

# 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.

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\*Adapted from Iowa State University