

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**