



BEFORE YOU WATCH

Procrastination can be a challenge for some people. Choose the correct words or phrases to complete the sentences.

A procrastinator is a person who *plans well for* / *avoids* something that needs to be done. Someone who procrastinates may *delay* / *accept* a task and then complete it in a hurry.



COMPREHENSION

Each of the following statements contains false information. Rewrite the sentences so that they are correct, based on the TED Talk.

1. In college, Tim made a plan for writing a 90-page paper, and followed it.

2. Tim procrastinated when he was younger, but not now.

3. The main difference between procrastinators and non-procrastinators is that procrastinators' brains don't have a Rational Decision Maker.

4. The Panic Monster usually shows up just after a deadline.

5. When Tim wrote a blog about procrastination, a few people responded to say they have the same problem.

6. There are three kinds of procrastination, according to Tim.



VOCABULARY 1

Put the words in the correct categories. Do you associate them with procrastinators or non-procrastinators?

instant gratification complete short-term goals pull an all-nighter distracted complete long-term goals miss a deadline make rational decisions

Procrastinator	Non-procrastinator



VOCABULARY 2

Complete the paragraph with the correct words.

procrastinator all-nighter Instant Gratification procrastination
distractions deadline Rational Decision-Maker

Tim talks about _____, or delaying doing something important. This often happens when a person knows they have a task to complete, but _____—easy and fun activities—get in the way. Inside the procrastinator's mind, the _____ loses control when the _____ Monkey takes over. For example, a person may have a(n) _____ at work, but avoids starting until the last moment. The _____ may have to pull a(n) _____ in order to get the work done on time.



GRAMMAR 3

Choose the correct words to complete the conversation.

A: Have you finished the project for Communications class yet?

B: No. I haven't even started it.

A: What? It's due on Thursday!

B: Oh, I know. I always seem to wait until the last minute *that / when / where / which / who* I have a deadline longer than a week.

A: Really? I usually break big tasks into smaller ones, and finish them every few days, *that / when / where / which / who* is easier for me. That way I don't get stressed out.

B: Well, I tried a smartphone app *that / when / where / which / who* helps plan for deadlines, but every time I open my phone, I end up on social media or watching videos. This morning I watched a talk by Tim Urban, *that / when / where / which / who* talks about procrastination.

A: You mean you procrastinated by watching a video about procrastination? Maybe what you really need is a place to study *that / when / where / which / who* there isn't any Wi-fi!



GRAMMAR 4

Put the words in order to form complete sentences.

1. students / a / thesis / that / is / a / long / write / paper

2. are / tasks / procrastinators / delay / who / people

3. when / about / time / a / Tim / procrastinated / he / talks

4. Dark / the a / is / place / happens / where / Playground / fun / unearned

5. place / zone / is / where / happen / things / a / blue / the / important



PROJECT

Write about the topic below.

Look at the life calendar. Remember that each box represents a week in a 90-year life. According to your age, find the approximate location of the box that represents you right now.

Write about long-term goals and procrastination in your own life.

What would you like to change?

How will you do it?
