

Place a number from 1 to 5 before each statement. (For example, if you “agree” with a statement, place a 4 before the statement.)

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Mildly Disagree</b>	<b>Agree</b>	<b>Strongly Agree</b>

- \_\_\_\_\_ I have a habit of putting off important tasks that I don't enjoy doing.
- \_\_\_\_\_ My standards are so high that I'm not usually satisfied enough with my work to turn it in on time.
- \_\_\_\_\_ I spend more time planning what I'm going to do than actually doing it.
- \_\_\_\_\_ The chaos in my study space makes it hard for me to get started.
- \_\_\_\_\_ The people I live with distract me from doing my class work.
- \_\_\_\_\_ I have more energy for a task if I wait until the last minute to do it.
- \_\_\_\_\_ I enjoy the excitement of living on the edge.
- \_\_\_\_\_ I have trouble prioritizing all my responsibilities.
- \_\_\_\_\_ Having to meet a deadline makes me really nervous.
- \_\_\_\_\_ My biggest problem is that I just don't know how to get started.

***If you responded that you “agree” or “strongly agree” with 0–2 questions . . .***

You might procrastinate from time to time, but it may not be a major problem for you. Reading this chapter will help you continue to stay focused and avoid procrastination in the future.

***If you responded that you “agree” or “strongly agree” with 3–5 questions . . .***

You may be having difficulties with procrastination. Revisit the questions to which you answered “agree” or “strongly agree” and look in the chapter for strategies that specifically address these issues to help you overcome obstacles. You *can* get a handle on your procrastination!

***If responded that you “agree” or “strongly agree” with 6 or more questions . . .***

You may be having a significant problem with procrastination, and it could interfere with your success in college if you do not make a change. Revisit the questions to which you answered “agree” or “strongly agree” and look in the chapter for strategies that specifically address these issues. Also, if you are concerned about your pattern of procrastination and you aren't having success in dealing with it yourself, consider talking to a professional counselor in your campus counseling center. It's free and confidential, and counselors have extensive experience working with students who have problems with procrastination.

Finally: Can you think of the number of times you may have been late (one of the symptoms of procrastination) this week alone? Think back. Take the quiz on the next page.

<b>Situation</b>	<b>Number of Times This Week</b>
How many times were you late to class?	_____
How many times were you late for appointments/dates?	_____
How many times were you late for work, a carpool, or another job and/or responsibility?	_____
How many times were you late returning an e-mail, phone call, or text such that a problem resulted from this lateness?	_____
How many times were you late paying a bill or mailing any important document?	_____
How many times were you late getting to bed or waking up?	_____
<b>TOTAL</b>	_____

Did the total number of times you were late surprise you? Two to five incidences of being late in a week is fairly normal. Everyone is late sometimes. Being late more than eight times this week might indicate that you are avoiding situations and tasks that are unpleasant for you. Or maybe you find it difficult to wait for other people, and so you would rather have others wait for you. Try and think of lateness from the other person's perspective. Getting more organized might help if you find that you don't have enough hours in the day to get everything done in the way you think it should be done. Position yourself for success and develop the reputation for being dependable!