

Procrastination Quotient

Directions: Mark a "X" in the column for your response to each of the twelve items. Total the "X"'s in each column, multiply by the weight at the bottom of the column, and add your products.

	Almost Always	Frequently	Occasionally	Almost Never
1. I find reasons for not acting immediately on a difficult assignment.	_____	_____	_____	_____
2. I know what I have to do but find that I have done something else.	_____	_____	_____	_____
3. I carry my books/works assignments with me to various places but do not open them.	_____	_____	_____	_____
4. I work best at the "last minute" when the pressure is really on.	_____	_____	_____	_____
5. There are too many interruptions that interfere with my most important study goals.	_____	_____	_____	_____
6. I avoid setting priorities for the day and doing the most important tasks first.	_____	_____	_____	_____
7. I avoid or delay unpleasant decisions.	_____	_____	_____	_____
8. I have been too tired, nervous or upset to get started on my assignments.	_____	_____	_____	_____
9. I like to get my room in excellent order before starting a difficult study task.	_____	_____	_____	_____
10. I wait for inspirations before becoming involved in important study/work tasks.	_____	_____	_____	_____
11. I fear failing at my most important study tasks.	_____	_____	_____	_____
12. I demand perfection in my work/study performance.	_____	_____	_____	_____
Total Responses in each Column	_____	_____	_____	_____
	x4	x3	x2	x1
	_____	_____	_____	_____
	+	+	+	+

Procrastination is

- P.Q. below 22 - minor concern
- P.Q. 23 to 32 - moderate concern
- P.Q. Above 32 - major concern

Total Score _____ = P.Q.