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	Occasionally	Often	Always
1	2	3	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.**