

Procrastination:

Self-Assessment

Academic Success Center

Leech Lake Tribal College



Step 1: 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.

Never
1

Occasionally
2

Often
3

Always
4

1. ___ I feel like I have to cram before an exam
2. ___ My homework is turned in on time
3. ___ I get enough sleep
4. ___ I pull all-nighters before large projects or exams
5. ___ I feel I balance my time with family and friends
6. ___ I put off writing until a few days before a paper is due
7. ___ I cancel social activities because I feel like I don't have enough time
8. ___ I get my papers in on time
9. ___ I find myself making a lot of excuses to instructors when my work isn't done
10. ___ I feel comfortable about how I use time now
11. ___ I feel like I never have enough time to do the work assigned to me
12. ___ I feel tired

Step 2: Add up numbers for the following questions: 1, 4, 6, 7, 9, 11, and 12.

= _____

Step 3: Add up numbers for the following questions: 2, 3, 5, 8, and 10.

= _____

- If score A *is greater* than score B, you may have tendencies to procrastinate.
- If Score A *is less* than score B, you may feel you manage your time well.
- If the scores *are equal*, you may tend to procrastinate at times, but it is not an overall habit.