

## 1) Work in pairs. Read the questions and discuss your answers.

- How early do you usually start revising before a test?
- How often do you hand in your homework assignments on time?
- Have you ever asked teachers to move a test to a later date? Why/why not?

## 2) Read the text below and choose the best answer (A, B or C) to the questions (1–2).

- What is the text about?
  - People who lack ambition.
  - People who are lazy.
  - People who delay things.
- What kind of text is it?
  - A magazine article.
  - A fragment of a novel.
  - An advertisement.

Meet my cousin Martin. His parents and teachers think he is lazy and unambitious as he refuses to make decisions and waits until the last minute to complete a task. In fact, Martin is a typical procrastinator. According to psychologists, whenever we face a new task or have to make up our minds, we experience the unpleasant feelings of stress, fear and anxiety. Procrastination, the mechanism of delaying things, is used to overcome these negative emotions.

It is said that procrastination happens to people with low self-esteem who tend to act impulsively. They look at a task and find excuses not to deal with it here and now. Frequently, they either decide the task is too small to waste their time on or, on the contrary, find it too big to control and give up on it in fear.

Scientists claim there are two kinds of procrastinators. My cousin is the relaxed type who avoids taking responsibility and instead puts all his energy into enjoyable tasks. He won't do his homework, but he will definitely find time to meet his friends. Because Martin is always doing something enjoyable, everyone thinks he never worries. In fact, my cousin is afraid to face



difficult situations or make important decisions, so he avoids them. Paradoxically, the more Martin procrastinates, the more anxious and stressed out he becomes. He also keeps feeling guilty about delaying things.

His girlfriend Eva, on the other hand, is the tense-afraid type who can neither manage her time nor emotions. As a perfectionist, she lives under pressure. Eva thinks she doesn't have enough time to complete her work perfectly, so she promises herself to relax first: "I'd better take it easy now and start working tomorrow morning." She keeps

making unrealistic plans, and when the time runs out, she panics and feels guilty. Eva gets depressed when she looks at people who are better-organised and confident in achieving their goals. Strangely enough, she also gets very critical of other procrastinators and doesn't approve of those who don't meet deadlines or avoid responsibility. It's one of the reasons why she has no social life and often feels lonely.

A recent study shows that about three-quarters of college students in the US consider themselves procrastinators. There is even a special form of procrastination typical of students known as *student syndrome*. Haven't you ever started to prepare for an exam just at the last possible moment before the deadline, anxious and stressed out? Haven't you asked teachers to move tests to a later date hoping you will have more time to prepare? Even if the test happens a week later, there will be so many new tasks to do at the same time that you will be either too stressed or too busy to prepare better for the test. The techniques known as *student syndrome*, just like other procrastination mechanisms, won't be the solution to your problems.

## 3) EXAM TASK Przeczytaj tekst w ćwiczeniu 2. Z podanych odpowiedzi wybierz właściwą, zgodną z treścią tekstu.

- Procrastination is
  - a professional therapy which helps overcome stress and anxiety.
  - a way of avoiding unwanted emotions by postponing actions and decisions.
  - a new trend in psychology which deals with experiencing positive emotions.
  - a new method of solving the problem of laziness in teens.
- Procrastinators avoid doing tasks because
  - they see the tasks as either too unimportant or too challenging.
  - they never act on impulse.
  - they find the tasks too enjoyable and don't want to waste time.
  - they can't come up with any excuses.
- Which is not true about the relaxed type of procrastinators?
  - They feel worried, but it doesn't show.
  - They prefer to have fun and avoid decision-making.
  - They refuse to take responsibility if possible.
  - They never experience guilt or fear.
- Which is true about the tense-afraid type of procrastinators?
  - They tend to be sociable with plenty of friends.
  - They want to achieve perfection but don't know how.
  - They never express criticism.
  - They are skilful planners and time managers.
- According to the text, the student syndrome mechanism is ineffective because
  - only seventy-five per cent of American students procrastinate.
  - only seventy-five per cent of American students admit to procrastination.
  - postponing tests and test preparation doesn't result in more study time or better results.
  - postponing tests and test preparation guarantees more study time and better results.
- The author
  - approves of all forms of procrastination.
  - recommends procrastination as a reliable and effective mechanism.
  - criticises psychologists who can't help procrastinators.
  - claims procrastination doesn't solve problems.

## 4) Work in groups of three. Choose one of the topics below and write your set of tips.

- 7 tips for the relaxed type of procrastinators – How to manage your time better?
- 7 tips for the tense-afraid type of procrastinators – How to do more in less time?