6B READING AND VOCABULARY

1 **Look at the photo. In pairs, ask and answer the questions.**

1 The boy has an important exam coming up but he's not studying. What is he doing?
2 Do you ever waste time instead of studying? What kind of things do you do?

2 **Look at the title and read the text quickly. Don't worry about the meaning of the underlined words. What is a procrastinator? In pairs, agree on a definition.**

3 **Read the text again. Match sentences A–H with gaps 1–5 in the text. There are three extra sentences.**

A One video leads to another and before I know it, it's bedtime again.
B I look online and I find out what my problem is: I'm a procrastinator.
C I start to think that I probably should do it tomorrow instead.
D After a while, I check out the time. I can't believe it. Four hours?
E But something keeps telling me that if I don't do it now, I never will.
F I start revising, but then I feel thirsty, so I go back to the kitchen.
G I see something important, so I look for my highlighter.
H And because I know this, I'm sure that everything will be just fine.

4 **In pairs, find eight things in the text that Rory did instead of revising for his History exam. Then, think of other things that procrastinators do.**

1 *He played a computer game.*
2 *He ...*

5 **Study Active Reading and add the underlined words from the text to the lists below.**

Nouns: *squash, ...*
Verbs: *glance, ...*
Adjectives: *peckish, ...*

ACTIVE READING | The meaning of new words

When you find new words in a text:

- don't panic – often you don't need them to understand the main ideas of the text
- decide what part of speech they are: a noun, a verb, an adjective, etc.
- read before and after the word and guess the meaning from the context

Sometimes new words can be similar to words in your own language. That can help you understand them, but watch out for 'false friends'.

6 **Read before and after the underlined words in the text and use the context to work out their meaning.**

7 **Use the words from Exercise 5 in the correct form to complete the questions below. Then in pairs, ask and answer the questions.**

1 Can you think of a film that is so *dreadful* you stopped watching it?
2 Are you always _____ or do you sometimes do silly things?
3 Does your mum _____ at you or does she speak quietly?
4 Is your room tidy or is it full of _____?
5 What do you usually eat when you feel a bit _____?
6 How do you feel when someone _____ you?

8 **Find these phrasal verbs in the text. Use Active Reading to help you work out their meanings. Then choose the correct verbs to complete the sentences below.**

be about to carry on check out clear up find out
get on give up go back look for put off

1 When something is difficult, I *give up / go back* immediately.
2 I don't stop working when I'm tired. I *carry on / look for* until I finish what I'm doing.
3 It's better not to *be about to / put off* things until tomorrow if you can do them today.
4 If something is untidy, I prefer to *clear it up / find it out* immediately.
5 When I'm not sure about something, I go on the Internet to *check it out / get on with it*.

9 **In pairs, say if the sentences in Exercise 8 are true for you.**

I don't really agree with number 1. I don't give up easily.

10 SPEAKING **In groups, look at these tips to help procrastinators and grade them from the most to the least useful. Can you add any more tips?**

1 ☐ Make a plan.
2 ☐ Study with a friend.
3 ☐ Visit a psychologist.
4 ☐ Get up an hour earlier.
5 ☐ Change the place where you work.
6 ☐ Switch off your Internet connection.
7 ☐ Break up your work into smaller units.
8 ☐ Wait until the last minute and then work all night.

22 WATCH AND REFLECT **Go to page 167. Watch the documentary *It's time to change* and do the exercises.**



LIVEWORKSHEETS

CONFESSIONS OF A PROCRASTINATOR

by Rory Hendricks

2.27

SUNDAY

I'm sitting a History exam next Thursday. It's an important exam. I want to get a good mark. So, I know what I should do. I should revise for a few hours every day until I'm prepared.

I get out my History book. Tonight, I'm going to study the Second World War. But I don't open the book. Instead, I switch on my computer and start playing *Warplans*. [1]___ Time flies when you're having fun. I pick up my History book. It falls open at a chapter called 'The Marshall Plan'. That's it! I need a plan.

Thirty minutes later I have a great study plan. Now, all I need to do is to start studying. However, it's almost midnight, so I give up and go to bed.

MONDAY

My History book is open and I have a yellow highlighter in my hand. I'm ready to revise. I glance at my reflection in the window. 'I'm going to pass this exam,' I tell myself. Then I notice my hair is a mess. I need a haircut. So I go on YouTube and watch some hairstyle videos. [2]___ I redo my study plan. I'm really going to work hard tomorrow.

TUESDAY

I'm going to revise for three hours. I'm about to start when I feel peckish, so I go to the kitchen to get a biscuit. [3]___. I get some orange squash. I carry on studying for a few minutes but then I need to go to the toilet. After that, I call my friend Vicky. She's sitting the same exam as me. I ask how she's getting on. We talk for ages. Finally, I start revising seriously. [4]___ I can't find it in all the clutter on my desk. I should clear it up.

Three hours later my room is tidy. I'm exhausted. I fall into bed.

WEDNESDAY

I'm in a panic. I really don't want to fail this exam. My brother yells up the stairs, 'There's football on the telly in ten minutes!' He comes up to the landing. 'England are playing Germany.' I ignore him. I can't watch football. I'm going to study all night.



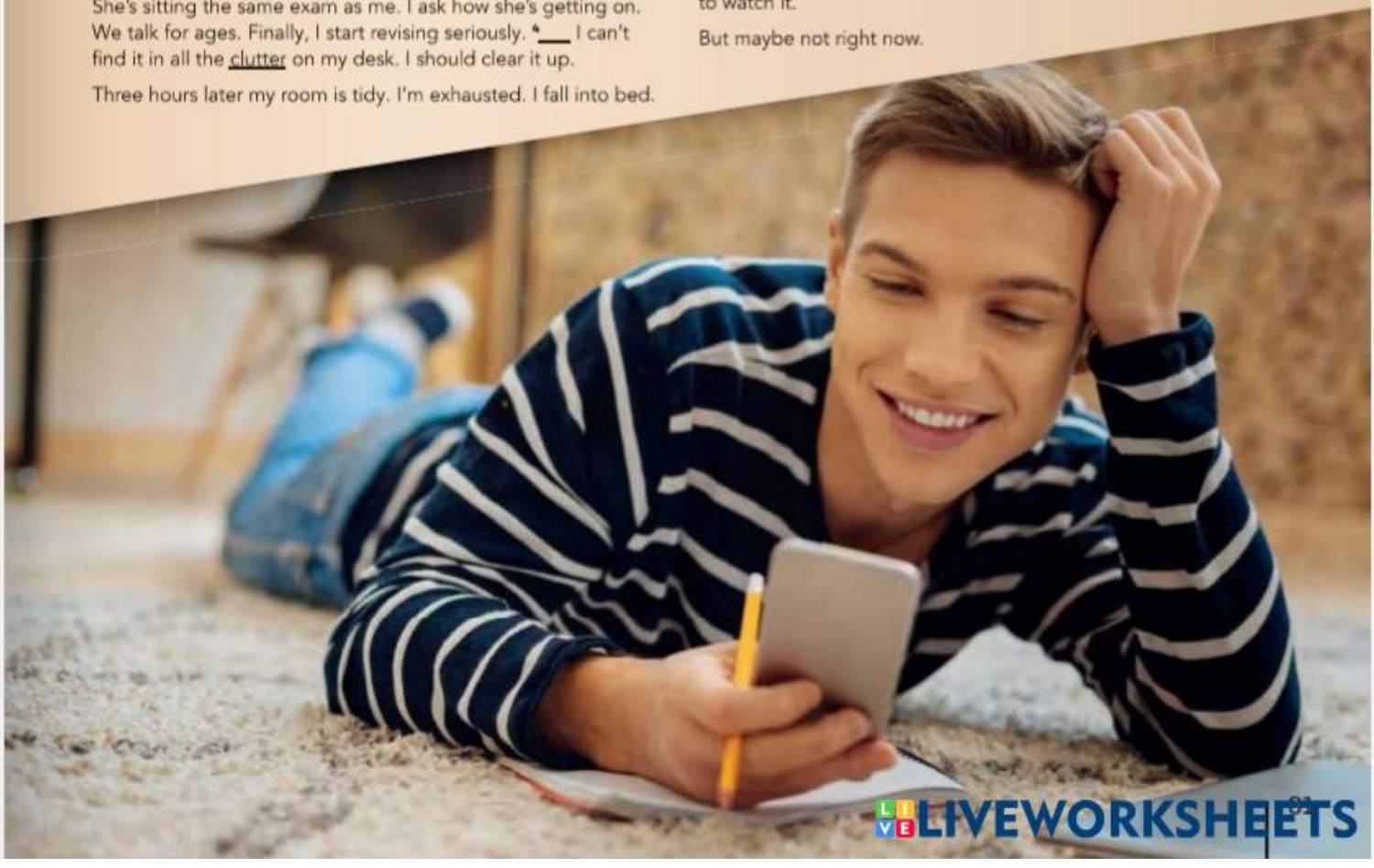
THURSDAY

I studied until 4 a.m. I felt dreadful in the morning but I did the exam. I think I passed but I'm not sure.

I wonder why I always put off important things until the last moment. It's not sensible. [5]___ It means I never do the things I have to do until panic makes me do them.

I want to change. Procrastination makes me miserable. I find a YouTube video called 'How to stop procrastinating'. I'm going to watch it.

But maybe not right now.



LIVEWORKSHEETS