

Causes of Procrastination Activity

Cause of Procrastination	Relatability	Self Notes (Optional)
1. I admit it. Just like everyone else, I feel that I am unmotivated when it comes to getting my assignments and/or work done.	<input type="radio"/> Usually <input type="radio"/> Sometimes <input type="radio"/> Rarely <input type="radio"/> Never	<div style="border: 1px solid black; height: 80px; width: 100%;"></div>
2. I am unorganized when it comes to getting my assignments and/or work done.	<input type="radio"/> Usually <input type="radio"/> Sometimes <input type="radio"/> Rarely <input type="radio"/> Never	<div style="border: 1px solid black; height: 80px; width: 100%;"></div>
3. I get confused about what I am supposed to do for the assignment or task.	<input type="radio"/> Usually <input type="radio"/> Sometimes <input type="radio"/> Rarely <input type="radio"/> Never	<div style="border: 1px solid black; height: 80px; width: 100%;"></div>
4. I have a hard time saying “no” to others which puts me behind in my work/studies.	<input type="radio"/> Usually <input type="radio"/> Sometimes <input type="radio"/> Rarely <input type="radio"/> Never	<div style="border: 1px solid black; height: 80px; width: 100%;"></div>
5. I have this sinking feeling that I will succumb to the usual reasons for procrastinating, no matter what they are.	<input type="radio"/> Usually <input type="radio"/> Sometimes <input type="radio"/> Rarely <input type="radio"/> Never	<div style="border: 1px solid black; height: 80px; width: 100%;"></div>
6. I just don't think I have the organizational abilities to be able to stop at least some of my procrastinating.	<input type="radio"/> Usually <input type="radio"/> Sometimes <input type="radio"/> Rarely <input type="radio"/> Never	<div style="border: 1px solid black; height: 80px; width: 100%;"></div>

<p>7. When I was in high school it wasn't a problem studying for most tests the night before.</p>	<p> <input type="radio"/> Usually <input type="radio"/> Sometimes <input type="radio"/> Rarely <input type="radio"/> Never </p>	<div style="border: 1px solid black; height: 100%; width: 100%;"></div>
<p>8. I work best under pressure, so I think that procrastinating is really good for me.</p>	<p> <input type="radio"/> Usually <input type="radio"/> Sometimes <input type="radio"/> Rarely <input type="radio"/> Never </p>	<div style="border: 1px solid black; height: 100%; width: 100%;"></div>
<p>9. When what I have to study or accomplish is just not that important to me, I find it more tempting to procrastinate.</p>	<p> <input type="radio"/> Usually <input type="radio"/> Sometimes <input type="radio"/> Rarely <input type="radio"/> Never </p>	<div style="border: 1px solid black; height: 100%; width: 100%;"></div>
<p>10. I have a hard time talking myself into maintaining a better attitude about <i>not</i> procrastinating.</p>	<p> <input type="radio"/> Usually <input type="radio"/> Sometimes <input type="radio"/> Rarely <input type="radio"/> Never </p>	<div style="border: 1px solid black; height: 100%; width: 100%;"></div>
<p>11. I think I have more time to finish something than I usually do.</p>	<p> <input type="radio"/> Usually <input type="radio"/> Sometimes <input type="radio"/> Rarely <input type="radio"/> Never </p>	<div style="border: 1px solid black; height: 100%; width: 100%;"></div>
<p>12. It annoys me that some instructors assign so much homework when I have a life outside of school, too! So, I believe that it can be their fault that I have to procrastinate on certain things.</p>	<p> <input type="radio"/> Usually <input type="radio"/> Sometimes <input type="radio"/> Rarely <input type="radio"/> Never </p>	<div style="border: 1px solid black; height: 100%; width: 100%;"></div>

13. I am very social and spending time with my friends sometimes gets in the way of doing my work.	<input type="radio"/> Usually <input type="radio"/> Sometimes <input type="radio"/> Rarely <input type="radio"/> Never	
14. I can't seem to stay away from social media.	<input type="radio"/> Usually <input type="radio"/> Sometimes <input type="radio"/> Rarely <input type="radio"/> Never	
15. Write your own reason: <input type="text"/>	<input type="radio"/> Usually <input type="radio"/> Sometimes <input type="radio"/> Rarely <input type="radio"/> Never	

Analysis Question

Consider something right now that you may be procrastinating about. Are you able to identify the cause? Consider the impact it has or can have on you?