

Lesson 22. Procrastination

Learning Objectives

After this lesson, students will be able to:

1. Discover how a YouTube content creator keeps himself from procrastinating.
2. Describe the origin of the word 'procrastination' and what an act of 'procrastination' is.
3. Argue whether procrastination is really just laziness.
4. Recognize the use of certain vocabularies from a recording using context clues.
5. Interpret and explain the content of infographics.
6. Explore the upside of procrastination acts that most people might not realize.
7. Infer relevant information from the provided text.
8. Analyze and interpret the underlying symbolisms around the concept of procrastination in provided comic strips.
9. Identify and correct the error found in each sentence.

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5 Things That Help Me Avoid Procrastination

1. Would you say that you have great self-control? Detail your reason.
2. How fast do you get things done?
3. Do you identify with the concept of procrastination?
4. Watch this following clip and complete the table below.
[\(12\) 5 things that help me avoid procrastination – YouTube](#)
5. In summation, do you think the man in the video is doing his best to avoid procrastination? How effective would you say are his preventive measures?

Complete This Following Table

5 Things Matt D'avella Does To Stay Focus	How It Helps	What Happens If It's Not Done
1. _____		
2. _____		
3. _____		
4. _____		
5. _____		

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In a nutshell

Procrastination is the action of delaying or postponing something. The word has origin from the Latin *procrastinatus*, which itself evolved from the prefix *pro-*, meaning "forward," and *crastinus*, meaning "of tomorrow." It could be further stated as a habitual or intentional delay of starting or finishing a task despite knowing it might have negative consequences. It is a common human experience involving delay in everyday chores or even putting off salient tasks such as attending an appointment, submitting a job report or academic assignment, or broaching a stressful issue with a partner. Although typically perceived as a negative trait due to its hindering effect on one's productivity often associated with depression, low self-esteem, guilt and inadequacy, it can also be considered a wise response to certain demands that could present risky or negative outcomes or require waiting for new information to arrive. Various types of procrastination (such as academic/non-academic or behavioural/indecisive) have their own underlying causes and effects. The most prominent explanation in present literature draws upon "Intemporal discounting, task averseness and certain personality traits such as indecisiveness and distractibility" as the common causes of procrastination.

How much of a procrastinator are you? When did this “habit” of yours start developing? Elaborate your answer.

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Debate: Is procrastination really just laziness?

Points to consider:

- How procrastination differs from laziness.
- How frequent is the procrastination act/the practice in question?
- Does the doer in question generally put off doing all sorts of things? Or is the procrastination act/the practice in question applied to specific/certain types of tasks/activities only?
- The psychological state of the doer/the procrastinator.
- The actual reason behind the practice in question.
- The top priorities of the doer. (Are there more urgent matters at hand?)
- How packed/busy is one's schedule.

Sources:

<https://www.psychologytoday.com/us/blog/hide-and-seek/201505/whats-the-difference-between-procrastination-and-laziness>

<https://www.themiamihurricane.com/2019/04/01/procrastination-is-it-really-just-laziness/>

<https://solvingprocrastination.com/why-people-procrastinate/>

<https://solvingprocrastination.com/procrastinator/>

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Keen Listening

Look for the following vocabulary in the recording. Define each vocabulary if you are familiar with it. While listening, jot down how each vocabulary is employed and related to the presented topic.

indulge

crank out

file down

**stop one cold
in one's track**

rigorous

dawdle

debacle

perk up

conversely

rock bottom

drudgery

byproduct

eerily

plight

**Identify which part of
the speech each
vocabulary is.**

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Listening 22.1

Listen to the recording carefully and answer these questions below.

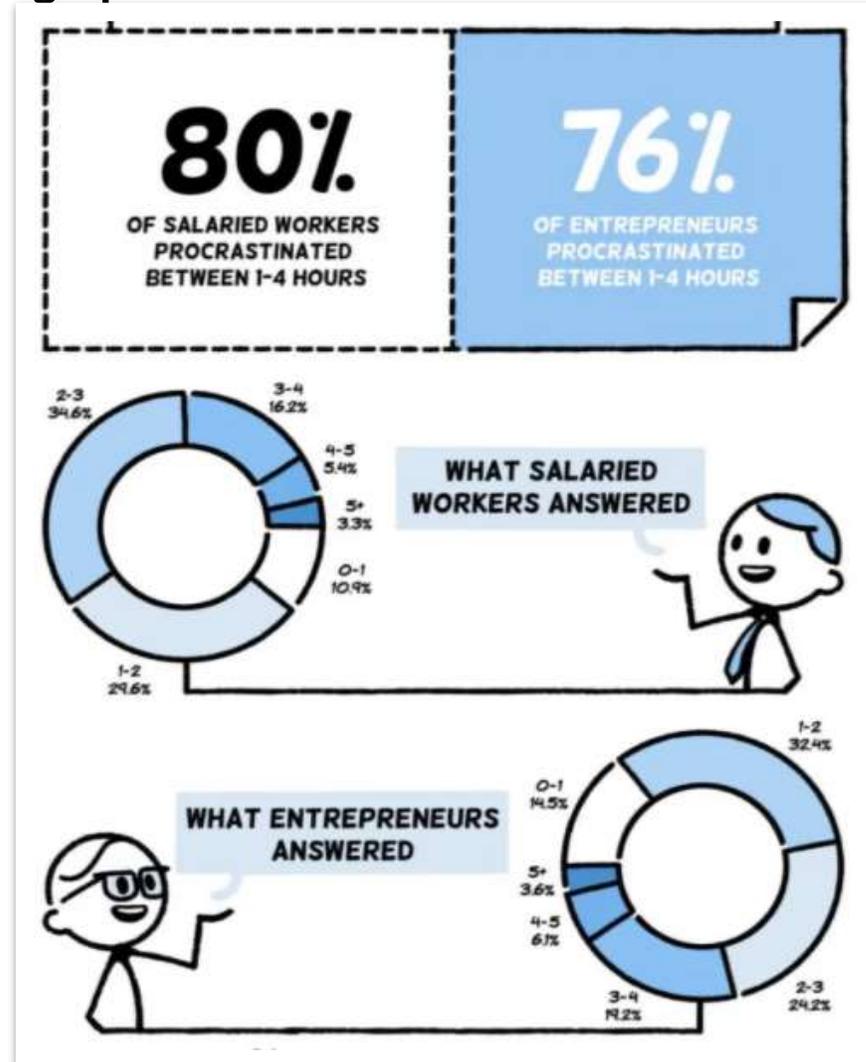
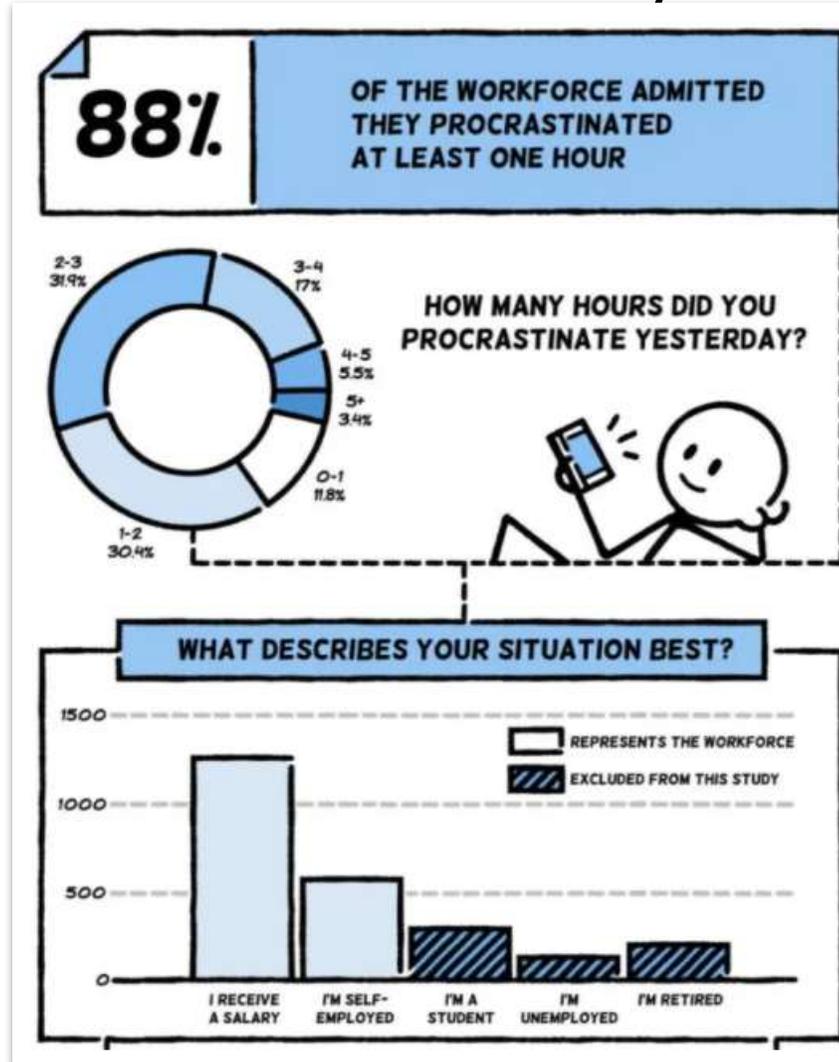
[An End to Procrastination | Archana Murthy | TEDxMarcusHighSchool](#)

An End to Procrastination

1. The speaker in the video is supposed to be writing her English essay. Pay attention to how many acts of procrastination did the speaker say to have done prior to her English essay completion.
2. How many words/vocabulary items synonymous with “procrastinate” or “waste time” did the speaker in the video mention? Name those words.
3. **True** or **False**?
 - Situational procrastinators tend to put off doing all sorts of tasks & activities.
 - The speaker claimed that she identified with the chronic procrastinators category.
 - The speaker exemplified how her cousin dislikes paying his bills so he keeps putting off paying the bills until the very last second.
 - The speaker wasn't the least bit interested in what her mother was reading aloud in their car during a family trip.
4. According to the speaker, how does the Hindu scripture text the Bhagavad Gita perceive “work” in and of itself?
5. What does the figure “20” mentioned in the talk mean?

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Study and discuss the graphs below



Reference: <https://dariusforoux.com/procrastination-study/>

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The Procrastination Boost: Doing Less To Get More Done

“No idleness, no laziness, no procrastination: Never put off till tomorrow what you can do today,” Lord Chesterfield famously said. But is **procrastination always the enemy of productivity**? Not according to Carson Tate, the founder and managing partner of management consultancy Working Simply, who believes **mastering the art of “high-performance procrastination” can set you apart from your peers**. “Procrastination is **a dirty word in the corporate vernacular**,” says Tate, “**but it can be a productivity tool**. It causes us to slow down and think--two things in our frenetic, **always-on culture** that don’t happen a lot.” In today’s fast-paced knowledge economy, workers struggle with competing deadlines, never-ending to-do lists and constant distractions. Tate believes **procrastination serves as a mechanism of focus** in the whirlwind, shedding light on what’s really important and empowering others to solve problems. She explains **how doing less might just help you get more done**.

- **Procrastinating Clarifies Priorities**

Later. Not now. Maybe tomorrow. That pesky task on your to-do list keeps getting pushed down. Your procrastination is valuable information, says Tate. “It helps you get clear on what you want to do or need to do.” Consider why you’re avoiding the task like the plague. Is it **out of alignment with your skills**, personal goals or the goals of the company? Do you have the tools to tackle it properly? Is it just **a time-suck with limited payoff**? If you understand the source of your avoidance, you can use it to cull your to-do-list, Tate says. Strike off the tasks that are meaningless, seek resources for those that are overly complicated, and focus on what’s really important.

- **Procrastinating Empowers Others To Solve Problems**

Sometimes **not acting immediately creates the space for others to step up and solve problems**, says Tate. Consider what happens when you receive an email from a colleague or direct report and choose to **sit on it** for a few hours. Oftentimes the problem resolves itself without your input.

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“[Not acting] enables others and helps develop your team,” she says. While being frequently unresponsive would likely backfire, **strategic procrastination can build people up**. One of Tate’s clients, a sales executive, had a new team member who continuously came to him with questions about resolving issues. The first couple times the executive asked what the sales rep thought, and they talked through the scenario. The next couple times, the executive waited to respond. Soon, the sales rep became more confident and self-sufficient, and the emails stopped entirely.

- **Procrastinating Identifies Your Energy Cycles**

Lack of motivation may also signal that your **scheduling is off**, says Tate. Complex tasks that require a lot of mental effort, like writing and analyzing information, need to be completed when your energy is high and your brain is rested. However, if you’re a morning person scheduling high-intensity projects in the afternoon, or vice versa, sluggish energy levels will likely lead to procrastination. Tate recommends using these signals to **tap into your body’s natural rhythms**, so that you can get the most out of your day. For those times when you don’t have the energy to start a big project or you find your energy waning, **she suggests using a five-minute list**: A to-do list of easy, **low-intensity tasks** that you can do in less than five minutes. Whether it’s an internet search, printing out and sorting documents, or light research, it helps you stay on track through dips in concentration.

- **Procrastinating Leads To Creativity**

Hesitancy to start a project may also be a sign that the idea is not fully formed or inspired. “Ideas need time to percolate,” says Tate. “**Inspiration strikes when your brain is at rest.**” Procrastinating—whether it’s watching a silly YouTube video, lingering by the water cooler or pushing off a difficult task and doing an easy one—is a time-out for your brain. A relaxed brain more easily connects disparate ideas in new, creative ways. Ever had a big idea in the shower or while taking a run? “**High-performance procrastinators use another task or project to stimulate their thinking** on all of their projects and tasks,” Tate says. “Procrastination actually assists us in getting the work done at the ideal time.”

Source: <https://www.forbes.com/sites/jennagoudreau/2013/01/03/the-procrastination-boost-doing-less-to-get-more-done/?sh=1638a0173639>

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ANSWER THE QUESTIONS

VOCABULARY

1. According to the passage, how does Carson Tate perceive procrastination?
2. Pay attention to line 13, there's a line that reads "...If you understand the source of your avoidance, you can use *it* to cull your to-do-list..." what does the word 'it' refer to?
3. What does procrastination have to do with one's priorities?
4. **True** or **False**: Carson Tate exemplifies how deliberate acts of procrastination when done correctly/properly might successfully stimulate a sense of better problem-solving skill in one's team.
5. How can understanding our body's natural rhythms help tackle our problems with procrastination?
6. According to the passage, what do procrastinators generally do in order to get enlightened/be inspired?

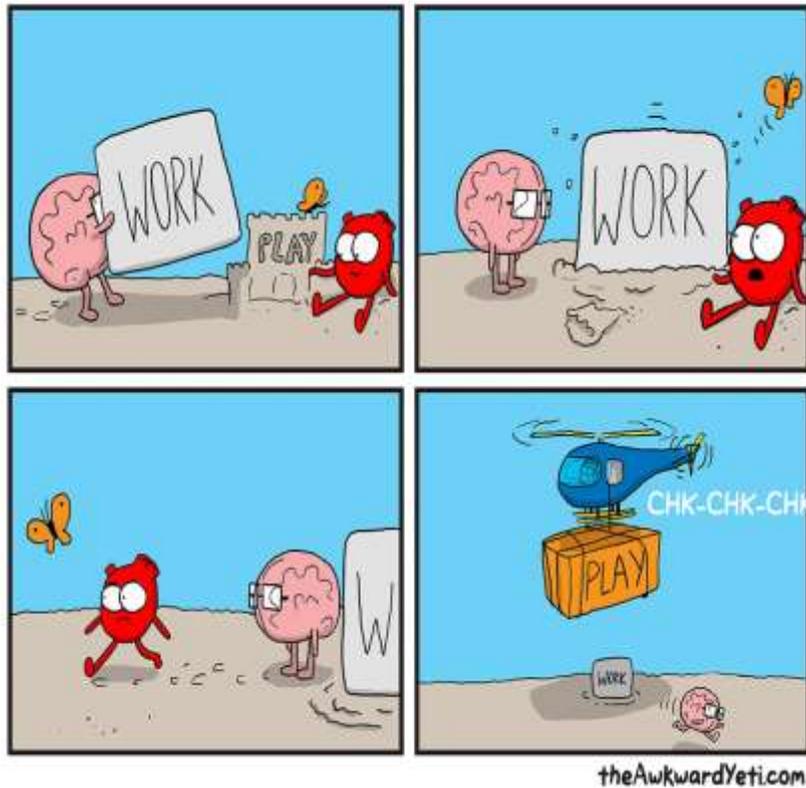
1. involving a lot of movement or activity; extremely active, excited, or uncontrollable.
2. to provide information about something or to make something easier to understand.
3. to choose; select; pick; single out.
4. the state of being without work; the state of being lazy.
5. used in similes and metaphors to describe a very energetic or tumultuous person or process.
6. to delay or move an activity to a later time.
7. to spread or grow gradually/to become active, lively, or spirited.
8. annoying or causing trouble; troublesome.
9. everyday language, including slang, that's used by the people.
10. distinct in kind; essentially different; dissimilar.
11. lacking energy or alertness.
12. to become weaker in strength or influence.

- a. idleness
- b. put off
- c. vernacular
- d. frenetic
- e. whirlwind
- f. shed light on sth
- g. pesky
- h. cull
- i. sluggish
- j. wane
- k. percolate
- l. disparate

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Procrastination In Comic Strips

Read and observe these comic strips below. Analyze, interpret and discuss the symbolism implied in each comic strip with your teacher.



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Identify the error in each sentence and correct it.

1. People procrastinate in varied ways, and this factor can be taken into account when differentiating between the different types of procrastinators.
A B C D
2. Active procrastinators are procrastinators who make a deliberate and calculated decisions to postpone tasks that they know they can complete later, which allows them to achieve positive outcomes in their work.
A B C D
3. Procrastination tends to reflect a person's struggles on self-control.
A B C D
4. Procrastinators are often perfectionists, for whom it may be psychologically more acceptable to never tackle a job than to face the possibility of not doing it good.
A B C D
5. Prioritization maybe the offshoot of procrastination.
A B C D

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6. Procrastination is a battle between what you shall be doing and what you want to be doing.
A B C D
7. Far from being carefree, procrastinators tend to worry just as much, if any more than other people.
A B C D
8. Twenty percent of people identify themselves as chronic procrastinators. For them procrastination is a lifestyle,
albeit a maladaptive ones.
A B
C D
9. Procrastinators actively look for distractions, particularly one that don't take a lot of commitment on their part.
A B C D
10. Procrastination is a learn behaviour; it's not inherited, and, so far as we know, there is no "procrastination gene."
A B C D
11. In addition to procrastination is a learned behavior, there are other psychological conditions that can lead to
procrastination.
A B C D

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Express Yourself

1. Do you know anyone in your circle/your surroundings who tends to procrastinate a lot? What do you know about her/his procrastination habit?
2. Are there “good times” to procrastinate? Why/why not?
3. What kinds of things do you put off doing most of the time?
4. What are some of your procrastination ‘go-to’s’? (e.g. video games, eating, shopping, etc.)
5. How do you feel when other people put off doing something you want done soon?
6. Have you ever yelled at someone or been really angry because they didn't do the things you wanted them to do?
7. How punctual would you rate yourself?
8. Do you want to accomplish many things in your life or do you want to take it easy?
9. What's the difference between procrastinating something and sleeping on it?
10. When you have a big deadline looming (i.e. an essay or exam), how do you prepare for it? Do you do a little work each day, or wait until the last minute?
11. Do you work well under pressure? Give an example to justify your answer.

THE END