

- 关于台词的备注:
这不是广播节目的逐字稿件。本文稿可能没有体现录制、编辑过程中对节目做出的改变。
- 请注意: 中文文字内容只提供简体版

Vocabulary: procrastination 词汇: 拖延

Do you ever have a **task** you need to complete but however urgent it may be, you just don't get on and do it? From doing the housework to writing an assignment, there's always something I can **put off** until tomorrow.

Being a **procrastinator** is quite easy. There are so many other more interesting **distractions** such as watching funny cat videos on the internet or catching up with friends on social media! But Benjamin Franklin, one of the Founding Fathers of the United States, once wisely said that: 'You may delay, but time will not', in other words, the time we waste now is gone forever – so maybe I should **pull my socks up** and get on with what I should be doing.



What's the hurry? There's always tomorrow!

The reason why many of us delay doing something is that we **live for the present** not the future. We are **reluctant** to **engage** in tasks that relate to the future – sorting something out now that will benefit us in the future doesn't seem like a **priority**. Daphna Oyserman, Professor of Psychology at the University of Southern California, says that "many things that are quite important about the future require that we start doing things now rather than waiting for later to happen ... waiting till later means that we won't have much time." So get on with it now rather than have a **last-minute** panic later!

But it's hard to **muster** any enthusiasm when there are tedious chores to be done, so how can I control my lack of focus and **knuckle down** to what really needs to be done? One idea is **temptation bundling** – doing two activities together – one that is boring but essential and one that you enjoy but isn't so **productive**. Planning is essential too and we should never **underestimate** how long things will take us. However, Dr Catherine Loveday from Westminster University warns us about a 'planning **fallacy**' thinking we can get something done quickly. She says "We never seem to get any better at judging time in the future and how long things will take us."

Maybe for now, I'll make a cup of tea, and **ponder** on these thoughts before I **crack on** with some important tasks – anyway, there's always tomorrow.

词汇表

task	任务
put off	延后, 拖延
procrastinator	托拉的人
distraction	分心的事, 分散注意力的东西
pull my socks up	努力加油干, 加把劲儿
live for the present	活在当下
reluctant	勉强的, 不情愿的
engage	参与
priority	优先考虑的事情, 重要的事情
last-minute	最后一刻的
muster	激起 (某种感情)
knuckle down	开始努力工作
temptation bundling	诱惑捆绑 (把一件需要做但枯燥的事情和一件有趣的事情连在一起做, 合二为一)
productive	有效率的
underestimate	低估
fallacy	谬论, 谬见
ponder	沉思, 考虑
crack on	赶快加速继续 (工作)

测验与练习

1. 阅读课文并回答问题。

1. Is this true or false? A *procrastinator* is someone who won't delay things that must be done.
2. Why do many people tend to live for the present not the future?
3. What word used in the article describes an excited feeling of being very interested in something?
4. According to Dr Catherine Loveday, how good are we at judging how long things take to complete?
5. What thing mentioned in the article will not stop or wait for anyone?

2. 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. I was _____ to go to Greece for my holiday because of the heat but once I got there, I loved it.

distracted	reluctant	put off	productive
------------	-----------	---------	------------

2. I had to do some _____ Christmas shopping because I'd forgotten to buy my mother a present!

last-hour	less-minute	last-minute	last-minutes
-----------	-------------	-------------	--------------

3. I can't go to the movies tonight, I've got to make studying for my exams a _____.

priority	productive	fallacy	procrastinator
----------	------------	---------	----------------

4. I've got to _____ and get on with my tax return otherwise I'll get a big fine.

knockdown	knuckle it	knee cap	knuckle down
-----------	------------	----------	--------------

5. I think she _____ how much work there was to do – it took her weeks to decorate her house.

understated	underwear	underestimated	underestimates
-------------	-----------	----------------	----------------

答案

1. 阅读课文并回答问题。

1. Is this true or false? *A procrastinator is someone who won't delay things that must be done.*

False: A procrastinator is someone who keeps delaying things that must be done.

2. Why do many people tend to live for the present and not plan for the future?

The future doesn't seem like a priority.

3. What word used in the article describes an excited feeling of being very interested in something?

Enthusiasm

4. According to Dr Catherine Loveday, how good are we at judging how long things take to complete?

Not very good. She said "We never seem to get any better at judging time in the future and how long things will take us."

5. What thing mentioned in the article will not stop or wait for anyone?

Time.

2. 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. I was **reluctant** to go to Greece for my holiday because of the heat, but once I got there, I loved it.

2. I had to do some **last-minute** Christmas shopping because I'd forgotten to buy my mother a present!

3. I can't go to the movies tonight, I've got to make studying for my exams a **priority**.

4. I've got to **knuckle down** and get on with tax return otherwise I'll get a big fine.

5. I think she **underestimated** how much work there was to do – it took her weeks to decorate her house.