

Self-Evaluation: Procrastination

Answer the following questions:

1. In relation to school homework and studying, do you procrastinate?
 - a. All of the time.
 - b. Most of the time.
 - c. Some of the time.
 - d. Rarely.

2. Do you use a daily/weekly appointment planner, or other calendar keeping method, to organize the various activities you need to attend to, including school assignments?
 - a. All of the time.
 - b. Most of the time.
 - c. Some of the time.
 - d. Never.

3. Do you keep an ongoing "Things To Do" list?
 - a. Yes.
 - b. Sometimes.
 - c. No.

4. Has your procrastinating every caused you to receive a lower grade on an assignment, a test or final grade in a class?
 - a. Yes.
 - b. No
 - c. Maybe.

5. Do you believe your procrastination with school-related assignments can prevent you from completing your educational goals?
 - a. Yes.
 - b. No.
 - c. Maybe.