

PREDICTION

Answer the following question. Make sure to provide a reason for your answer.

The title of this article is: "Tomorrow Is Another Day." What do you think the article will be about? Why do you think so? Talk about your ideas with a partner.

INSTRUCTIONS

Step 1: Listen to the article, which is about 4.5 minutes long. Listen only, and don't worry about understanding everything.

Step 2: Look at the questions. Read and understand them, then listen again. As you are listening, try to answer the questions in your head. Don't write the answers yet. Next, listen again and write the answers this time. Compare your answers with a partner.

Step 3: Read the article. Check in your dictionary any unknown words. Now listen again. Can you understand more?

Step 4: Listen! Listen! Listen! Listen to the article on the train or in your free time. Each time you listen, you will slowly improve!

SUMMARIZATION

Listen to the article. Write in one or two sentences the key idea about the paragraph to check comprehension. If you don't know, don't worry. Skip it. Then listen again.

ex. paragraph 1: *This paragraph asks a few questions to determine if you have ever procrastinated.*

1. paragraph 2:

2. paragraph 3:

3. paragraph 4:

4. paragraph 5:

the ARTICLE

Listen again to the article. Write in the missing words.



Have you ever decided to watch TV rather than do homework or a school report? Have you ever decided to surf the Internet or read a book rather than do chores, run errands, or take care of bills? If you answered "yes," then you have procrastinated.

You aren't alone as everyone everywhere puts off unpleasant or boring activities with the intention to do the work eventually... just not at that particular moment.

It's an (a. _____), much like when you act on a sudden desire to have a second bowl of ice cream or an extra-large slice of cake for dessert. It goes without saying that too many sweets can be terribly unhealthy, and procrastination often proves just as (b. _____). Over time, it can result in a poorer and unhappier quality of life. It can adversely affect careers, as well as relationships with family and friends. For some even, there is an accompanying physical feeling, much like an anxiety attack or a tightness around the shoulders. Some substitute unimportant (c. _____), such as house cleaning or laundry, and argue that they don't procrastinate. But as this delays another, more (d. _____) activity, it gets classified as procrastination, too.

Research indicates that there are two types of procrastinators. The first type views (e. _____) in a negative light, and so often directs energy into other activities. This person may just feel a need to avoid unpleasantness, which thus affects even people typically considered quite efficient. The second type often feels (f. _____) by pressure. This person may decide that it's better to start the task later, arguing that it will go smoother with a fresh mind and a fresh perspective tomorrow. Unfortunately, when tomorrow comes around, the excuse gets repeated, and repeated, and repeated every day. Guilt and (g. _____) eventually reach monumental proportions, forcing the person to simply throw in the towel. Some others will rush to complete the task at the eleventh hour, which greatly exacerbates the feeling of stress.

A handful of psychologists argue that modern society deserves the blame because there are too many (h. _____) and sources of instant entertainment and (i. _____). Yet others argue that procrastination, in one guise or another, has always been part and parcel with the human psyche. Even the great Leonardo da Vinci procrastinated!

If you would like to free yourself of the habit, there's only bad news to be had. It's unfortunately impossible to completely stop your bad habit, and it's just a matter of how much you put things off. In this respect, a routine goes a long way to reduce the problem because you can build on the (j. _____) a set schedule imparts. What's more, it also reduces stress and makes life more manageable. Experts suggest setting small goals and then making small improvements step by step. For example, if you procrastinate five times a week, then try to reduce it to four times, then three. Just remember: If you want to change how much you procrastinate, start today not tomorrow.

EXTENSION ACTIVITIES (optional)

1. Which paragraph was the easiest to listen to? Which paragraph was the most difficult? Look at the vocabulary and sentence structure, then think why one paragraph was easy and another difficult.

2. Listen and write the sentences:

You aren't alone as everyone everywhere ... (paragraph 2)

For some even, there is an accompanying physical feeling... (paragraph 2)

A handful of psychologists argue that modern society deserves the blame... (paragraph 4)

It's unfortunately impossible to completely stop... (paragraph 5)

ANSWERS

PREDICTION - Guess the subject of the article by its title.				
The article is about procrastination, or putting things off. The title explains the idea that people who procrastinate often postpone their tasks for tomorrow or another day.				
SUMMARIZATION - Listen and write the key idea of the paragraph.				
1. Paragraph two explains the meaning of procrastination.				
2. Paragraph three explains the reasons for procrastinating.				
3. Some say that procrastination is due to the problems of modern society.				
4. Paragraph five suggests ways to limit procrastination.				
VOCABULARY - Fill in the missing words.				
a. impulse	b. detrimental	c. busywork	d. unpleasant	e. responsibility
f. overwhelmed	g. apprehension	h. distractions	i. gratification	j. reliability
EXTENSION ACTIVITIES - Listen and write the sentences.				
1. ...puts off unpleasant or boring activities with the intention to do the work eventually... just not at that particular moment.				
2. ...much like an anxiety attack or a tightness around the shoulders.				
3. ...because there are too many distractions and sources of instant entertainment and gratification.				
4. ...your bad habit, and it's just a matter of how much you put things off.				