# TEDTalk – Inside the Mind of the Procrastinator | Tim Urban

# Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ PER\_\_\_\_\_\_\_\_ DATE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

12CCa Identify/reflect on characteristics of a successful Alliance 12th grader

# *Answer the following questions while watching the video.*

# 1. What is the difference between the mind of a procrastinator and a non-procrastinator?

#

# *2. What is the difference between the “Rational Decision-Maker” and the ‘Instant Gratification Monkey’?*

#

# *3. What event woke the speaker’s “Panic Monster?” What does the “Panic Monster do to the “Instant Gratification Monkey?”*

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#

# 4. The speaker describes two kinds of procrastination. What are they and what is the difference between them?

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#

# *Reflection*

# 1. The speaker describes several activities that keeps him from getting work done like reading Wikipedia or exploring Google Earth. What activities keep you from getting your work done, if applicable?

# 2. Have you ever experienced the Dark Playground? In describing the Dark Playground, the speaker said, “It’s where leisure activities happen when leisure activities are not suppose to be happening. The fun you have in the Dark Playground isn’t actually fun, because it something unearned and the air is filled with guilt.” Describe a moment when you felt this way.

# 3. The speaker described a “Panic Monster” that exists inside our minds, but do you have a Panic Monster outside of yourself. Describe a person who is your ‘Panic Monster’ who helps you meet deadlines.

# *Rubric for answers to Question 4 and 5*

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| --- | --- | --- | --- |
| 4 | 3 | 2 | 1 |
| Student’s answers are complete, sincere and show deep thought. | Student’s answers are complete, sincere but lack deep thought. | Student’s answers are complete but read as not sincere. | Student does not complete assignment. |

# Sentence Starters (don’t forget to EXPLAIN your responses)

# If I’m not working on an important task, I’m likely…

# I’ve experienced the speaker’s Dark Playground when…

# My Panic Monster is…

**Done with the reflection questions?** Here is the diagram the speaker showed at the end of his presentation, a box for every week of a 90-year life! Highlight key moments of your life by drawing an arrow to a box and writing a description to the left or right of the chart.

For examples, go to **https://waitbutwhy.com/2014/05/life-weeks.html**

