

UNIT 26 REVIEW TEST LISTENING SCRIPT

Pablo: Hello and welcome to *Self Help*, Chicago's top source for advising people to make their lives better. I'm Pablo Jimenez, and joining us today are Ed Wang and Niki Poletto. Ed says he feels like "the worst procrastinator in the world" and Niki, a planning expert, is here to tell us more about what all of us can do to stop procrastinating. So Ed, why don't you tell us your issues?

Ed: Hi Pablo. Like you said, I'm terrible at procrastinating, especially with my school assignments. At the beginning, I always feel like I have enough time to do it. So, I put off starting. As I get closer to the due date, I start looking at the assignment more closely. Then I realize that I have a ton of research to do before I can even start writing a paper, for example. So, I start to rush and get nervous. When the due date arrives, I spend every minute trying to meet the deadline. I eventually submit a paper that isn't that good. And then I'm so tired from the experience that I take a long break before working on another and I rush that assignment too. It's a vicious cycle.

Pablo: Well Ed, that sounds like me when I was in college (laughs). Maybe that's why I failed to become a doctor, and instead became a radio show host (all laugh). Niki, can you offer any advice to Ed?

Niki: Well, Ed, you seem to have the same problem a lot of us have, or have had in the past. The first thing I can tell you—and everyone else out there—is that *you* are the one who must decide to change your own habits. Nobody can do it for you. For this problem in particular, I recommend starting early, and breaking up your big writing assignments into small pieces. Then, choose to do the *hardest* task *first*, before moving on to smaller ones.

Pablo: Good thoughts. Make big tasks smaller, and then do the difficult things first. We'll be back with more from Niki Poletto after this short break.