

## *Your Procrastination Rating*

Check whether the following statements apply to you.

	TRUE	FALSE
1. If I had a difficult task and an easy one to do, I would do the easy one first.	<input type="checkbox"/>	<input type="checkbox"/>
2. I don't like to turn down any requests for involvement.	<input type="checkbox"/>	<input type="checkbox"/>
3. I avoid boring tasks.	<input type="checkbox"/>	<input type="checkbox"/>
4. I am frequently angry at myself for putting things off.	<input type="checkbox"/>	<input type="checkbox"/>
5. I have more work than I could ever possibly finish.	<input type="checkbox"/>	<input type="checkbox"/>
6. I feel frustrated by my inability to get a handle on things.	<input type="checkbox"/>	<input type="checkbox"/>
7. Other students do much better work than I could ever do.	<input type="checkbox"/>	<input type="checkbox"/>
8. If I can't do something right, I'd rather not do it at all.	<input type="checkbox"/>	<input type="checkbox"/>
9. If I wait until tomorrow, I'll probably do a better job.	<input type="checkbox"/>	<input type="checkbox"/>
10. Large tasks feel overwhelming to me.	<input type="checkbox"/>	<input type="checkbox"/>
11. If you leave problems alone, they often take care of themselves.	<input type="checkbox"/>	<input type="checkbox"/>
12. I schedule my study time in advance.	<input type="checkbox"/>	<input type="checkbox"/>
13. I have definite times for play and for study.	<input type="checkbox"/>	<input type="checkbox"/>
14. Interruptions (such as calls and visitors) while I'm studying bother me.	<input type="checkbox"/>	<input type="checkbox"/>
15. I give myself strict deadlines for finishing assignments.	<input type="checkbox"/>	<input type="checkbox"/>
16. Once I've started an assignment, I often find there's something I don't understand.	<input type="checkbox"/>	<input type="checkbox"/>
17. I've been meaning to do something about time management for a while.	<input type="checkbox"/>	<input type="checkbox"/>
18. I often would do a better job if I had more time to spend on it.	<input type="checkbox"/>	<input type="checkbox"/>
19. I like to work on several different projects at a time.	<input type="checkbox"/>	<input type="checkbox"/>
20. I rarely or never skip lunch.	<input type="checkbox"/>	<input type="checkbox"/>

**Scoring:**

Give yourself 1 point for

- every TRUE answer in questions 1-11 and 16-20
- every FALSE answer in questions 12-15

Total points: \_\_\_\_\_

**Interpretation:**

0-5: You are very well-organized and probably get things done on time.

6-10: You procrastinate some, but probably manage to get most things done on time.

11-15: You procrastinate more often than not, and probably miss deadlines and rush to finish other things on time.

16-20: You are a real procrastinator and probably have trouble finishing anything.

**What Do I Do About It?**

Look at any items you scored points on, and try to devise a plan to overcome this area of procrastination. Write a complete paragraph about a possible plan of attack.

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