

Name \_\_\_\_\_

## Procrastination Spiral Answer Key

### Cause & Effect Chain - Sample Answers:

- **Cause:** Eli procrastinates and delays starting his history project.
- **Effect #1:** He wastes time on friends, shows, and his phone instead of working.
- **Effect #2:** He panics the night before and rushes through the project.
- **Effect #3:** He stays up late, oversleeps, and forgets his notes.
- **Final Effect:** His poor presentation leads to a bad grade and regret.

### Teacher Notes

- **Skill emphasis:** Show students how one choice can create a ripple effect of consequences.
- Accept variations in effects if they are logical and supported by the story.
- Extension activity: Have students create a **reverse chain** imagining how events would change if Eli had started the project on Day 1.