

Procrastination

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

AE Academic
English UK

Speaking 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 (see lesson <https://www.academic-englishuk.com/dictogloss>).

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. EXTRA Listening: TED Talk

- Students listen to and take notes on a lecture and answer comprehension questions.
- [Inside the mind of a master procrastinator](#) (Tim Urban, 2016).
- Go here for lesson: <https://www.academic-englishuk.com/ted-talks>

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 ██████ ██████ manage procrastination.