

Task C - Predict

Tick (✓) the TWO pieces of advice you think the writer will give.

- ☐ Break big jobs into small steps.
- ☐ Work all night without stopping.
- ☐ Put your phone in another room.
- ☐ Reward yourself before you start.
- ☐ Just begin, even for a short time.

Task D - Read for main idea (skimming).

Read the whole text quickly (about 2 minutes).

Which sentence best summarises it?

Choose one.

- a) Procrastination is a sign of laziness that only weak students have.
- b) Procrastination is caused mainly by our emotions and there are ways to overcome it.
- c) Procrastination is a healthy habit that helps students relax.

