

## Procrastination Quotient Worksheet

Being honest with yourself about procrastination is an important step in overcoming it. Take this quiz to determine your procrastination quotient. After we're done with the quiz, we'll form groups to discuss how procrastination affects you and how you might better recognize when and why you're doing it, as well as what you can do fight through it.

|    | Statement                                                                                        | Strongly Agree | Mildly Agree | Mildly Disagree | Strongly Disagree |
|----|--------------------------------------------------------------------------------------------------|----------------|--------------|-----------------|-------------------|
| 1  | I usually find reasons for not acting immediately when completing a difficult assignment.        |                |              |                 |                   |
| 2  | I know what I have to do, but I often find that I have done something else.                      |                |              |                 |                   |
| 3  | I plan to use time between classes to study, but I seem to let the time slip away.               |                |              |                 |                   |
| 4  | I work best at the "last minute" when the pressure is really on.                                 |                |              |                 |                   |
| 5  | There are too many interruptions that interfere with accomplishing my top priorities.            |                |              |                 |                   |
| 6  | I find myself making a lot of excuses to my instructors about why my work isn't done.            |                |              |                 |                   |
| 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 with important study/work tasks. |                |              |                 |                   |
|    | Total Responses                                                                                  |                |              |                 |                   |
|    | Weight                                                                                           | x 4            | x 3          | x 2             | x 1               |
|    | Score                                                                                            |                |              |                 |                   |

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

**1–20: Occasional Procrastinator**

**21–30: Chronic Procrastinator**

**30+: Severe Procrastinator**

Rating system developed by H. E. Florey of the University of Alabama Counseling Center.