

## ***Do I Procrastinate?***

*For each question, circle T or F as it applies to your current behavior.*

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| 1. I often find myself doing things I planned to do days earlier.  | T F |
| 2. I often miss sporting events, concerts, etc., because I missed buying tickets before they sold out or enough in advance.                  | T F |
| 3. When planning a party, I have everything I need in advance.   | T F |
| 4. When it's time to get up in the morning, I get right out of bed.  | T F |
| 5. After I write a letter, it may sit for days before I mail it.   | T F |
| 6. I generally return phone calls promptly.  | T F |
| 7. Even with simple tasks that require very little more than just sitting down and doing them, I find I don't get them done for days.        | T F |
| 8. I usually make decisions as soon as possible.   | T F |
| 9. I generally delay starting work I know I have to do.  | T F |
| 10. When traveling, I usually have to rush to get to the airport on time, or in packing I end up throwing everything into my luggage or car. | T F |
| 11. When preparing to go out, I seldom get stuck doing something last minute.  | T F |
| 12. Preparing for a deadline, I often waste time doing other stuff.  | T F |
| 13. If a bill for a small amount comes, I pay it immediately.  | T F |
| 14. I usually return an RSVP request very shortly after receiving the invitation.  | T F |
| 15. I often have tasks finished before they are due.   | T F |
| 16. I always seem to end up shopping for birthday and holiday gifts at the last minute.  | T F |
| 17. I usually buy even essential items at the last minute.   | T F |
| 18. I usually accomplish everything I planned to do in a day.  | T F |
| 19. I am constantly saying, "I'll do it tomorrow."   | T F |
| 20. I usually get all of my work done before I relax for the evening.  | T F |

### **Scoring:**

- One point each for 'True' for questions: 1,2,5,7,9,10,12,16,17, 19.
- One point for each False for the questions: 3,4,6,8,11,13,14,15,18, 20.

Add up the points. A score of 9 points or more indicates an above average procrastinator. A score of more than 13 indicates extreme procrastination!

*Adapted from Your Guide to College Success, by Santrock & Halonen 1999*