

PROCRASTINATION

Are you the kind of person who always does things on time?
Was there ever a time that you delayed doing something? Why?

DEFINITION

Procrastination is the act of repeatedly delaying a task or an activity to a later time often because they seem boring and uninteresting. The person tends to do something else rather than accomplish what is necessary.



STARTER

What are these activities that most people procrastinate on? Do you procrastinate on these things?



VOCABULARY

Match the phrasal verbs in Column A with their meanings in Column B.

Column A

1. finish off
2. get on with
3. follow up on
4. put off
5. shy away

Column B

- a. to avoid doing something which makes one feel uncomfortable
- b. to do something in addition to a past action to achieve one's goal
- c. to change the schedule of something to a later time due to problems; reschedule
- d. to complete a task or an activity by doing the last/final part
- e. to focus and do something without interruption

PROCRASTINATION

PRACTICE 1

Complete the sentences by filling in the gaps with the appropriate phrasal verbs.

1. We might have to _____ the trip because of the typhoon.
2. The band decided to _____ from doing concert tours for a year.
3. Stop arguing and _____ the wedding plan.

Choose the best answer.

1. Procrastinators are people who _____.
 - a. put things off until later
 - b. likes to enjoy working
 - c. are lazy and doesn't like to work
2. To overcome procrastination, you can _____.
 - a. forget about the task
 - b. let someone else do the task for you
 - c. make a to-do list with firm deadlines

LANGUAGE POINT

The Verb "TO GET"		
to GET + object + verb -ed	to GET + object	to GET + noun / pronoun + direct object
Example: I'm going <u>to get the TV repaired</u> tomorrow.	Example: When are you going <u>to get a license</u> ?	Example: I need <u>to get the baby some milk</u> .

Practice each structure in sentences.

PRACTICE 2

Identify whether each sentence is true or false about stopping procrastination.

1. Stop focusing on your task so much. Do something you enjoy more. _____
2. Break down your tasks into groups; the most important ones and the less important ones. _____
3. Surround yourself with temptations and distractions such as music, television, games, and the like. _____
4. Reward yourself after a task accomplished as a kind of motivation, say a brand new pair of shoes. _____
5. Formulate a "to-do" list to guide and remind you of the tasks at hand. _____

SPEAKING

What are the advantages of procrastinating? disadvantages?

Could you suggest ways on how to avoid procrastination?

This textbook uses pictures/photos from the free photo sites below.

Pixabay : <https://pixabay.com/>
Public Domain Pictures : <http://www.publicdomainpictures.net/>
Pexels : <https://www.pexels.com/>
Flicker : <https://www.flickr.com/>

Unsplash : <https://unsplash.com/>
GATAG | フリー素材集 : <http://01.gatag.net/>
写真AC : <https://www.photo-ac.com/>
イラストAC : <https://www.ac-illust.com/>

シルエットAC : <https://www.silhouette-ac.com/>
Google 画像検索 : <https://www.google.com/imghp?hl=ja>
Wikimedia Commons : https://commons.wikimedia.org/wiki/Main_Page