

Name \_\_\_\_\_ Period \_\_\_\_\_

## Procrastination Test - Abridged

10 questions, 05 min

Do you put things off? Find yourself making excuses to get out of bothersome little duties? In short, are you guilty of that nasty habit of procrastination? We're all guilty of it from time to time, but when putting things off interferes with your life, there's cause for concern. Procrastination can cause problems at work or school, in your relationships, and with your health, among other things. Find out why you procrastinate and how potentially damaging it could be by taking the Procrastination Test.

This test is made up of two types of questions: scenarios and self-assessment. For each scenario, answer according to how you would most likely behave in a similar situation. For the self-assessment questions, indicate the degree to which the given statements apply to you. In order to receive the most accurate results, please answer each question as honestly as possible.

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10 questions, 05 min.

1 2

1. Which of the following statements best describes your attitude to deadlines?

- I like having a good time reserve in case something goes wrong.
- I like the pressure of an oncoming deadline, but I still need to have a solid time reserve.
- I work best when I know there's a deadline coming soon (within a week).
- I have the utmost disrespect for deadlines, so I barely finish anything on time.
- I love the feeling of racing against the clock to see if I can meet the deadline.

2. You have a 10-page report due in a month. When do you start working on it?

- Immediately
- Three weeks before it is due.
- Two weeks before it is due.
- One week before it is due.
- Several days before it is due.
- The night before it is due.
- I don't do it at all.

3. When I'm at work or studying, I find myself daydreaming.

- Most of the time
- Often
- Sometimes
- Rarely
- Almost never

4. It is Wednesday and the deadline for a rather important assignment is Friday, but you're just not "in the zone". What do you do?

- I figure that I'm just not going to get in the groove, and try again tomorrow
- I force myself to start working and do what I have to do.
- I wait until I find myself in the mood.
- I spend a good amount of time on preparations - getting motivated, planning, making lists, developing a strategy, sharpening pencils etc.
- I break it up into smaller steps and start working.

5. When I have something pressing to do that isn't really appealing (cleaning my room, organizing CD's, doing my taxes), I typically:

- find something else more interesting to work on.
- immediately start working on that particular task.
- start working on it but drag it out with other distractions (phone calls, making trips to the bathroom, getting something to eat, etc).
- start working on it for a little while, but move on to something else if I get bored or frustrated.

6. A professor or superior accuses you of not putting enough effort into a project. Not only was there nothing constructive about his or her criticism, but it was said in front of three other people. The next time you're given an assignment, how do you react?

- I start the assignment immediately so that I have time to make it absolutely perfect.
- I hold off for a little while, but figure that it is in my own best interest to complete the assignment.
- I wait until the deadline is right on top of me before I complete it.
- I resolve to hand it in late.
- I absolutely refuse to give this person the satisfaction of my work and don't complete the assignment at all.

7. I can accurately estimate how long a task will take me to complete.



- Most of the time  
Often  
Sometimes  
Rarely  
Almost never

8. How clean do you keep your living quarters?



- I clean up after myself as I go.
- I clean up every couple of days.
- I clean once a week.
- I let things build up until I can't stand it anymore.
- I clean only when someone is coming over.
- I clean only when someone makes me.

9. You are over at a friend's house when you spot a magazine featuring psychological tests and quizzes. You are dying to learn about yourself, but it's an old issue and the magazine is no longer available. Your friend offers to lend it to you, but makes it clear that she wants it back. You bring it home and take all the quizzes. When do you return the magazine?



- The next time I see her.
- I arrange to return it to him her immediately.
- I return it to her after she reminds me once.
- I return it to her after she reminds me several times.
- I never return it.

10. Typically, I pay my bills:



- as soon as they arrive.
- a few days after their arrival.
- a few days before the deadline.
- just before the deadline.
- after the deadline.



Cornell Note-Taking System

Topic: _____	Name: _____
Source: _____	Class: _____
	Period: _____
	Date: _____
Questions	Notes
Summary	

### Cornell Note-Taking System

Topic: _____	Name: _____
Source: _____	Class: _____
	Period: _____
	Date: _____
Questions	Notes
Summary	

Answer the following 7 questions.

Word Process Your Responses

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## Study Guide Questions

1. What do the roots of the word, "procrastination" mean?
2. Procrastination and laziness are essentially the same thing. True or false?
3. Procrastinators do absolutely nothing. True or false?
4. Do you procrastinate? Why?
5. What causes fear?
6. What causes procrastination?
7. What are the six steps that you can take to overcome procrastination?

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