is OK.

I realize striving for perfection leaves me paralyzed, so I am for a standard that allows me to move forward.

New Rule #3: Failure Is A Part Of Life.

Everyone has strengths and weaknesses. Failure is a normal part of life. If I'm falling short somewhere, I'll take steps to boost my skills.

New Rule #4: The Time Is Now.

I can accomplish a lot even if I don't feel perfectly focused or motivated. If I have a few minutes, I can get started now rather than wait until later.

New Rule #5: Let's Get It Over With.

Sometimes I need to do things that I don't necessarily want to do. The quicker it gets done, the sooner I can have fun.

Peace of mind, and being in charge of your life are some of the benefits of overcoming procrastination.

Gyoerkoe, K. L. (2011). Don't Delay. *Inventors' Digest*, 28(4), 16.

ProQuest Day

ProQuest Day is coming to the Texas A&M University Libraries on April 10, 2012. This first-time event will feature demos and presentations on databases available from one of the world's largest vendors of electronic databases to libraries and other educational institutions. Demos will take place at Sterling C. Evans Library from 9 a.m. to noon in the Evans Library main lobby and Room 204E; and at West Campus Library, from approximately 1 to 3 p.m. in the lobby. ProQuest staff will be on hand to demo their latest products as well as RefWorks and GIS (formerly LexisNexis Government Information).

Faculty, staff, researchers, and students are invited to attend. ProQuest will provide refreshments and promotional items. Participants can sign up for a drawing for the chance to win a new iPad.

Some ProQuest databases that you may have used for your business research needs include ABI/INFORM, Accounting & Tax, EIU Viewswire, Entrepreneurship, Factiva, Historical Annual Reports, and Statistical Datasets.

Watch for more information on the Libraries' website and Facebook page.

Umbrella Bags

The West Campus Library now provides umbrella bags for your use on rainy days to keep the floors dry.

If you have suggestions on how we can improve our services to you, fill out a suggestion form, located by room 127, and drop in the suggestion box.