TED 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.

adapted from www.ted.com

* out **of** (UK)

2

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.

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

* essays (UK)

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3

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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4

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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5 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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