

Introduction

Before you read, think about the following questions.

Do you usually leave things to the last minute, or do you start and finish projects early?
Why do you think some people always leave work until just before it needs to be done?

Background Reading:

Procrastination

Procrastination means delaying working on difficult or unpleasant activities. Even very organized and efficient people occasionally procrastinate. However, according to Psychology Today*, 20% of people have a serious problem with procrastination. For these people procrastination can cause anxiety and lower their performance at work. It may even affect their home lives if day-to-day tasks such as cleaning are continually put off. There are many different theories as to why people procrastinate. Some people think it is simply caused by laziness, while some believe that it is caused by a fear of not being good enough to complete a task. Others think it is something people are born with. Whatever the cause, procrastination can be a big problem if it becomes chronic.

*<http://www.psychologytoday.com/basics/procrastination>

Background Reading: Questions

Understanding the reading

- 1) What does procrastination mean?
- 2) Do organized people ever procrastinate?
- 3) What percentage of people have a problem with procrastination?
- 4) What is one theory about why people procrastinate?

Food for thought

- 5) Do you know anyone who has a serious problem with procrastination? How has procrastination affected his/her life?