

Unit 1.3 Overcoming Procrastination

Procrastination Exercise 1

For each item, circle one.

NOTE: This exercise is not graded on responses. The purpose is to help learners see when and what tasks they are most likely to procrastinate on.

1. I admit it. Just like everyone else, I feel that I am lazy when it comes to getting my assignments and/or work done.
 - usually
 - sometimes
 - rarely
 - never
2. I am disorganized when it comes to getting my assignments and/or work done.
 - usually
 - sometimes
 - rarely
 - never
3. I get confused about what I am supposed to do for the assignment or task.
 - usually
 - sometimes
 - rarely
 - never
4. I have a hard time saying “no” to others which puts me behind in my work/studies.
 - most of the time
 - sometimes
 - rarely
 - never
5. I have this sinking feeling that I will succumb to the usual reasons for procrastinating, no matter what they are.
 - most of the time
 - sometimes
 - rarely
 - never



6. I just don't think I have the organizational abilities to be able to stop at least some of my procrastinating.
 - most of the time
 - sometimes
 - rarely
 - never
7. When I was in high school it wasn't a problem studying for most tests the night before.
 - most of the time
 - sometimes
 - rarely
 - never
8. I work best under pressure, so I think that procrastinating is really good for me.
 - most of the time
 - sometimes
 - rarely
 - never
9. When what I have to study or accomplish is just not that important to me, I find it more tempting to procrastinate.
 - most of the time
 - sometimes
 - rarely
 - never
10. I have a hard time talking myself into maintaining a better attitude about *not* procrastinating.
 - most of the time
 - sometimes
 - rarely
 - never
11. I think I have more time to finish something than I usually do.
 - most of the time
 - sometimes
 - rarely
 - never
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.
 - most of the time
 - sometimes
 - rarely
 - never



EMPOWERING UNIQUE LEARNERS FOR COLLEGE SUCCESS

13. I am very social and spending time with my friends sometimes gets in the way of doing my work.

- most of the time
- sometimes
- rarely
- never

14. I can't seem to stay away from social media.

- most of the time
- sometimes
- rarely
- never

15. Here is something (or perhaps more than one) not on this list that also causes me to procrastinate. (Possible issues might include a disability or some kind of learning challenge, homelessness or some other kind of living situation challenge, pregnancy, work hours and responsibilities, and/or personal life stress.)

- most of the time
- sometimes
- rarely
- never

Procrastination Exercise 2

Instructions:

From your responses to the exercise above, select your top five challenges when it comes to procrastinating. Create a chart, such as this, but leave yourself ample space to fill in solutions you find:

CHALLENGE	SOLUTION
1.	
2.	
3.	
4.	
5.	

