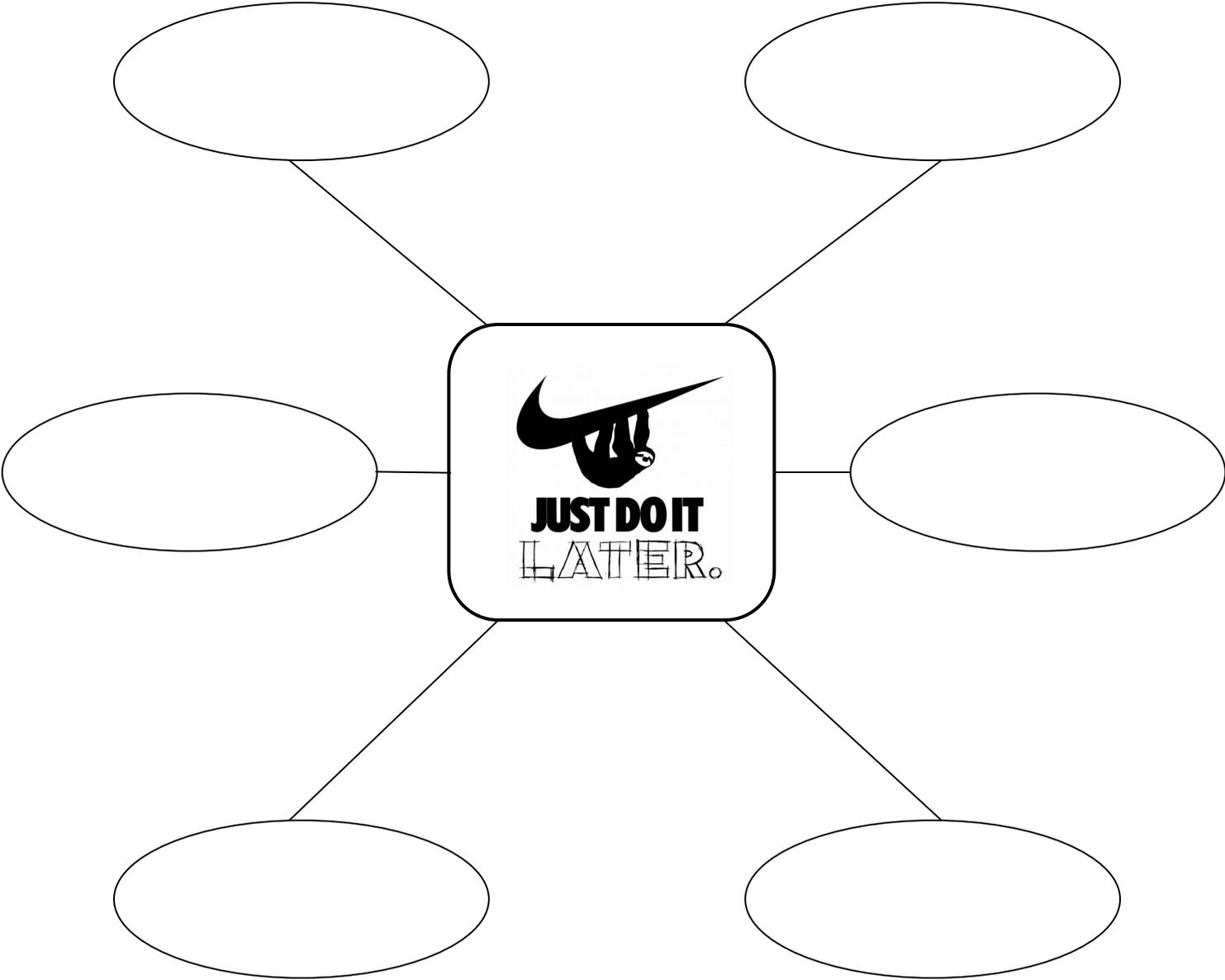


Procrastination

List the things people do to procrastinate .



Getting Started



**Circle the things he does to NOT
get started (procrastinate)!**

drink smoke play soccer

look out the window exercise

telephone watch TV do nothing

play cards fix the picture make faces

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■ ARE YOU A PROCRASTINATOR?

Answer the following questions YES or NO.
Your teacher will tell you how to score the quiz when you are finished.

-
1. When you get an assignment, you feel you have plenty of time to finish it. YES NO

 2. You regularly outline your workload and assign dates for stages to be completed. YES NO

 3. You pick out your school clothes the night before. YES NO

 4. You believe there is a correct way to start something. YES NO

 5. You usually regret not having started an assignment earlier. YES NO

 6. You wonder where the time has gone. YES NO

 7. You prepare for a test the night before. YES NO

 8. You often feel overwhelmed with what you must accomplish. YES NO

 9. You currently have several projects due that you have not yet started. YES NO

 10. When you have an assignment due in three days, you know what must be done today. YES NO

 11. You rely on your agenda book for key dates and deadlines. YES NO

 12. Starting something is extremely unpleasant to you. YES NO

 13. You look back on the day and know you have accomplished your goals. YES NO

 14. You often feel confident that you can get things done in a very short amount of time. YES NO

 15. You feel like "two months away" is an extremely long time. YES NO

 16. You have a plan for revising your assignments. YES NO

 17. You are well into summer vacation before you consider job ads. YES NO

 18. You have bought and sent out an occasion card before the occasion. YES NO

 19. When you should be doing one thing, you are often doing another instead. YES NO

 20. You believe that 10 minutes isn't enough time in which to do anything useful. YES NO

Answer Key

SCORE GUIDE

Award yourself

- 1 point for each YES response to these questions: 2, 3, 10, 11, 13, 16, 18
- 1 point for each NO response to these questions: 1, 4, 5, 6, 7, 8, 9, 12, 14, 15, 17, 19, 20

Response	Question	Points
YES	2	
	3	
	10	
	11	
	13	
	16	
	18	
NO	1	
	4	
	5	
	6	
	7	
	8	
	9	
	12	
	14	
	15	
	17	
	19	
	20	
Total points scored:		

SCORING

Total points scored	Are you a procrastinator?
1-7	You're definitely a last-minute guy or gal! Perhaps you're impressed now and then with your own ability to survive on your crazy schedule. However, you may be stressed out with all those loose ends and missed deadlines. Proceed immediately to ways to avoid procrastination on page 23 of <i>Learn Smart</i> .
8-16	You are in control—you like to go with the flow now and then, but you have a plan for your life, your work, and your goals. You could still get some tips on avoiding procrastination traps by going to page 23 of <i>Learn Smart</i> .
17-20	You're a planner. Efficient and organized, you leave little to chance and plan life down to the last detail. You don't need any tips on avoiding procrastination. Let your fellow students and teacher in on your secrets!