12. Sınıf İngilizce Okuma Metni: Why We Procrastinate

WORKSHEET

Ünite/Tema: Psychology · Seviye B2 · 286 kelime · dersimizingilizce.com

Name: _____ Class: _____ Date: _____

A Read the text and choose

Read the text. Then choose the best answer. *(Metni okuyun ve her soru için en uygun seçeneği işaretleyin.)*

It is the night before an important exam. You have known about it for weeks, yet somehow you find yourself tidying your desk, checking your phone for the twentieth time or watching videos about how to study more effectively. If this sounds familiar, you are not alone. Procrastination – delaying a task even though you know the delay will probably make things worse – is one of the most common human habits.

For a long time, people assumed that procrastinators were simply lazy or bad at managing their time. Psychologists now believe the real cause is often emotional. When a task makes us feel anxious, bored or afraid of failing, avoiding it brings immediate relief. The problem is that the relief is short-lived, and the task, together with the stress, is still waiting for us. In other words, procrastination is less about time management and more about mood management.

Perfectionism can make the problem worse. Someone who believes their work must be flawless may find it hard to start at all, because any first attempt will fall short of their high standards. Distraction also plays a role: smartphones offer an endless supply of easy, rewarding activities that compete with difficult work.

Fortunately, there are strategies that help. One is to break a large task into very small steps, such as writing just the first paragraph of an essay. Starting is usually the hardest part, and once we begin, we often continue. Another is to remove temptations, for instance by leaving your phone in another room. Finally, researchers suggest treating yourself with kindness. Students who forgave themselves for procrastinating on one exam were found to procrastinate less before the next one, perhaps because they felt less guilt and anxiety.

1. According to the text, what is procrastination?

a) Working too hard before an exam

b) Delaying a task although the delay may make things worse

c) Studying with friends

d) Forgetting about a task completely

e) Finishing a task too early

2. What do psychologists now believe is often the real cause of procrastination?

a) Laziness

b) A lack of intelligence

c) Emotions such as anxiety and fear of failure

d) Too much free time

e) Bad teachers

3. Why can perfectionism make procrastination worse?

a) Perfectionists find it hard to start because a first attempt will not be perfect.

b) Perfectionists work too quickly.

c) Perfectionists do not care about results.

d) Perfectionists have too many hobbies.

e) Perfectionists never feel anxious.

4. Which strategy is NOT mentioned in the text?

a) Breaking a task into small steps

b) Leaving your phone in another room

c) Being kind to yourself

d) Starting with a very small part of the task

e) Studying late at night with coffee

5. What happened to students who forgave themselves?

a) They failed the next exam.

b) They stopped studying.

c) They procrastinated less before the next exam.

d) They felt more guilty.

e) They changed schools.

B Vocabulary

Match the words from the text with their Turkish meanings. *(Metindeki kelimeleri Türkçe anlamlarıyla eşleştirin.)*

1. delay
2. relief
3. short-lived
4. flawless
5. temptation
6. guilt

a) kısa süreli

b) ertelemek

c) suçluluk duygusu

d) kusursuz

e) cazibe, ayartı

f) rahatlama

C Complete the sentences

Complete the sentences from the text. Use the words in the box. *(Metindeki cümleleri kutudaki kelimelerle tamamlayın.)*

common • easiest • hardest • management • rare • relief

1. Procrastination is one of the most _____ human habits.
2. When a task makes us feel anxious, avoiding it brings immediate _____ .
3. Procrastination is less about time management and more about mood _____ .
4. Starting is usually the _____ part.

D Your turn

Write a short answer based on the text. *(Metne dayanarak kısa bir cevap yazın.)*

1. Which strategy from the text would work best for you? Explain with an example from your own life.