

## Questions 1-10

Complete the notes below. Write **NO MORE THAN TWO WORDS** for each answer.

### The Psychology of Procrastination

#### Defining Procrastination

- Putting off tasks can be a feature of good **1** .....
- However, procrastination is considered a(n) **2** ..... form of behaviour.

#### The Brain's Reaction

- It is a natural response to what is seen as a threat. |
- The brain's **3** ..... can be overpowered by stress.
- Often caused by negative emotions, e.g., dread, **4** ..... and insecurity.

#### Factors and Studies

- A university study used **5** ..... to prompt students to study.
- Procrastination is more common in people with **6** ..... or poor emotional control.
- Note: laziness is different, defined by a lack of energy and **7** .....

#### Outcomes and Solutions

- Can result in high stress and related **8** .....
- Old solutions focused on improving a person's **9** .....
- Modern strategies advise developing **10** .....