

Questions 14-16

Reading Passage 2 has six paragraphs, A-F.

Which paragraph contains the following information?

NB You may use any letter more than once.

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Column 1	A	B	C	D	E	F
14. mention of false assumptions about why people procrastinate						
15. reference to the realisation that others also procrastinate						
16. neurological evidence of a link between procrastination and emotion						

Questions 17-22

Complete the summary below.

Choose **ONE WORD ONLY** from the passage for each answer.

What makes us procrastinate?

Many people think that procrastination is the result of (17).....

Others believe it to be the result of an inability to organise time efficiently.

But scientific studies suggest that procrastination is actually due to poor mood management. The tasks we are most likely to put off are those that could damage our self-esteem or cause us to feel (18)..... when we think about them. Research comparing chronic procrastinators with other people even found differences in the brain regions associated with regulating emotions and identifying (19).....

Emotionally loaded and difficult tasks often cause us to procrastinate. Getting ready to take (20)..... might be a typical example of one such task.

People who are likely to procrastinate tend to be either (21)..... or those with low self-esteem.

Procrastination is only a short-term measure for managing emotions. It's often followed by a feeling of (22)....., which worsens our mood and leads to more procrastination.

Questions 23 and 24

Choose **TWO** letters, A-E.

23 - 24 Which **TWO** comparisons between employees who often procrastinate and those who do not are mentioned in the text?

- A. Their salaries are lower.
- B. The quality of their work is inferior.
- C. They don't keep their jobs for as long.
- D. They don't enjoy their working lives as much.
- E. They have poorer relationships with colleagues.

Questions 25 and 26

Choose **TWO** letters, A-E.

25 - 26 Which **TWO** recommendations for getting out of a cycle of procrastination does the writer give?

- A. not judging ourselves harshly
- B. setting ourselves manageable aims
- C. rewarding ourselves for tasks achieved
- D. prioritising tasks according to their importance
- E. avoiding things that stop us concentrating on our tasks