



Planning Fallacy: Worksheet

Directions: Fill in the blanks with the word(s) that best completes the sentence.

1. Human brains are wired to be overly _____ when it comes to judging our own efficiency.
2. The planning fallacy causes people to _____ the amount of time they need to complete any given task.
3. With the planning fallacy, you might *think* that an essay will only take you _____ to finish, but in reality, it might take you _____ instead.
4. Famous psychologists _____ and _____ were the first to bring up the idea of a “planning fallacy,” but _____ and _____ were the ones who actually did an experiment on the planning fallacy.
5. In one of the most famous experiments about the planning fallacy, the researchers asked college students to estimate the absolute minimum and maximum time they would need for their senior theses. However, a majority of the students _____ the “maximum time limit” that they had given themselves, which was _____, on average, while the actual completion time of the senior theses was _____, on average.



6. One of the most baffling parts of the planning fallacy is that people can admit their *past* _____, but they always think that *this time* it will be _____.

7. More recent research has revealed that not only does the planning fallacy cause people to underestimate the time it takes to accomplish a certain task, it also makes them underestimate the _____ and _____ of undertaking that task.