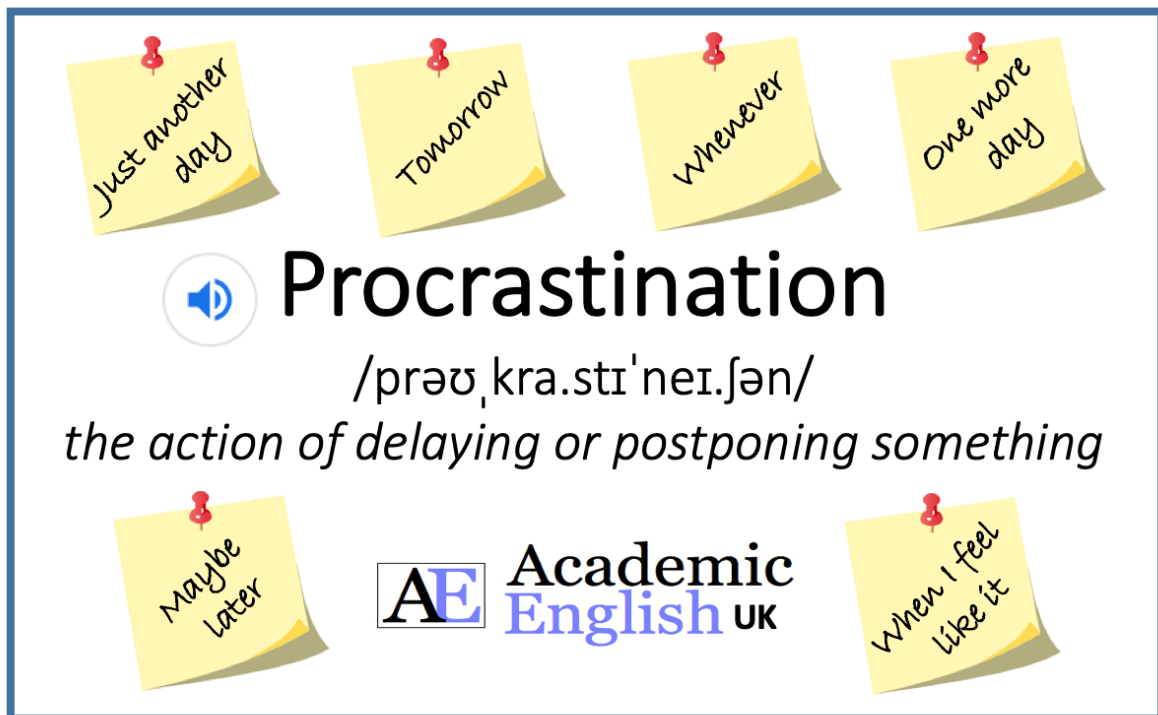




# Procrastination



 **Procrastination**  
/prəʊˌkraːstɪˈneɪ.ʃən/  
*the action of delaying or postponing something*



## The Lesson

One of the most common problems worrying students is the tendency to put things off until the last moment - or beyond the last moment. University students are particularly vulnerable, possibly because of the amount of work expected of them, the lack of formal structure at university and the range of tempting distractions on campus. This lesson helps students identify the causes, effects and possible solutions to academic procrastination

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## Procrastination - Teacher's notes

**Time: 30 - 60 minutes / listening 60 minutes**

**Level: \*\*\*\*\*[B1/B2/C1]**

*Aim: to focus on the topic of procrastination and look in depth into the causes, effects and solutions. Students will engage in discussion and justify choices.*

### 1. Lead in – definition

- Give out Procrastination [Worksheet #1](#). Students work in small groups or pairs to write a basic definition for their understanding of 'academic procrastination'. Teacher shows the academic definition in [Teacher's Answers #2](#) or a dictogloss (dictation – see extra).
- **Extra:** Dictogloss [Worksheet #3](#). Read out an academic definition of procrastination twice. Students take notes as they listen. They then write the definition using their notes (they can work in small groups or pairs).

### 2. Causes

- Small groups or pairs brainstorm possible causes for procrastination.
- Whole class feedback. Elicit ideas on the board asking for elaboration. Refer to [Teacher's Answers #2](#) for more ideas.

### 3. Personal Key distraction

- Students work individually on their own personal distractions.
- Compare ideas in pairs or small groups.

### 4. Effects

- Small groups or pairs brainstorm possible causes for procrastination.
- Whole class feedback. Elicit ideas on the board asking for elaboration. Refer to [Teacher's Answers #2](#) for more ideas.

### 5. Solutions

- Small groups discuss possible solutions / ideas.
- **Extra** – students can use the internet to add more solutions.
- **Extra** – students can refer to the Reference List for more help.
- Whole class feedback. Hand out or show [Teacher's Answers #2](#).

### 6. Listening: TED Talk

- Students listen to and take notes on a Procrastination TED Talk. Then answer comprehension questions. [Inside the mind of a master procrastinator #4](#) (Tim Urban, 2016).
- Refer to teacher's notes for lesson.

## Procrastination Worksheet #1

**1. What is academic procrastination? Write a basic definition.**

**2. What are the causes of academic procrastination? Write ten.**

1.	<i>Poor study skills</i>	7.	
2.		8.	
3.		9.	
4.		10.	
5.		11.	
6.		12.	

**3. What are [ ] [ ] [ ] distractions? Be specific and put them in order with number [ ] [ ] distracting.**

1		6.	
2		7.	
3		8.	
4		9.	
5		10.	



## Teacher's ANSWERS #2: Procrastination

**1. What is academic procrastination? Write a basic definition of 100 words.**

The word 'procrastination' comes from the latin word 'pro' (meaning [redacted] [redacted]) and '[redacted]' (meaning of [redacted] [redacted]). Senecal et al (2005, p.607) describe procrastination as '... [redacted] [redacted] supposed to and perhaps even wanting to [redacted] [redacted] [redacted] but failing to perform the activity within the [redacted] [redacted] time frame'. In addition, [redacted] [redacted] argues that [redacted] [redacted] of academic procrastinator: (a) the [redacted] who may have negative feelings towards work( [redacted] [redacted] and (b) the anxious type who [redacted] [redacted] issues as pressure, ability [redacted] failure.

Text adapted from The [redacted] [redacted] (2014). Procrastination and [redacted] [redacted] [online] [redacted] [redacted]. Available at: [redacted] [redacted] [Accessed 13 Jun. 2019].

**2. What are the causes of academic procrastination? Write ten. (possible ideas)**

1. Poor study skills	7. Task is too big
2. Not [redacted] [redacted]	8. Perfectionism
3. Distractions [redacted] [redacted]	9. Avoidance of [redacted] [redacted]
4. Fear of [redacted] [redacted]	10. [redacted] [redacted] the task
5. Fear of [redacted] [redacted] (too [redacted] to maintain / [redacted] not being worthy)	11. [redacted] [redacted] problems
6. Inability to [redacted] [redacted]	12. Believing that leaving things to the last minute creates [redacted] [redacted]

**3. What are YOUR key areas of distractions? Be specific and put them in order with number 1 being the most distracting. (possible ideas)**

1 Online gaming	5 Internet [redacted] [redacted]
2 [redacted] [redacted]	6 Organising / [redacted] [redacted]
3 Facebook	7 Go for a walk / gym
4 Watching [redacted] [redacted]	8 [redacted] [redacted]

**4. What are the effects of procrastination? (possible ideas)**

1.	Stress	6.	Fail grade or low grade / fail course
2.	██████ ██████	7.	██████ ██████
3.	██████ ██████	8.	Low-██████ ██████
4.	Health conditions (ex. sleep ██████ ██████ )	9.	Putting off – ██████ ██████ ██████ ██████
5.	Lack of ██████ (leads to addictions)	10.	General well-██████ ██████

**5. What are the key solutions?**

	Idea	Explanation
1	Targets	Set realistic targets for what you can want to achieve. Promise a little, to deliver a lot.
2	██████ ██████	Use the power ██████ ██████. Treat studying like a 9-5 job. If you have to ██████ ██████ in your ██████
3	Planning	Plan ██████ ██████ Create a timetable with study breaks ( ██████ ██████, 15 minutes off). ██████ ██████ and ██████ ██████ ██████ ██████.
4	██████ ██████	Reflect on how you are feeling and what you are thinking about. Sometimes we ██████ ██████ on a task that it ██████ ██████ from the task.
5	██████ ██████	Find a study buddy or create a study group. Meet up at regular times to share and discuss ideas.
6	Not sure where to start?	Start in the ██████ ██████ ██████. Seek advice from your ██████, the ██████ ██████ staff.
7	██████ ██████	Specific / ██████ ██████ / Realistic / Timely. <i>(Google this for more information)</i>
8	██████ yourself	Rewards ██████ ██████ Reward with an ██████ ██████ / an hour on ██████ ██████ / chocolate.
9	██████ yourself	Accept what you are doing ██████ ██████ and expect to find it challenging.
10	██████ ██████	Seek help ██████ ██████. Go to your tutors, supervisors or ██████ ██████ and ask for help. Use the university counselling ██████ ██████ can help manage procrastination.

## Dictogloss: Procrastination Teacher Notes

**Topic:** University

**Level:** \*\*\*\* [B2/C1]

**Vocabulary:** Procrastination

**Time:** 20-30 minutes.

### Lesson Plan

1. Activate schemata – what do you know about procrastination at university?
2. Vocabulary should have been developed in the definition of exercise 1: [Procrastination Worksheet #1](#)

### Dictogloss

3. Read out the text 2 times at normal speed & students take notes.
4. Students construct the whole text in pairs / threes.
5. Hand out 'Student's Copy #4'. Students compare theirs with original definition.

The word 'procrastination' comes from the latin word 'pro' (meaning [redacted] [redacted]) and 'crastinatus' (meaning of [redacted] [redacted]). Senecal et al (2005, p.607) describe procrastination as '...[redacted] [redacted] supposed to and perhaps even wanting to [redacted] [redacted] [redacted] but failing to perform the activity within the [redacted] [redacted] time frame'. In addition, [redacted] [redacted] argues that [redacted] [redacted] of academic procrastinator: (a) the [redacted] who may have negative feelings towards work([redacted] [redacted] and (b) the anxious type who [redacted] [redacted] issues as pressure, ability [redacted] failure.

Text adapted from The [redacted] [redacted] (2014). *Procrastination and [redacted] [redacted]* [online] [redacted] [redacted]. Available at: [redacted] [redacted] [redacted]. [Accessed 13 Jun. 2019].





## Student's Copy #4

The word 'procrastination' comes from the latin word 'pro' (meaning [redacted] [redacted]) and 'crastinatus' (meaning of [redacted] [redacted]). Senecal et al (2005, p.607) describe procrastination as '...[redacted] [redacted] supposed to and perhaps even wanting to [redacted] [redacted] [redacted] but failing to perform the activity within the [redacted] [redacted] time frame'. In addition, [redacted] [redacted] argues that [redacted] [redacted] of academic procrastinator: (a) the [redacted] who may have negative feelings towards work([redacted] [redacted] and (b) the anxious type who [redacted] [redacted] issues as pressure, ability [redacted] failure.

Text adapted from The [redacted] [redacted] (2014). *Procrastination and [redacted] [redacted]* [online] [redacted] [redacted]. Available at: [redacted] [redacted]  
[Accessed 13 Jun. 2019].

# TED TALK Listening Lesson

## TED Talks comprehension questions

### Lesson Plan

**Aim:** to develop the students' ability to listen to a 10min + lecture, to take notes and then use those notes to answer a range of comprehension questions .

**Lesson Time:** Approximately 45 minutes + critical thinking discussion.

## Lesson Plan

### 1. Lead in

- Students discuss the 'lecture title' and predict the content of lecture.
- Students write down key terms / language they expect to be in the lecture.
- Feed in / check key vocabulary.
- There is a [PPT \[Power Point\]](#) available for this lesson. Print off 3 slides per page.
- PPT link: <https://www.academic-englishuk.com/wp-content/uploads/2019/06/Procrastination-AEUK.pptx>

### Three types of lesson

#### **Lesson#1:** [hard]

1. Students listen once – take notes on paper or use [the PPT](#).
2. Give 5 minutes to tidy notes.
3. Listen again and add to notes (use a different [colour](#) pen).
4. Give out questions – set 10-15 minutes to answer.
5. Feedback - give out answers or go through on board.

#### **Lesson #2:** [medium]

1. Students listen once – take notes on paper or use [the PPT](#).
2. Give out questions: Set 10 minutes for students to answer questions from notes.
3. Listen again – students answer the questions they missed as they listen
4. Give extra 5-10 minutes to consolidate answers.
5. Feedback - give out answers or go through on board.

#### **Lesson #3:** [easy]

1. Give out questions - students have up to 5-10 minutes to look at questions.
2. Students listen and answer questions.
3. Give 5 minutes to tidy notes.
4. Students listen again – check answers and answer questions they missed.
5. 5-10 minutes to tidy answers.
6. Feedback - give out answers or go through on board.

## Inside the mind of a master procrastinator #4

[listening comprehension questions]

**Author:** Tim Urban

**Date:** Feb 2016

**Time:** (14:04)

**Location:** TED TALKS

**Level:** \*\*\*\*\* [B1/B2]

**Link:** [https://www.ted.com/talks/tim\\_urban\\_inside\\_the\\_mind\\_of\\_a\\_master\\_procrastinator](https://www.ted.com/talks/tim_urban_inside_the_mind_of_a_master_procrastinator)

**PPT:** <https://www.academic-englishuk.com/wp-content/uploads/2019/06/Procrastination-AEUK.pptx>

Check these words before listening:

### Key vocabulary

1. A thesis
2. 'To kick it up into a high gear'
3. Awesome
4. An all-nighter
5. To sprint
6. [REDACTED] [REDACTED]
7. A brain
8. Rational decisions
9. [REDACTED] [REDACTED]
10. Nancy Kerrigan / Tonya Harding scandal (google this)
11. Justin Bieber (google this)
12. Well-earned leisure time
13. A conflict
14. [REDACTED] [REDACTED]
15. Guilt, anxiety, dread
16. A [REDACTED] [REDACTED]
17. To panic
18. Embarrassment
19. A scary consequence
20. Terrified
21. Google [REDACTED] [REDACTED]
22. Miraculously / unbelievable
23. [REDACTED] [REDACTED]
24. An epiphany
25. Deadlines

## Inside the mind of a master procrastinator

TED TALK: Tim Urban [Feb 2016. 14:40]

1. What was his major?
2. What was [redacted] [redacted] ?
3. How [redacted] [redacted] the deadline?
4. What was the outcome of the essay?
5. Why did he show [redacted] [redacted] ?
6. [redacted] [redacted] Gratification Monkey? What [redacted] [redacted] it only care about?
7. What is the [redacted] [redacted] Maker?
8. What is the dark playground? How does it make you feel?
9. Who is the [redacted] [redacted] ?
10. Why does the [redacted] [redacted] [redacted] ? (4 reasons)

11. Who is afraid of the Panic Monster?

12. What happened when [ ] [ ] to do a talk?

13. What is the procrastinator's [ ]?

14. What h [ ] [ ] when he [ ] [ ] about procrastination?

15. What are the [ ] [ ] procrastination?

16. What was his epiphany?

17. What is the point of the ' [ ] [ ] '?

18. What do we really [ ] [ ] of?

Critical thinking?? What do you think about this lecture? Are you a procrastinator? Can you relate to the [ ] [ ] your mind? Is there anything you [ ] [ ] in this lecture? What do [ ] [ ] from procrastinating? Is there anything else?

## Inside the mind of a master procrastinator **ANSWERS**

TED TALK: Tim Urban [Feb 2016. 14:40]

1. What was his major?  
Government.
2. What was the final paper?  
90-page senior thesis.
3. How did he meet the deadline?

**ALL ANSWERS IN PAID VERSION...**