

## Procrastination Quotient

	Statement	Strongly Agree	Mildly Agree	Mildly Disagree	Strongly Disagree
1.	I usually find reasons for not acting immediately when completing a difficult assignment.				
2.	I know what needs to be done, but I often find that I have done something else.				
3.	I plan to use time between classes to study, but I seem to let the time slip away.				
4.	I work best at the "last minute" when the pressure is on.				
5.	There are too many interruptions that interfere with accomplishing my top priorities.				
6.	I find myself making a lot of excuses to my instructors about why my work is not done.				
7.	I take half measures which will avoid or delay unpleasant or difficult actions.				
8.	I have been too tired, nervous, or upset to do the difficult task that faces me.				
9.	I like to get my room in good order before starting a difficult task.				
10.	I find myself waiting for inspiration before becoming involved with important study/work tasks.				
	<b>TOTAL RESPONSES</b>				
	<b>WEIGHT</b>	<b>x 4</b>	<b>x 3</b>	<b>x 2</b>	<b>x 1</b>
	<b>SCORE</b>				

Multiply the **TOTAL RESPONSE** row by the corresponding **WEIGHT** to get the **SCORE** for each column.

Add up the **SCORE** to determine the total score.

**Below 20 - Occasional Procrastinator | Between 21 - 30 - Chronic Procrastinator | Above 30 - Severe Procrastination**

Rating by H. E. Florey of the University of Alabama Counseling Center.