

# Procrastination Survey

Procastination	Never 0	Sometimes 1	Always 2
I wait until the last minute to do things.			
I over-schedule and take on too many commitments.			
I often do things quickly but then have to redo them because there are too many errors.			
I get distracted and do things that aren't essential to finishing my work.			
I am bad at establishing priorities. I treat everything as if it were equally important.			
I find it difficult to begin a paper or project.			
Things feel like they will take too long so I get overwhelmed and freeze.			
I do some work, put it aside, then start another task, so it's hard to finish any one project.			
I rarely ask other people for help with my course work.			

Add up your score: \_\_\_\_\_

**12-18:** Procrastination makes life a bit more challenging at times. So, let's look at ways to fill your strategy toolbox! You can do it!

**6-11:** Some areas need improvement. Let's figure out the cause of your procrastination and implement a few helpful strategies. You got this!

**0-5:** You are managing your time pretty well and not too deep into the procrastination world. You have some good habits. Way to go!



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