Do you procrastinate? To find out, **circle** the number that best applies for each question using the following scale:

1. I invent reasons and look for excuses for not acting on a problem.

**Strongly Agree** **4 3** **2 1** **Strongly disagree**

2**.** It takes pressure to get me to work on difficult assignments.

**Strongly Agree** **4 3** **2 1** **Strongly disagree**

3. I take half measures which will avoid or delay unpleasant or difficult tasks.

**Strongly Agree** **4 3** **2 1** **Strongly disagree**

4. I face too many interruptions and crises that interfere with accomplishing my major goals.

**Strongly Agree** **4 3** **2 1** **Strongly disagree**

5. I sometimes neglect to carry out important tasks.

**Strongly Agree** **4 3** **2 1** **Strongly disagree**

6. I schedule big assignments too late to get them done as well as I know I could.

**Strongly Agree** **4 3** **2 1** **Strongly disagree**

7. I’m sometimes too tired to do the work I need to do.

**Strongly Agree** **4 3** **2 1** **Strongly disagree**

8. I start new tasks before I finish old ones.

**Strongly Agree** **4 3** **2 1** **Strongly disagree**

9. When I work in groups, I try to get other people to finish what I don’t.

**Strongly Agree** **4 3** **2 1** **Strongly disagree**

10. I put off tasks that I really don’t want to do but know that I must do.

**Strongly Agree** **4 3** **2 1** **Strongly disagree**

***Scoring***: Total the numbers you have circled. If the score is below **15**, you are not a chronic procrastinator and you probable have only an occasional problem. If your score is **16-25**, you have a minor problem with procrastination. If your score is above **25**, you procrastinate quite often and should work on breaking the habit.

**Now, consider the following:**

‒ If you do procrastinate often, why do you think you do it?  
**‒** Are there particular subjects or classes of kinds of assignments that you are more likely to procrastinate on?  
**‒** Is there something that you are putting off doing right now? How might you get started on it?

**Working in a Group**

Thinking about the last time you procrastinated. Describe it as completely as you can. What was the task? What did you do rather than doing what needed to be done? What could you have done to avoid procrastinating in the situation? Ask others what strategy they might suggest for avoiding procrastinating.