

PROCRASTINATION QUOTIENT

FOR EACH ITEM, MARK AN "X" IN THE COLUMN THAT *MOST* APPLIES TO YOU.

	Strongly Agree	Mildly Agree	Mildly Disagree	Strongly Disagree
I usually find reasons to put off working on a difficult assignment or project.				
I know what I need to complete or work on, but often find that I have done something else instead.				
I carry books, work and/or assignments with me but do not open them.				
I work best under the pressure of the "last minute".				
I find that there are too many interruptions that prevent me from accomplishing my goals.				
I avoid forthright answers when pressed for an unpleasant decision.				
I take half-measures that serve to avoid or delay action that I feel is unpleasant or difficult.				
I have felt too tired, nervous, or upset to complete the difficult tasks that I am faced with.				
I like to get my room or study area in good order before I begin working.				
TOTAL RESPONSES FOR EACH COLUMN:				
WEIGHT:	x 4	x 3	x 2	x 1
SCORE:				
TOTAL SCORE:				

Multiply the **Total Response** row by the corresponding **Weight** to get the **Score** for each column. Then add up the **Score** row to determine your total score. That number is your Procrastination Quotient.

SCORE IS BELOW 20 = OCCASIONAL PROCRASTINATOR

SCORE IS BETWEEN 21 – 30 = CHRONIC PROCRASTINATOR

SCORE IS ABOVE 30 = SEVERE PROCRASTINATOR

Adapted from CSU, Fresno MAP Workbook, 6th Edition.