

Procrastination Quotient

	Strongly Agree	Mildly Agree	Mildly Disagree	Strongly Disagree	
I invent reasons and look for excuses for not acting on a tough problem.					
It takes pressure to get on with a difficult assignment.					
I take half measures that will avoid or delay unpleasant or difficult action.					
There are too many interruptions and crises that interfere with my accomplishing the big jobs.					
I avoid forthright answers when pressed for an unpleasant decision.					
I have been guilty of neglecting follow-up on important plans.					
I try to get other people to do unpleasant assignments for me.					
I schedule big jobs late in the day, or take them home to do in the evening or weekends.					
I've been too tired (nervous, upset, etc) to do the difficult tasks that face me.					
I like to get everything cleared off my desk before starting a tough job.					
TOTAL NUMBER OF RESPONSES					
x WEIGHT	x4	x3	x2	x1	Grand Total:
SCORE					

If your procrastination quotient is below 20 –

You are not a procrastinator; you probably only have an occasional problem.

If your quotient is 21-30 –

You have a procrastination problem, but not too severe.

If your quotient is above 30 –

You probably have frequent and severe problems of procrastination.

*From Ellis, Dave (2009). *Becoming a Master Student*. Boston: Houghton Mifflin.*