In 30 seconds, answer the following questions:

• What is procrastination? When do people procrastinate?
Speak Up

Watch the video and answer the following question in 60 seconds.

• How does the video suggest we overcome procrastination?

Source: http://www.dailymotion.com/video/x47ejur
Wear Your Words

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

1. Manageable (adj) /ˈmænɪdʒəbl/

2. Overwhelm (v) /ˌəʊvəˈwelm/

3. Productivity (n) /prədʌkˈtɪvəti/

4. Urgent (adj) /ˈɜːdʒənt/

5. Eliminate (v) /ɪˈlimɪneɪt/

6. Overcome (v) /ˌəʊvəˈkʌm/

Make a sentence using that word.

Example: The army was overwhelmed by the rebels.
Wear Your Words

Explanation of two useful phrasal verbs.

**Turn down**

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

**Think back**
to think about something that happened in the past.

**Examples:**

✓ He has been *turned down* for ten jobs so far.

✓ When I *think back* on my youth, I wish I had studied harder.

Make a sentence using one of the given phrasal verbs.
Essential Structures

Make a sentence using the given structure.

Structure:

S + dedicate/devote + oneself + to + Noun/V-ing.

Example: She devoted herself entirely to writing.

Suggestions: work, project, charity, the report, help someone, do the home work…
Pair Work: Discuss with your partner tips to stop procrastinating in 180 seconds.

Suggestions:

- Break your work into little steps.
- Change your environment.
- Create a detailed timeline with specific deadlines.
- Hang out with people who inspire you to take action.
- Etc.
Assessment Form

Here are some comments on your performance

<table>
<thead>
<tr>
<th>Students</th>
<th>Pronunciation</th>
<th>Vocabulary</th>
<th>Grammar</th>
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Feel free to ask if you have any questions!
What We Gained

✓ Vocabulary related to how to stop procrastinating.
✓ **Two phrasal verbs:** Turn down
   Think back
✓ **Structures:**
   
   S + dedicate/devote + oneself + to + Noun/V-ing.

✓ Discussion tips to stop procrastinating.

Please do your homework in the downloadable outline from the website!
## Homework

Complete your mission and find more in related lessons

<table>
<thead>
<tr>
<th>Your mission</th>
<th>Recommendation</th>
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<tbody>
<tr>
<td>✓ Take note of what you need to improve (Vocabulary, Grammar and Pronunciation)</td>
<td>✓ 100-adverbs of frequency (#0223)</td>
</tr>
<tr>
<td>✓ Search for related lessons in the course browser</td>
<td>✓ 100-learn adverbs (#0225)</td>
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