

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 my books, work and/or assignments with me but do not open them.				
I work best under pressure in 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 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.