Some Questions on Procrastination

Answer the following questions:

1. In relation to school homework and studying, do you procrastinate?
   a. All of the time   b. Most of the time   c. Some of the time   d. Rarely

2. Do you use a daily/weekly appointment planner, or other calendar keeping method, to organize the various activities you need to attend to, including school assignments?
   a. All of the time   b. Most of the time   c. Some of the time   d. Never

3. Do you keep an ongoing "Things To Do" list?   A. Yes   b. Sometimes   c. No

4. In the Procrastination article, the Self-Talk excuse given in the article for putting something off was "I don't like doing it". When you put off doing a class reading assignment, what is the excuse you tend to give yourself to put it off to the last minute, or not do it at all?

5. Has your procrastinating ever caused you to receive a lower grade on an assignment, a test, or final grade in a class?
   a. Yes   b. No   c. Maybe

6. Do you believe your procrastination with school-related assignments can prevent you from completing your educational goals?
   a. Yes   b. No   c. Maybe

7. Honestly, what needs to happen in order for you to realize the negative effects of procrastination, and for you to make the needed changes to improve your study habits?