

## HOW TO STOP PROCRASTINATING

**In 30 seconds, answer the following questions:**

- **What is procrastination? Why do people procrastinate?**

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

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

1. **Manageable (adj)** /'mænidʒəbl/

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2. **Overwhelm (v)** /,oʊvər'welɪm/

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3. **Productivity (n)** /,prɒdʌk'tɪvəti/

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4. **Urgent (adj)** /'ɜːrdʒənt/

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5. **Eliminate (v)** /ɪ'lɪmɪneɪt/

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6. **Overcome (v)** /,oʊvər'kʌm/

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**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

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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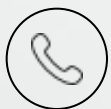
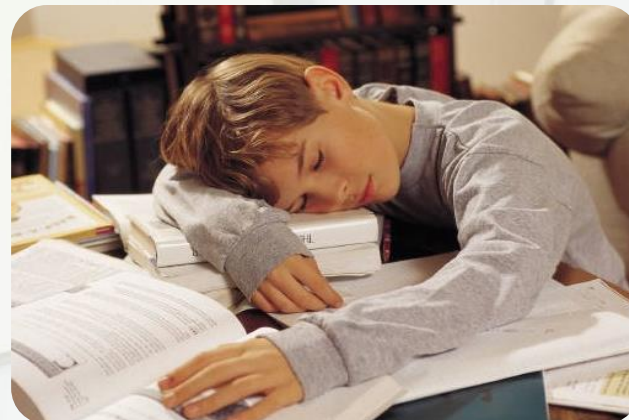
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## Structure:

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

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

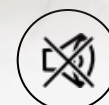
**Make a sentence using the given structure.**



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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

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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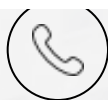
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# Homework

Complete your mission and find more in related lessons.

<b>Your mission</b>	<ul style="list-style-type: none"><li>✓ Take note of what you need to improve (Vocabulary, Grammar and Pronunciation)</li><li>✓ Practice the related lessons in the course browser <a href="#">at here (just apply to Voxy students)</a></li><li>✓ Take those lessons</li></ul>
<b>Recommendations</b>	<ul style="list-style-type: none"><li>✓ <a href="#">100-adverbs of frequency (#0223)</a></li><li>✓ <a href="#">100-learn adverbs (#0225)</a></li></ul>
<div><p><b>Rất hài lòng</b></p><p>★★★★★</p><p>Nhấn vào ngôi sao để đánh giá</p><p>Tôi hài lòng nhất</p><div><div> Giảng viên</div><div> Chất lượng kĩ thuật</div><div> Học liệu</div></div></div>	<ul style="list-style-type: none"><li>✓ Please don't forget to rate our lesson today</li></ul>



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