**“Beat Procrastination!”**

Transcript

The Chase

[Sounds of hearts pounding, heavy breathing, yelps of terror, and scary music]

Bryce, Abigail, and Cassidy: Eat that frog!

The Professor

Drew: Favorite American icon Mark Twain is known for three things: his amazing books, his amazing hair… wait, just a second…

Yes, yes, I see it, you magnificent b-… oh, ummm; right, three things: books, hair, and quotable quotes. It's rumored that Mark Twain once said, "Every day I wake up and I eat a live frog. That way I can be sure that the worst thing that can happen to me that day had already happened."

How very clever! And how very Twainian. Author Brian Tracy took that idea and called it *Eat That Frog!* He says all of us have a task that we need to do, but we've been putting it off. And that task is the "frog." And if we keep putting it off, it begins to feel like some kind of *Jurassic Park*, monster-frog hybrid – instead of just… cute little Kermit. If we keep putting it off it gets bigger and bigger, and we get smaller and smaller… And the next thing you know, we're flat on our face.

So find your "frog." It could be a test that's a large portion of your grade. You've been putting it off, and you think to yourself, "Well, I'll study the night before." But what if, instead, you worked on it a little bit every day? Or perhaps it's like a term paper, and instead of writing that the night before, what if you wrote a little bit every day? In that way, all of a sudden those big tasks that you've been avoiding become smaller. And you become more powerful and able to accomplish your goals. And you can be sure that the most important tasks are getting done.

Now, if you'll excuse me, I have my own difficult task to which I must attend.

Frog: Ribbit!

An SAC Workshop by

Anna Anderson &

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Written, Directed, & Shot by

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Produced By

The Student Academic Center

<http://sac.indiana.edu>

Office of the Vice Provost for Undergraduate Education

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Rebecca Manring

*For use of your office!*

Cast (in order of appearance)

Runner 1……. Bryce Green

Runner 2……. Abigail Fickinger

Runner 3……. Cassidy Hakken

Frog………… Toad

Professor…… Andrew M. Koke

Music & Sound

From Freesound.org:

-"Heartbeat Fast" by harrybates01

-"WildChase.mp3 by sangardo

-"Soft Piano Loop #1" by ispeakwaves

"Croaking Bull Frog" from *300 Sound Effects, Pt. 2* ℗ 2012 Hot Ideas

"Frog Machine" by Infected Mushroom from *I'm the Supervisor* ℗ 2004 BNE Ltd

Other Media

"Lighting Experiment of This Monster" by Ankoku-Neko2 on Deviant Art

"Kermit the Frog Puppet at the Smithsonian" by Don DeBold on Flickr

The Student Academic Center is

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