

Concluding Sentences

Text 1

The major reason for academic procrastination is the lack of motivation. Students often find themselves in a situation where they have several assignments to complete by a set deadline. As the academic tasks mount, some students begin to see them as tedious chores and postpone working on them. According to Morford (2008), there is a causal relationship between commitment to goals, motivation and the tendency to procrastinate. Morford's study demonstrates that the more committed students are to their academic goals, the more motivated they are in doing their task, and hence the less likely they are to procrastinate. The reverse is also true. Students who procrastinate do so because they are not committed to the goal of succeeding and thus lack motivation. In addition, different types of motivation have varying effects on students. Senecal, Koestner, and Vallerand (1995) argue that students who are extrinsically motivated to perform well on academic tasks procrastinate more than those who are intrinsically motivated. From this, we can infer that by increasing students' intrinsic motivation, incidences of procrastination can be significantly reduced. This is especially the case when a high level of motivation is complemented with good time management skills, an area to which we will now turn our attention.

Answer: These concluding sentences summarize the main point, and link the current paragraph to the next paragraph.

Text 2

Despite the possible social, physical and psychological effects of prolonged video gaming, some studies indicate that gaming improves attention spans and cognitive functions. As video games involve interactive visual tasks, they enhance visuo-spatial skills (Kühn et al., 2013; Kühn and Gallinat, 2014). Evidence demonstrates that while long term gamers have improved visuomotor coordination and navigational skills, their abilities to perceive, recognize, and manipulate visual stimuli are also significantly enhanced. Furthermore, Kuhn and Gallinat's (2014) study highlights the positive effects of long-term gaming on brain functions such as multitasking, decision-making, problem-solving and deductive reasoning. Finally, the focus required to solve complex problems in the virtual world helps gamers improve attention (Palaus, 2017). In short, there is a proven correlation between video gaming and enhancements in brain function (Beddison, 2017).

Answer: This concluding sentence summarizes the main point.