



Full and Reduced Adjective Clauses

An exercise based on Tim Urban's TED Talk

[Inside the Mind of a Master Procrastinator](https://www.ted.com/talks/tim_urban_inside_the_mind_of_a_master_procrastinator)

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① Before You Watch

Discuss

Discuss the following questions in groups or as a class.

1. What does *procrastination* mean? Is there a word for *procrastination* in your native language?
2. Do you procrastinate often? If so, why? What sorts of things do you usually procrastinate about?
3. What can help people stop procrastinating and get their work done? What helps you?



Vocabulary Preview

Circle the correct definitions.

1. *blog*
 - a. a lazy person
 - b. the state of happiness that occurs after completing one's work
 - c. a record of someone's thoughts or opinions that is posted on the internet
2. *deadline*
 - a. the date when an assignment or task must be finished
 - b. a moment of fear or worry
 - c. a line that is not straight
3. *brain*
 - a. the part of the body responsible for digesting food
 - b. the part of the body responsible for thinking
 - c. the part of the body responsible for breathing
4. *procrastination*
 - a. a feeling of low self-worth
 - b. the action of completing an assignment or task immediately
 - c. the action of delaying something you must do
5. *gratification*
 - a. a feeling of pleasure or satisfaction
 - b. a feeling of thankfulness
 - c. the action of delaying something you must do

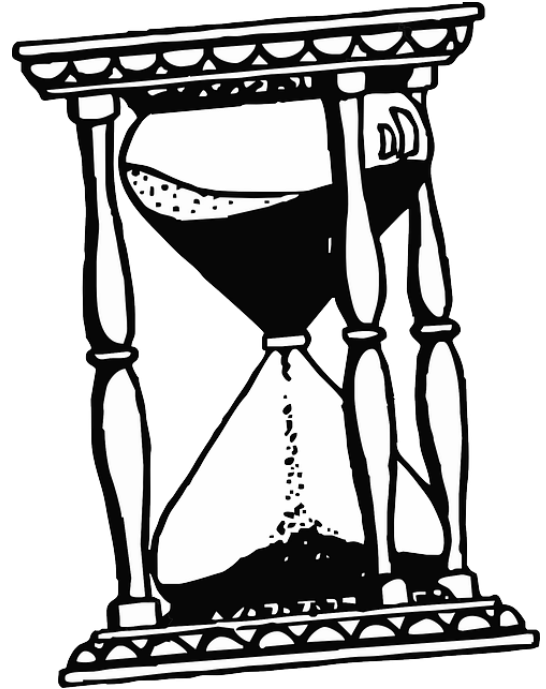
6. *instant*
 - a. immediate
 - b. delayed
 - c. fun

7. *long term*
 - a. the present
 - b. period from the present to the near future
 - c. period from the present to the distant future

8. *rational*
 - a. true
 - b. false
 - c. logical

9. *leisure*
 - a. free time spent relaxing or having fun
 - b. long hours spent working or studying hard
 - c. self-hatred, guilt, and anxiety

10. *playground*
 - a. a place where children play together outside
 - b. the winner of a game
 - c. a place where animals are kept for people to see



2 After You Watch

Watch Tim Urban's TED talk "Inside the Mind of a Master Procrastinator" (https://www.ted.com/talks/tim_urban_inside_the_mind_of_a_master_procrastinator). After you watch, check (✓) the answers below. Watch the video again if necessary. You might also want to take notes, stop the video, discuss certain points, consult a dictionary, etc.

Are these things good or bad for procrastinators?

	<i>Good</i>	<i>Bad</i>
1. The Rational Decision Maker	_____	_____
2. The Instant Gratification Monkey	_____	_____
3. The Panic Monster	_____	_____
4. The Dark Playground	_____	_____
5. A lack of deadlines	_____	_____

3 Language Focus: Full and Reduced Adjective Clauses

Part A. First, review sections 1.4 (Full and Reduced Adjective Clauses, Part I) and 2.4 (Full and Reduced Adjective Clauses, Part II) in the *Writing with Clarity and Accuracy* card. Then, in each sentence below, identify the bolded clause as either a full adjective clause or a reduced adjective clause. Circle your answers. The first one has been done as an example.

- | | | |
|---|-------------|---------|
| 1. Tim Urban, who is a writer and blogger , spoke about procrastination. | <u>Full</u> | Reduced |
| 2. The Panic Monster helps fix problems caused by the Monkey . | Full | Reduced |
| 3. Urban presents a “life calendar” showing one box for each week of a 90-year life . | Full | Reduced |
| 4. Urban pulled two consecutive “all-nighters,” meaning that he did not sleep for two straight days . | Full | Reduced |
| 5. The Monkey lives in the Dark Playground, a place of unearned fun and leisure . | Full | Reduced |
| 6. The “Makes Sense Circle” is a place governed by logic and responsibility . | Full | Reduced |
| 7. Urban procrastinated writing his thesis, which caused him to spend 72 sleepless hours finishing it . | Full | Reduced |
| 8. Procrastination, which refers to the postponement of difficult work , is common among students. | Full | Reduced |
| 9. Procrastination is more of a problem when there are no deadlines, which suggests that deadlines help motivate people to complete their work . | Full | Reduced |
| 10. Projects unattached to deadlines cannot be saved by the Panic Monster. | Full | Reduced |
| 11. Projects that have deadlines are easier to manage for procrastinators. | Full | Reduced |

Part B. Rewrite the sentences above. Change the full adjective clauses to reduced adjective clauses, and the reduced clauses to full clauses. The first one has been done as an example.

1. *Tim Urban, a writer and blogger, spoke about procrastination.* _____
2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

4 Expansion

Write about one or more of the following topics. Use at least one full and one reduced adjective clause in your writing.

1. Describe one specific example of when procrastination negatively impacted your life. What happened? What were the consequences? Did you learn something from the experience?
2. Are there other types of monkeys (besides the Instant Gratification Monkey) that cause you to procrastinate? For example, is there a Fear Monkey or an Exhaustion Monkey? Explain and give examples. What helps you to overcome these types of procrastination monkeys?
3. Is procrastination always a bad habit? Explain.