

Procrastination Survey



5 - Always 3 - Sometimes 1 - Not Often/ Never

I wait until the last minute to do things.	
I wait until a crisis arises or the semester has started before taking action.	
I avoid setting personal deadlines and sticking to them.	
I often do things quickly, but incorrectly, and then have to redo them.	
I spend a lot of time on routine and trivial things.	
I avoid setting a daily schedule for how I want to use my time.	
I am bad at establishing priorities. I treat everything as if it were equally important.	
I have a hard time saying no to requests or invitations.	
I often spend time socializing instead of working.	
I often get distracted and read things that aren't essential to finishing the work at hand.	
I spend too much time on the phone or texting.	
I am guilty of not having clear goals or objectives for what I want to do.	
I rarely ask other people for help.	
I have trouble listening to or reading instructions on how to do things.	
I often find it difficult to begin a paper or project.	
I over-schedule and take on too many commitments.	
I start a task, put it aside, start another, put it aside, and continue doing this so that I rarely finish any one project.	
I pack my schedule so full that I don't have time if an emergency arises.	
Score	

If your score is:

18-49: overall, you are managing your time well and battling unhealthy, unproductive procrastination

50-70: some areas of needed improvement: assess causes and implement a few solutions to impact your success

70-90: need to seriously assess causes and find solutions to battle procrastination and improve time management

* Focus on the areas where you scored 5's to battle your specific procrastination tendencies *

* Identify 'replacement activities': less important activities you do to avoid completing priority tasks *