YOUR PROCRASTINATION RATING

Answer either TRUE or FALSE according to whether the following statement apply to you:

_____ 1. If I had a difficult task and an easy one to do, I would do the easy one first.
_____ 2. I don’t like to turn down any assignments.
_____ 3. I avoid boring tasks.
_____ 4. I am frequently angry at myself for putting things off.
_____ 5. I have more work than I could possibly do.
_____ 6. I feel frustrated by my inability to get a handle on things.
_____ 7. Other people at school do much better work that I could ever do.
_____ 8. If I can’t do something right, I’d rather not do it at all.
_____ 9. If I wait until tomorrow, I’ll probably do a better job.
_____ 10. Large tasks feel overwhelming to me.
_____ 11. If you leave problems alone, they often take care of themselves.
_____ 12. I schedule my work time in advance.
_____ 13. I have definite times at home for play and for work.
_____ 14. Interruptions (such as calls and visitors) while I’m working or in the middle of something bother me.
_____ 15. I give myself deadlines for finishing tasks.
_____ 16. Once I’ve started a job, I often find there’s something I don’t understand.
_____ 17. I’ve been meaning to do something about managing my time better for a while.
_____ 18. I often would do a better job if I had more time.
_____ 19. I like working on several things at a time.
_____ 20. I rarely or never skip lunch.
**PROCRASTINATION RATING KEY**

**Scoring**

Give yourself 1 point for every **TRUE** answer in numbers **1-11** and **16-20**.

Give yourself 1 point for every **FALSE** answer in numbers **12-15**.

**TOTAL __________**

**Interpretation**

- **0-5** You are organized and probably get things done on time.
- **6-10** You procrastinate a little, but manage.
- **11-15** You procrastinate more than not, may miss deadlines, rush to finish.
- **16-20** You are a real procrastinator, and gave trouble finishing anything!!! SHAME!!!, SHAME!!!