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TED-Ed: Why you procrastinate even when it feels bad | TED Talk

https://www.ted.com/talks/ted_ed_why_you_procrastinate_even_when_it_feels_bad

Advanced Words Only

IMPORTANT

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Session 1: Word List

buckle

v. to bend out of shape, as under pressure or from heat;
(noun) a device used for fastening two loose ends of a belt or strap

synonym: bend, crumple, contort

(1) **buckle** down to study, (2) **buckle** shoe

The severe heat wave **buckled** railway tracks.

procrastinate

v. to postpone doing what you should do, often because it is unpleasant or boring

synonym: delay, dawdle, hesitate

(1) **procrastinate** about a big challenge, (2) **procrastinate** on my homework

He **procrastinated** the matter until it was almost too late.

irrational

adj. not based on, or not using reason or clear thinking;
(mathematics) a real number that cannot be expressed as the ratio of two integers

synonym: illogical, ludicrous, senseless

(1) an **irrational** request, (2) **irrational** numbers

They continued to endure **irrational** treatment by the dictatorship.

amygdala

n. one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell

(1) the decline in **amygdala** activity, (2) **amygdala** damage

The **amygdala** has been associated with memories of past emotional events.

neuron

n. a cell that is specialized to carry information within the brain and between the brain and other parts of the body

synonym: nerve cell

(1) excite the **neurons**, (2) **neuron** cell body

Our body transfers information along each **neuron** using an electrical impulse.

adrenaline

n. a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger

synonym: epinephrine

(1) **adrenaline** receptor, (2) **adrenaline** addiction

The band has released a lot of **adrenaline-pumping** rock music.

overpower

v. to conquer or establish complete control over someone by using superior strength

synonym: overwhelm, conquer, surpass

(1) **overpower** the suspect, (2) **overpower** the opponent

The shooter was eventually **overpowered** and arrested by police.

prefrontal

adj. in or about the foremost part of the frontal lobe of the brain

(1) **prefrontal** bone, (2) **prefrontal** region

Research shows that damage to the **prefrontal** cortex leads to increased aggression.

evoke

v. to bring or recall a feeling, memory, or image into your mind

synonym : arouse, raise, inspire

(1) **evoke** a sense of awe, (2) **evoke** sympathy

This movie is likely to **evoke** strong emotions in the viewer.

dread

v. to be very afraid of or worried about something that is going to happen or that might happen

synonym : fear, cringe, apprehend

(1) **dread** failure, (2) **dread** getting old

We all **dread** to think about what will happen if the company goes bankrupt.

incompetence

n. lack of physical or intellectual ability or qualifications to do something successfully or as it should be done

synonym : inability, incapacity, ineptitude

(1) have a feeling of **incompetence**, (2) **incompetence** of urine

Her behavior testified to her **incompetence**.

insecure

adj. not firm or firmly fixed; likely to fail or give way, or not assured of safety

synonym : uncertain, unsure, unconfident

(1) an **insecure** future, (2) **insecure** attachment

Children in an unstructured environment often feel **insecure**.

misconception

n. a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis

synonym : fallacy, incomprehension, misunderstanding

(1) dispel the **misconception**, (2) commonly held **misconception**

There are numerous **misconceptions** about food and health.

apathy

n. lack of emotion, concern, or enthusiasm

synonym : affectlessness, dispassion, indifference

(1) **apathy** in the election, (2) political **apathy**

The global economic crisis has led to pervasive **apathy** and powerlessness.

distract

v. to draw someone's attention away from what they are trying to do

synonym: divert, preoccupy, confuse

(1) **distract** attention from the real issue, (2) **distract** public opinion

Please don't **distract** me while I'm studying.

unimportant

adj. not important

synonym: inconsiderable, inconsequential, insignificant

(1) **unimportant** information, (2) **unimportant** event

He regretted having undertaken the **unimportant** job without thinking about the consequences.

sham

n. something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not

synonym: bogus, counterfeit, fraudulent

(1) a **sham** battle, (2) turn out to be all **sham**

The data he prepared was completely **sham**.

ailment

n. a slight but often persistent illness

synonym: illness, disorder, infection

(1) heart **ailment**, (2) age-related **ailment**

He got timely treatment for his physical **ailment** of severe back pain.

cultivate

v. to prepare and foster land for growing crops or plants

synonym: boost, foster, nurture

(1) **cultivate** a field, (2) **cultivate** relationships

University is a great place to **cultivate** our minds and expertise.

impulsive

adj. acting suddenly without any planning and without considering the effects they may have

synonym: abrupt, hasty, capricious

(1) an **impulsive** force, (2) do **impulsive** buying

He regrets the **impulsive** behavior he took in his drunken state.

perpetuate

v. to make something continue or prevail for a long time

synonym: eternalize, preserve, maintain

(1) **perpetuate** a myth, (2) **perpetuate** chronic pain

That work **perpetuates** his fame.

Session 2: Spelling

- | | |
|-----------------------------|--|
| 1. age-related ai_____t | <i>n.</i> a slight but often persistent illness |
| 2. uni_____nt event | <i>adj.</i> not important |
| 3. cu_____te a field | <i>v.</i> to prepare and foster land for growing crops or plants |
| 4. am_____la damage | <i>n.</i> one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell |
| 5. cu_____te relationships | <i>v.</i> to prepare and foster land for growing crops or plants |
| 6. pre_____al bone | <i>adj.</i> in or about the foremost part of the frontal lobe of the brain |
| 7. adr_____ne addiction | <i>n.</i> a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger |
| 8. an im_____ve force | <i>adj.</i> acting suddenly without any planning and without considering the effects they may have |
| 9. di_____ct public opinion | <i>v.</i> to draw someone's attention away from what they are trying to do |
| 10. a s__m battle | <i>n.</i> something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not |

ANSWERS: 1. ailment, 2. unimportant, 3. cultivate, 4. amygdala, 5. cultivate, 6. prefrontal, 7. adrenaline, 8. impulsive, 9. distract, 10. sham

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|---------------------------------------|------|--|
| 11. bu___e shoe | v. | to bend out of shape, as under pressure or from heat; (noun) a device used for fastening two loose ends of a belt or strap |
| 12. per_____te a myth | v. | to make something continue or prevail for a long time |
| 13. political ap___y | n. | lack of emotion, concern, or enthusiasm |
| 14. ev__e sympathy | v. | to bring or recall a feeling, memory, or image into your mind |
| 15. inc_____nce of urine | n. | lack of physical or intellectual ability or qualifications to do something successfully or as it should be done |
| 16. in_____re attachment | adj. | not firm or firmly fixed; likely to fail or give way, or not assured of safety |
| 17. ev__e a sense of awe | v. | to bring or recall a feeling, memory, or image into your mind |
| 18. ov_____er the suspect | v. | to conquer or establish complete control over someone by using superior strength |
| 19. dr__d getting old | v. | to be very afraid of or worried about something that is going to happen or that might happen |
| 20. the decline in am_____la activity | n. | one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell |
| 21. pro_____ate on my homework | v. | to postpone doing what you should do, often because it is unpleasant or boring |

ANSWERS: 11. buckle, 12. perpetuate, 13. apathy, 14. evoke, 15. incompetence, 16. insecure, 17. evoke, 18. overpower, 19. dread, 20. amygdala, 21. procrastinate

22. dispel the mis_____ion *n.* a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis
23. an in_____re future *adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety
24. bu_____e down to study *v.* to bend out of shape, as under pressure or from heat; (noun) a device used for fastening two loose ends of a belt or strap
25. irr_____al numbers *adj.* not based on, or not using reason or clear thinking; (mathematics) a real number that cannot be expressed as the ratio of two integers
26. ne_____n cell body *n.* a cell that is specialized to carry information within the brain and between the brain and other parts of the body
27. uni_____nt information *adj.* not important
28. adr_____ne receptor *n.* a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger
29. heart ai_____t *n.* a slight but often persistent illness
30. commonly held mis_____ion *n.* a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis
31. excite the ne_____ns *n.* a cell that is specialized to carry information within the brain and between the brain and other parts of the body

ANSWERS: 22. misconception, 23. insecure, 24. buckle, 25. irrational, 26. neuron, 27. unimportant, 28. adrenaline, 29. ailment, 30. misconception, 31. neuron

32. turn out to be all s__m *n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not
33. per_____te chronic pain *v.* to make something continue or prevail for a long time
34. have a feeling of inc_____nce *n.* lack of physical or intellectual ability or qualifications to do something successfully or as it should be done
35. pre_____al region *adj.* in or about the foremost part of the frontal lobe of the brain
36. ov_____er the opponent *v.* to conquer or establish complete control over someone by using superior strength
37. an irr_____al request *adj.* not based on, or not using reason or clear thinking; (mathematics) a real number that cannot be expressed as the ratio of two integers
38. ap___y in the election *n.* lack of emotion, concern, or enthusiasm
39. dr__d failure *v.* to be very afraid of or worried about something that is going to happen or that might happen
40. di_____ct attention from the real issue *v.* to draw someone's attention away from what they are trying to do
41. pro_____ate about a big challenge *v.* to postpone doing what you should do, often because it is unpleasant or boring
42. do im_____ve buying *adj.* acting suddenly without any planning and without considering the effects they may have

ANSWERS: 32. sham, 33. perpetuate, 34. incompetence, 35. prefrontal, 36. overpower, 37. irrational, 38. apathy, 39. dread, 40. distract, 41. procrastinate, 42. impulsive

ANSWERS:

Session 3: Fill in the Blanks

1. The severe heat wave _____ railway tracks.
v. to bend out of shape, as under pressure or from heat; (noun) a device used for fastening two loose ends of a belt or strap

2. The data he prepared was completely _____.
n. something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not

3. University is a great place to _____ our minds and expertise.
v. to prepare and foster land for growing crops or plants

4. They continued to endure _____ treatment by the dictatorship.
adj. not based on, or not using reason or clear thinking; (mathematics) a real number that cannot be expressed as the ratio of two integers

5. He got timely treatment for his physical _____ of severe back pain.
n. a slight but often persistent illness

6. Research shows that damage to the _____ cortex leads to increased aggression.
adj. in or about the foremost part of the frontal lobe of the brain

7. He _____ the matter until it was almost too late.
v. to postpone doing what you should do, often because it is unpleasant or boring

8. The _____ has been associated with memories of past emotional events.
n. one of two parts of the almond-shaped neural structure that are linked to emotions, especially fear and pleasure, memory, and the sense of smell

ANSWERS: 1. buckled, 2. sham, 3. cultivate, 4. irrational, 5. ailment, 6. prefrontal, 7. procrastinated, 8. amygdala

9. There are numerous _____ about food and health.
n. a belief or an idea that is wrong because it has been based on faulty thinking, understanding, or hypothesis
10. Please don't _____ me while I'm studying.
v. to draw someone's attention away from what they are trying to do
11. He regrets the _____ behavior he took in his drunken state.
adj. acting suddenly without any planning and without considering the effects they may have
12. We all _____ to think about what will happen if the company goes bankrupt.
v. to be very afraid of or worried about something that is going to happen or that might happen
13. Her behavior testified to her _____.
n. lack of physical or intellectual ability or qualifications to do something successfully or as it should be done
14. He regretted having undertaken the _____ job without thinking about the consequences.
adj. not important
15. This movie is likely to _____ strong emotions in the viewer.
v. to bring or recall a feeling, memory, or image into your mind
16. Our body transfers information along each _____ using an electrical impulse.
n. a cell that is specialized to carry information within the brain and between the brain and other parts of the body

ANSWERS: 9. misconceptions, 10. distract, 11. impulsive, 12. dread, 13. incompetence, 14. unimportant, 15. evoke, 16. neuron

17. That work _____ his fame.

v. to make something continue or prevail for a long time

18. Children in an unstructured environment often feel _____.

adj. not firm or firmly fixed; likely to fail or give way, or not assured of safety

19. The band has released a lot of _____ rock music.

n. a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger

20. The global economic crisis has led to pervasive _____ and powerlessness.

n. lack of emotion, concern, or enthusiasm

21. The shooter was eventually _____ and arrested by police.

v. to conquer or establish complete control over someone by using superior strength

ANSWERS: 17. perpetuates, 18. insecure, 19. adrenaline-pumping, 20. apathy, 21. overpowered