talk

Tim Urban

Inside the mind of a master procrastinator

1 Complete the text below with the words from the box.

bouts | takes | out | encourages | shake | make | holes | get | binges | on

Tim Urban is the writer and illustrator at "Wait But Why". He knows that procrastination doesn't _____ sense, but he's never been able to _____ his habit of waiting until the last minute to _____ things done. In this hilarious and insightful talk, Urban _____ us on a journey through YouTube _____, Wikipedia rabbit _____ and _____ of staring out* the window, and _____ us to think harder about what we're really procrastinating _____, before we run _____of time.

* out **of** (UK)

adapted from www.ted.com

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Tim Urban is the writer and illustrator at "Wait But Why". He knows that procrastination doesn't ___make___ sense, but he's never been able to ___shake___ his habit of waiting until the last minute to ___get___ things done. In this hilarious and insightful talk, Urban ___takes___ us on a journey through YouTube ___binges___, Wikipedia rabbit ___holes___ and ___bouts___ of staring out* the window, and ___encourages___ us to think harder about what we're really procrastinating ___on___, before we run ___out___of time.

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Watch the first 5 minutes of a video *Inside the mind of a master procrastinator*.
Choose the correct word as used in the context of the video.

perplexed | pulling | papers | thesis | notice | room | major | instant | spread | until

1. I was a government _____.
2. I had to write a lot of _____*.
3. A normal student might _____ the work out a little like this.
4. One day I woke up with three days _____ the deadline.
5. I wrote 90 pages over 72 hours, _____ not one but two all-nighters.
6. We need to talk about your _____.
7. My behaviour has always _____ the non-procrastinators around me.
8. I want you to take a look carefully to see if you can _____ a difference.
9. The procrastinator's brain also has an _____ gratification monkey.
10. We're not gonna really have _____ on the schedule for any work today.

* essays (UK)

TED. *Tim Urban: Inside the mind of a master procrastinator* , www.youtube.com/watch?v=arj7oStGLkU

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Choose the correct word as used in the context of the video.

perplexed | pulling | papers | thesis | notice | room | major | instant | spread | until

1. I was a government _major_.
2. I had to write a lot of _papers_*.
3. A normal student might _spread_ the work out a little like this.
4. One day I woke up with three days _until_ the deadline.
5. I wrote 90 pages over 72 hours, _pulling_ not one but two all-nighters.
6. We need to talk about your _thesis_.
7. My behaviour has always _perplexed_ the non-procrastinators around me.
8. I want you to take a look carefully to see if you can _notice_ a difference.
9. The procrastinator's brain also has an _instant_ gratification monkey.
10. We're not gonna really have _room_ on the schedule for any work today.

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Watch the next 5 minutes of the video (from 05:00 to 10:00).
Are the sentences true (T) or false (F)? Correct the false ones.

1. The instant gratification monkey only cares about two things: easy and fun. 1. _____
2. The rational decision-maker gives us the ability to do things animals can do. 2. _____
3. The instant gratification monkey and the rational decision-maker never agree. 3. _____
4. The procrastinator spends little time in the dark playground. 4. _____
5. The procrastinator has a guardian angel, called the panic monster. 5. _____
6. The monkey is not terrified of the panic monster. 6. _____
7. The moment the panic monster approaches, the instant gratification monkey runs away. 7. _____
8. The moment the panic monster approaches, the rational decision-maker takes the wheel. 8. _____

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Watch the next 5 minutes of the video (from 05:00 to 10:00).
Are the sentences true (T) or false (F)? Correct the false ones.

1. The instant gratification monkey only cares about two things: easy and fun. — 1. T
2. The rational decision-maker gives us the ability to do things animals ~~can~~ can't do. — 2. F
3. The instant gratification monkey and the rational decision-maker ~~never~~ sometimes agree. — 3. F
4. The procrastinator spends ~~little~~ a lot of time in the dark playground. — 4. F
5. The procrastinator has a guardian angel, called the panic monster. — 5. T
6. The monkey is ~~not~~ terrified of the panic monster. — 6. F
7. The moment the panic monster approaches, the instant gratification monkey runs away. — 7. T
8. The moment the panic monster approaches, the rational decision-maker takes the wheel. — 8. T

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Watch the last part of the video (from 9:56). Answer the questions.

1. What are the two kinds of procrastination according to Tim Urban?

2. What kind of calendar does Tim Urban present in the video, and why?

3. What does Tim Urban want us to be aware of?

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Watch the last part of the video (from 9:56). Answer the questions.

1. What are the two kinds of procrastination according to Tim Urban?
   - deadline-based tasks (a school project)
   - non-dedline situations (starting up a business, working on your relationship, exercising, taking care of your health et.)

2. What kind of calendar does Tim Urban present in the video, and why?
   - A Life Calendar with boxes for every week of a 90-year life.
   - There's not that many boxes on the calendar.
   - Everyone is procrastinating on something in life.

3. What does Tim Urban want us to be aware of?
   - We need to stay aware of the Instant Gratification Monkey.

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Complete the questions with the correct form of the words in brackets.
Then discuss the questions in pairs.

1. _____ (there / be) any famous people who inspire and motivate you?
2. How _____ (you / can / help) a person who ***had*** no motivation in life at all?
3. Why _____ (people / lose) motivation?
4. _____ (you / listen) to music when you want to get things done?
5. On a scale of 1 to 10, how ambitious _____ (you / be)?
6. What _____ (boost) your motivation?
7. Why _____ (you / learn) English?
8. What _____ (be) the difference between intrinsic and extrinsic motivation?
9. How _____ (be) goals related to success?
10. Why _____ (it / be) important to keep track of your goals?
11. _____ (you / ever / give up) on a goal? Why?

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Complete the questions with the correct form of the words in brackets.
Then discuss the questions in pairs.

1. Are there (there / be) any famous people who inspire and motivate you?
2. How could you help (you / can / help) a person who ***had*** no motivation in life at all?
3. Why do people lose (people / lose) motivation?
4. Do you listen (you / listen) to music when you want to get things done?
5. On a scale of 1 to 10, how ambitious are you (you / be)?
6. What boosts (boost) your motivation?
7. Why are you learning (you / learn) English?
8. What is (be) the difference between intrinsic and extrinsic motivation?
9. How are (be) goals related to success?
10. Why is it (it / be) important to keep track of your goals?
11. Have you ever given up (you / ever / give up) on a goal? Why?

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