

HOW TO STOP PROCRASTINATING

In 30 seconds, answer the following questions:

- What is procrastination? Why do people procrastinate?

Speak Up

TOPICA NATIVE

Watch the video, then answer the given question in 60 seconds:

**According to the video, what
should we do to overcome
procrastination?**

Video

3 MAGICAL QUESTIONS

Source:

<http://www.dailymotion.com/video/x47ejur>



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Wear Your Words

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Listen and repeat. Then, choose a word to define.

1. **Manageable (adj)** /'mænidʒəbl/

2. **Overwhelm (v)** /'oʊvər'welm/

3. **Productivity (n)** /prədʌk'tɪvəti/

4. **Urgent (adj)** /'ɜːrdʒənt/

5. **Eliminate (v)** /ɪ'lɪmɪneɪt/

6. **Overcome (v)** /'oʊvər'kʌm/

Make a sentence using that word.

*Example: The two parties managed to **overcome** their differences on the issue.*



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Wear Your Words

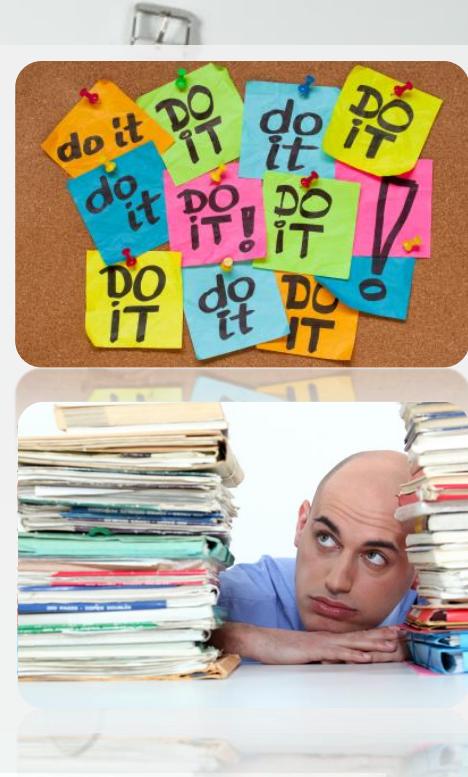
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Explanation of two useful phrasal verbs:



Turn sb/sth down

to reject or refuse to consider an offer, a proposal, etc. or the person who makes it



Think back (to sth)

to think about something that happened in the past

Examples:

- ✓ *He has been **turned down** for ten jobs so far.*
- ✓ *I keep **thinking back** to the day I arrived here.*

Make a sentence using one of the given phrasal verbs.



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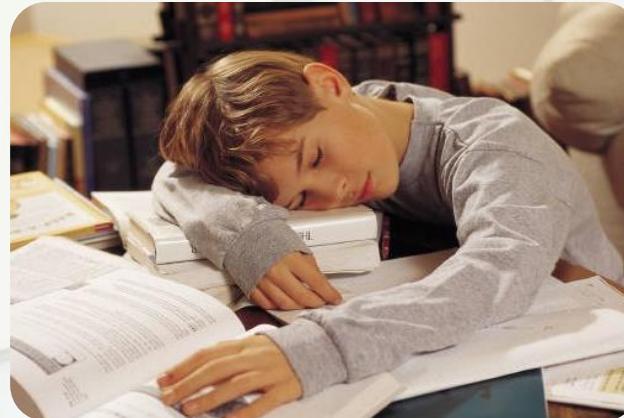
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Structure:

S + dedicate + oneself + to + noun/V-ing.

Example: She **dedicates herself to her work.**

Make a sentence using the given structure.



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Pair Work: In 180 seconds, discuss some tips to stop procrastinating with your partner.

Suggestions:

- ✓ Change your environment
- ✓ Create a detailed timeline with specific deadlines
- ✓ Hang out with people who inspire you to take action
- ✓ Etc.



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Assessment Form

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Here are some comments on your performance.

Student	Pronunciation	Vocabulary	Grammar
1.			
2.			
3.			
4.			
5.			
6.			

Feel free to ask if you have any questions!



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- ✓ Vocabulary related to how to stop procrastinating
- ✓ **Two phrasal verbs:** **Turn sb/sth down**
Think back (to sth)
- ✓ **Structure:**
S + dedicate + oneself + to + noun/V-ing.
- ✓ Discussion about some tips to stop procrastinating



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Homework

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Complete your mission and find more in related lessons.

Your mission

- ✓ Take note of what you need to improve (Vocabulary, Grammar and Pronunciation)
- ✓ Practice the related lessons in the course browser [at here \(just apply to Voxy students\)](#)
- ✓ Take those lessons

Recommendations

- ✓ [100-adverbs of frequency \(#0223\)](#)
- ✓ [100-learn adverbs \(#0225\)](#)



- ✓ Please don't forget to rate our lesson today



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