



Procrastination Worksheet

	True	False
1. I do easier tasks before more difficult ones.	_____	_____
2. I don't like to turn down any requests for involvement.	_____	_____
3. I avoid boring tasks.	_____	_____
4. I am frequently angry at myself for putting things off.	_____	_____
5. I have more work than I could ever possibly finish.	_____	_____
6. I feel frustrated by my inability to get a handle on things.	_____	_____
7. Other students do much better work than I could ever do.	_____	_____
8. If I can't do something right, I'd rather not do it at all.	_____	_____
9. If I wait until tomorrow, I'll probably do a better job.	_____	_____
10. Large tasks feel overwhelming to me.	_____	_____
11. Problems left alone often take care of themselves.	_____	_____
12. I schedule my study time in advance.	_____	_____
13. I have definite times for rest and for study.	_____	_____
14. Interruptions while I'm studying bother me.	_____	_____
15. I give myself strict deadlines for finishing assignments.	_____	_____
16. When I start an assignment, I often find that there's something I don't understand.	_____	_____
17. I've been meaning to do something about time management for a while.	_____	_____
18. I would do a better job if I had more time to spend on it.	_____	_____
19. I like to work on several different projects at a time.	_____	_____
20. I rarely or never skip a meal.	_____	_____



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.