Procrastination:
Self-Assessment
Academic Success Center
Iowa State University

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.

<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>
</tr>
</tbody>
</table>

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.