

Here's The Real Reason You Procrastinate

You are going to listen to a 15 minute TED presentation by **Fuschia Sirois, Ph.D.**, a professor in social and health psychology at Durham University, and a former Canada research chair in health and well-being.

Video Source:

<https://www.youtube.com/watch?v=xTEPNxxOMs>
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Audio Source:

<https://www.engcornershop.com/Procrastination.mp3>

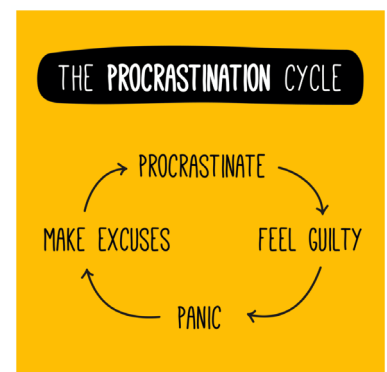
Script: <https://singjupost.com/heres-the-real-reason-you-procrastinate-fuschia-sirois-transcript/>



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Watch the presentation and answer the questions below.

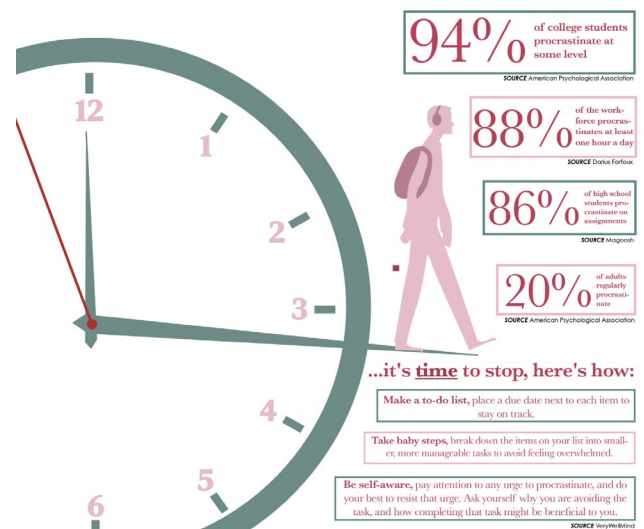
1. How does the research suggest that the rates of procrastination differ among college and university students compared to the general population?
2. What are the defining characteristics of procrastination according to researchers, and why is it considered harmful?
3. How did Tom's procrastination affect his work projects, coworkers, and prospects for advancement?
4. According to the research, what are the adverse consequences of chronic procrastination on employment and income?
5. How can chronic procrastination impact physical and mental health, as indicated by the research findings?
6. According to the study, what is the relationship between chronic procrastination and the risk of cardiovascular disease or hypertension?
7. What is the misconception about procrastination being related to laziness or poor time management, as explained in the text?



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Authentic Listening

8. How does engaging in non-essential tasks help individuals cope with negative emotions associated with the task they are avoiding?
9. According to the text, why did the writer mentioned choose cleaning as a preferred activity over studying for exams?
10. How does procrastination provide instant relief from negative emotions associated with an unpleasant task?
11. Can you share an example from your own experience when you anticipated a task to be difficult or stressful, but later found it to be much easier than expected? How did this relate to your tendency to procrastinate?
12. Why do people tend to overestimate the negative emotions they will experience when facing a challenging situation?
13. How does procrastination become a cycle that reinforces the behaviour?
14. What are the potential negative consequences of downplaying or making jokes about procrastination, and why is it important to recognize its harmful effects?
15. What are some alternative approaches to addressing someone else's procrastination, and how can viewing tasks from the perspective of meaning help in reducing procrastination?
16. Why is being compassionate and forgiving towards ourselves and others an effective strategy for reducing procrastination?
17. Why is it important to challenge the myths of laziness and character flaws when addressing procrastination?
18. How can accepting the harmful effects of procrastination and practicing forgiveness and compassion contribute to reaching goals and improving overall well-being?



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