**PROCRASTINATION QUOTIENT**

Directions: Give yourself a number for each statement as follows:

4=Almost Always

3= Frequently

2=Occasionally

1=Almost Never

|  |  |
| --- | --- |
| 1. I find reasons for not acting immediately on a difficult assignment. |  |
| 2. I know what I have to do but find that I have done something else. |  |
| 3. I carry my books and assignments with me to various places but do not open them. |  |
| 4. I work best at the “last minute” when the pressure is really on. |  |
| 5. There are too many interruptions that interfere with my most important study goals. |  |
| 6. I avoid setting priorities for the day and doing the most important tasks first |  |
| 7. I avoid or delay unpleasant decisions. |  |
| 8. I have been too tired, nervous, or upset to get started on my assignments. |  |
| 9. I wait for inspirations before becoming involved in important study/work tasks. |  |
| 10. I fear failing at my most important study tasks. |  |
| 11. I demand perfection in my work/study performance. |  |

**TOTAL SCORE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

This is your *PROCRASTINATION QUOTIENT* (PQ).

Interpret as follows:

PQ below 22 = minor concern

PQ 23-32 = moderate concern

PQ above 32 = major concern

Adapted from material available at: http://www.smcm.edu/academicservices/pdfs/Time%20Management3.pdf