

BEFORE YOU WATCH

Procrastination can be a challenge for some people. Choose the correct words or phrases to complete the sentences.

A procrastinator is a person who *plans well for / avoids* something that needs to be done. Someone who procrastinates may *delay / accept* a task and then complete it in a hurry.

Tim Urban: Inside the mind of a master procrastinator (Intermediate) Copyright © National Geographic Learning