Task E - read for detail (scanning).

Why do we choose an easier activity when we face a hard task?

_____.

What do many people wrongly believe about people who procrastinate?

_____.

Give two problems that procrastination can cause students.

_____.

What are the three practical tips the psychologists give?

_____.

What is the "five-minute rule"?

_____.

Task F.- Inference (reading between the lines).

True or False.

1. Procrastination is nothing but laziness, everybody knows that. True/ Flase.

2. Our fear about a task is often greater than the task. True/False.

3. Holding yourself accountable for previous delays actually helps to decrease procrastination. True/ False.

LIVEWORKSHEETS