

## Stop procrastinating! 别拖了！行动起来吧！

*Vocabulary: Procrastination 拖延*

You really should finish compiling that boring spreadsheet, but you just can't **bring yourself** to do it. Maybe it can wait a little longer? Or it might just disappear if you ignore it long enough? You know the feeling.



According to Professor Piers Steel, of the Haskayne School of Business at the University of Calgary, 95% of people **postpone** important tasks at some point. But for some,

**procrastination** isn't occasional, but incessant and disruptive. Professor Joseph Ferrari, of DePaul University Chicago, found that 20% of the population of the world are chronic **procrastinators**. Sadly, **delaying** our **duties** isn't very good for us: **task-avoiders** are less happy, less healthy and less wealthy than people who **tackle** tasks immediately.

We like to tell ourselves that we work better **under pressure**, when a deadline is looming. But the truth is that working at the last minute is **counterproductive**: we make more mistakes, our behaviour annoys other people and we end up feeling guilty and ashamed. Worse still, we risk wasting a significant portion of our life **putting off** tasks that will only come back to haunt us later. As the poet Edward Young wrote: "Procrastination is the thief of time".

Piers Steel gives us some advice to help us **confront** important tasks. He suggests breaking it into smaller chunks and **taking baby steps** until the task at hand has been completed. Or you could give a friend £50 and tell them that if you don't **go through with it**, they can give it away to a cause or a political party you dislike.

Those who are **highly-organised** and efficient won't need **to take heed** of this advice. For everyone else: will you start following these tips and confront those urgent tasks that await you today? Or will you stop procrastinating tomorrow... or perhaps the day after?

词汇表请参看答案与词汇部分

## Quiz 测验

阅读短文并回答问题。

1. What is a procrastinator?
2. Find four verbs in the article that mean 'to wait until later to do something important'?
3. Why can working at the last minute be a problem?
4. Find an expression in the article that means 'to take one small step at a time to accomplish something'?
5. Is the following statement true, false or not given? *Professor Piers Steel will give you money if you stop procrastinating.*

## Exercise 练习

请你在不参考课文的情况下完成下列练习。从每个表格中选择一个意思合适的单词填入句子的空格处。

1. We had to \_\_\_\_\_ the picnic until the following day because it was pouring down with rain!

take heed of	postpone	procrastinate	tackle
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2. I wish you'd stop \_\_\_\_\_ and just call Jonathan. You can't ignore him forever, you know!

putting off	working	confronting	procrastinating
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3. It might seem like a huge task, but just \_\_\_\_\_ and you'll get there eventually.

have a baby	take baby steps	take a baby	take children steps
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4. Anna thought about selling the house, but in the end she couldn't \_\_\_\_\_. She loves it there.

complete the spreadsheet	go through with it	take heed	haunt it
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5. My brother-in-law is \_\_\_\_\_ and likes to follow a strict schedule, even when he's on holiday.

highly-organised	procrastinate	counterproductive	a chronic procrastinator
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## **Answers and Glossary** 答案与词汇

### **Quiz** 小测验

1. What is a procrastinator? A procrastinator is someone who postpones important tasks and duties until a later date, rather than confronting them.
2. Find four verbs in the article that mean 'to wait until later to do something important'? To postpone, to procrastinate, to delay, to put off.
3. Why can working at the last minute be a problem? When we work at the last minute we make more mistakes, our behaviour can be irritating for others and we feel a sense of guilt and shame.
4. Find an expression in the article that means 'to take one small step at a time to accomplish something'? To take baby steps.
5. Is the following statement true, false or not given? *Professor Piers Steel will give you money if you stop procrastinating.* False. Professor Piers Steel suggests you give £50 to one of your friends and tell them they can give it away to a cause you dislike if you don't complete the task.

### **Exercise** 练习

1. We had to postpone the picnic until the following day because it was pouring down with rain!
2. I wish you'd stop procrastinating and just call Jonathan. You can't ignore him forever, you know!
3. It might seem like a huge task, but just take baby steps and you'll get there eventually.
4. Anna thought about selling the house, but in the end she couldn't go through with it. She loves it there.
5. My brother-in-law is highly-organised and likes to follow a strict schedule, even when he's on holiday.

## Glossary 词汇表

<b>to bring yourself</b>	让自己（做什么）
<b>to postpone</b>	推迟，延迟
<b>procrastination</b>	拖延，耽搁
<b>procrastinators</b>	拖延者，拖拉者
<b>to delay</b>	推迟，拖延
<b>a duty</b>	一项责任
<b>a task-avoider</b>	一个任务逃避者
<b>to tackle</b>	着手处理（或对付）
<b>under pressure</b>	在压力下
<b>counterproductive</b>	产生反效应
<b>to put off</b>	推迟，延期
<b>to confront</b>	面对
<b>to take baby steps</b>	小步小步向前走，慢慢来
<b>to go through with it</b>	必须面对，必须撑下去
<b>highly-organised</b>	非常有条理的
<b>to take heed of</b>	留意，注意