**WEEK 5**

**Journal #4 (10 points):** TED Talk Reflection

Watch the Ted Talk, “Inside the Mind of a Procrastinator,” by Tim Urban (<https://www.youtube.com/watch?v=arj7oStGLkU>). After watching the video, please address the following (200+ words each question):

1. What takeaways do you have from the Procrastinator Ted Talk?
2. What time management strategy could you implement to help you avoid procrastination and falling behind on your assignments and responsibilities?