

# The Grade Coach: Great Grades, Less Stress, More Fun

## *Procrastination Quiz*

	Agree		Disagree		
(1) I invent reasons and look for excuses to delay acting on a tough problem	1	2	3	4	5
(2) I need to be under pressure to get on with a difficult assignment	1	2	3	4	5
(3) I am not able to plan my day to reflect when I am most alert	1	2	3	4	5
(4) There are too many interruptions that interfere with my accomplishing the big tasks	1	2	3	4	5
(5) I avoid forthright answers when pressed for an unpleasant decision	1	2	3	4	5
(6) I have been guilty of not follow up aspects of important plans	1	2	3	4	5
(7) I try to get other people to do unpleasant tasks for me	1	2	3	4	5
(8) I leave big jobs till late in the day, or weekends	1	2	3	4	5
(9) I sometimes complete quick and easy tasks in preference to starting a difficult task	1	2	3	4	5
(10) I like to spend time tidying my desk before commencing a tough job	1	2	3	4	5
 Total Score	 10	 20	 30	 40	 50

The higher your score, the higher your tendency to procrastinate.

How did you fair? (Assuming you didn't put it off till tomorrow!) Chances are that like most of us you have a mixed response but just answering the questions alone can cause a niggling feeling of guilt.