

PROCRASTINATION SURVEY

For each item, indicate the column that most applies to you.

		Strongly Agree	Mildly Agree	Mildly Disagree	Strongly Disagree
1.	I usually find reasons for not acting immediately on a difficult assignment.				
2.	I know what I have to do but frequently find that I have done something else.				
3.	I carry my books/work assignments with me to various places, but do not open them.				
4.	I work best at the "last minute" when the pressure is really on.				
5.	There are too many interruptions that interfere with my top priorities.				
6.	I avoid forthright answers when pressed for an unpleasant decision.				
7.	I take half measures which will avoid or delay unpleasant or difficult action.				
8.	I have been too tired, nervous or upset to do the difficult task that faces me.				
9.	I like to get my room in a good order before starting a difficult task.				
10.	I find myself waiting for inspirations before becoming involved on most important study/work tasks.				
	TOTAL RESPONSES				
	WEIGHT	x4	x3	x2	x1
	SCORE				

Multiply the TOTAL RESPONSE row by the corresponding WEIGHT to get the SCORE for each column. Add up the SCORE row to determine your total score. That number is your Procrastination Quotient.

Procrastination Quotient*:

- Below 20: Occasional Procrastinator
- 21-30: Chronic Procrastinator
- Above 30: Severe Procrastinator

Procrastination, like any bad habit, can be broken. If you find that you have the procrastination habit, practicing time management can help. Remember, many students procrastinate because they take on too many responsibilities in a given semester. You are the one in control of your life, you choose what you will do and not do. Take a realistic look at your time commitments. Create clear, realistic and specific academic, career and personal goals each semester.

*This rating system is by H.E. Florey of the University of Alabama Counseling Center.
Pages 8-10 *Successful Strategies for College and Life Success 2nd* Edition by Sue Granger-Dickson