

PROCRASTINATION QUOTIENT

For each item indicate the column that most applies to you.

	Statement	Strongly Agree	Mildly Agree	Mildly Disagree	Strongly Disagree	
1	I usually find reasons for not acting immediately on a difficult assignment.					
2	I know what I have to do but frequently find that I have done something else.					
3	I carry my books/work 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 accomplishing my top priorities.					
6	I avoid forthright answers when pressed for an unpleasant decision.					
7	I take half measures which will avoid or delay unpleasant or difficult action.					
8	I have been too tired, nervous or upset to do the difficult tasks that face me.					
9	I like to get my room in good order before starting a difficult task.					
10	I find myself waiting for inspirations before becoming involved on most important study/work tasks.					
Total Responses						
Weight		x 4	x 3	x 2	x 1	TOTAL
Score (add across)						

Multiply the **TOTAL RESPONSE** no by the corresponding **WEIGHT** to get the **SCORE** for each column. Add up the **SCORE** now to determine your total score.

That number is your **PROCRASTINATION QUOTIENT**

Procrastination Quotient: Below 20 -- Occasional Procrastinator

Procrastination Quotient: 21-30 -- Chronic Procrastinator

Procrastination Quotient: Above 30 -- Severe Procrastinator

The rating system is by H.D. Florey of the University of Alabama Counseling Center.

[Http://www.utexas.edu/student/utlc/class/mkg_grd/pquotient.html](http://www.utexas.edu/student/utlc/class/mkg_grd/pquotient.html)