

# Procrastination Quotient

<b>FOR EACH ITEM, MARK AN "X" IN THE COLUMN THAT MOST APPLIES TO YOU.</b>	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.				
<b>Total Responses for each column:</b>				
<b>Weight:</b>	x 4	x 3	x 2	x 1
<b>Score:</b>				
<b>TOTAL SCORE:</b>				

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, 6<sup>th</sup> Edition.*