Procrastination Self-Test

Read each statement and choose the word below (never, occasionally, often, or always) that best describes your behavior. Write the corresponding number in the blank space before each statement.

<table>
<thead>
<tr>
<th>Never</th>
<th>Occasionally</th>
<th>Often</th>
<th>Always</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
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1. ___ I feel I have to "cram" before an exam.
2. ___ My homework is turned in on time.
3. ___ I think I get enough sleep.
4. ___ I pull all-nighters before mid-terms and finals.
5. ___ I plan activities with friends or family for a couple of nights a week and spend the amount of time with them that I planned.
6. ___ When I'm working on a paper, I put off writing until a few days before it's due.
7. ___ I cancel social activities because I feel I don't have enough time.
8. ___ I get my papers in on time.
9. ___ I find myself making a lot of excuses to my instructors about why my work isn't done.
10. ___ I feel comfortable about how I use time now.
11. ___ I feel that something is hanging over my head, that I'll never have enough time to do the work assigned.
12. ___ I feel tired.

Score A: Add up the numbers for questions 1, 4, 6, 7, 9, 11, and 12. = ______

Score B: Add up the numbers for questions 2, 3, 5, 8, and 10. = ______

If Score A is greater than Score B, you are probably a procrastinator. If Score A is less than Score B, you manage your time well. If the scores are equal, you may procrastinate at times, but procrastination is not a habit.