

# Procrastination Self-Test

Read each statement and choose the word below ("Never," "Occasionally," "Often," or "Always") that best describes your behavior. Write the corresponding number in the blank space before each statement.

Never  
1

Occasionally  
2

Often  
3

Always  
4

1. \_\_\_ I feel I have to "cram" before an exam.
2. \_\_\_ My homework is turned in on time.
3. \_\_\_ I think I get enough sleep.
4. \_\_\_ I pull all-nighters before mid-terms and finals.
5. \_\_\_ I plan activities with friends or family for a couple of nights a week and spend the amount of time with them that I planned.
6. \_\_\_ When I'm working on a paper, I put off writing until a few days before it's due.
7. \_\_\_ I cancel social activities because I feel I don't have enough time.
8. \_\_\_ I get my papers in on time.
9. \_\_\_ I find myself making a lot of excuses to my instructors about why my work isn't done.
10. \_\_\_ I feel comfortable about how I use time now.
11. \_\_\_ I feel that something is hanging over my head, that I'll never have enough time to do the work assigned.
12. \_\_\_ I feel tired.

**Score A:** Add up the numbers for questions 1, 4, 6, 7, 9, 11, and 12.

**Score B:** Add up the numbers for questions 2, 3, 5, 8, and 10.

If Score A is greater than Score B, you are probably a procrastinator. If Score A is less than Score B, you manage your time well. If the scores are equal, you may procrastinate at times, but procrastination is not a habit.