

READING An Online Advice Column

1 Do you ever use the Internet for advice? What are the advantages and disadvantages of getting advice online?

2 **UNDERSTANDING REFERENCE** Read the advice column and look at the words in bold. What thing, person or idea does each word refer to?

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3 Choose the correct answer.

- Ben writes that he ...
 - deserves his friend's anger
 - is late less often than in the past
 - doesn't understand his friend's anger
 - is sure he will never be late again
- Why is chronic lateness seen as more serious than other bad habits?
 - It is more common than other bad habits.
 - It disturbs people who are not chronically late.
 - It is a harder habit to break.
 - It is physically programmed into the brain.
- The *planning fallacy* happens when we ...
 - plan too many different tasks
 - do a task we've never done before
 - plan accurately based on past experience
 - come to incorrect conclusions despite past experience

4 Decide if the following sentences are true or false. Find evidence in the text to justify your answers.

- Ben and his friend met for half an hour.
- Overdoers don't like to have free time.
- It's not easy to distract a dreamer.
- Everyday actions should be part of your time log.
- Breaking the habit of being late is a long process.
- The writer's tone at the end is optimistic.



YOUR OUTLOOK CRITICAL THINKING

Which of Alice's tips do you think would be the most / least effective for you?



Ask Alice

Got a Problem? Trust Alice to help you!

Dear Alice, ✉

No matter what I do, I'm never on time. Yesterday my friend went home after I'd kept him waiting outside the gym for half an hour, and he was right – I shouldn't have been so late. My friend was fed up and said he'd never make plans with me again. I could have met **him** on time, but it took me ages to decide what to wear. Can you give me some **advice**, please?

Ben

Hi Everyone,

Chronic lateness is a common problem. Like biting your nails, it's a bad habit, but it can drive other people mad because it affects **them** directly. And like any habit, it's hard to break, even with all the willpower in the world. **That** is because it's physically programmed into the brain. This is what happens when we repeat the same behaviour or action time and time again.

What Type are You?

Psychologist Dr Linda Sapadin has identified several different personality types that are usually late. For example, you might be an *overdoer*. You try to plan activities for each moment of the day – so it's not surprising you don't have time for everything! Or are you a *dreamer*? If so, you're easily sidetracked by a text message or a video game.

You might be a *perfectionist*. Those are people who can't leave the house until **their** room is tidy and their hair is just right, no matter who's waiting for them. Or maybe you're a *crisis maker*. You get an adrenaline rush from leaving things till the last minute!

The Perception of Time

One of the most common reasons for being late is that most of us aren't able to accurately judge how long a task will take. This is known as the *planning fallacy*. We tend to be optimistic, thinking that it will take less time than similar tasks in the past. There are also people who sense time passing more slowly than it does in reality. They often think that they have more time than they really do.

WORDS FROM THE TEXT



5 **FINDING SYNONYMS** Find words or expressions in the text that mean:

- 1 annoyed (lines 1-7)
- 2 self-discipline (lines 8-13)
- 3 perfect (lines 14-22)
- 4 lose hope (lines 36-43)
- 5 make a mistake (lines 36-43)

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6 Complete the sentences with the expressions in colour below.

adrenaline rush | take into account | drive me mad
break the habit | run late

- 1 They're always late. They ...
- 2 We are going to ... if we don't leave now.
- 3 I wish I could ... of smoking.
- 4 We'll have to ... the price and the location.
- 5 All of a sudden, I had a lot of energy because of the ...

EXPRESSIONS ABOUT TIME

There are many expressions in English that include the word *time*.

Look at the following expressions from the text.

time and time again *time on your hands*

Which one means ... ?

- a free time that you don't know what to do with
- b repeatedly

7 Choose the correct answer. Pay attention to the words in colour.

- 1 **Take your time** getting ready. We're *in a rush* / *in no hurry*.
- 2 I **had the time of my life** in Majorca. I really *enjoyed* / *disliked* it there.
- 3 Your **time is up**. You must make a decision *soon* / *now*.
- 4 We'll stay in this flat **for the time being**. We *might* / *won't* move out later.
- 5 He got there **in the nick of time**. He arrived *earlier than necessary* / *at the last possible moment*.



Train your Brain

So with all these reasons for being late, is it hopeless to try and break the habit? Not at all! Fortunately, the brain is flexible, so new ways of behaving can be learned. Here are some strategies you can try:

- Keep a detailed time log. Write down how long it actually takes for you to complete tasks, even trivial **ones** like taking a shower or walking to school. Then take these into account when planning your timing.
- Cut down on the number of activities in your day. Remember – you can't be in two places at once.
- Keep to your plan. Don't be tempted to do one more thing like posting pictures because you feel like you've got time on your hands.
- Keep a watch or clock in an easily visible place. Then you'll know whether you're running late.

Don't despair if you slip up! It will take time to strengthen and change the way your brain works, but remember – it's never too late!

Good luck!

Alice



LOOKING AT LANGUAGE

- 1 Look at the false friend underlined in the text. How do you say it in your language?
- 2 The word *strengthen* (line 42) means *make something stronger*. How would you form a word that means ... ?
a make something longer
b make soft
c make weak

PRONUNCIATION

- 3 Listen and repeat the words from the text.
trust /ʌ/ hard /ɑː/
- 4 Which word in each group doesn't belong? Listen and check your answers.
/ʌ/ rush | pure | judge | other
/ɑː/ party | answer | task | crack

[] **Pronunciation Practice** page 107