

## Evaluate Initial Skills: A Quantitative Survey

Indicate how often the following statements describe your behavior by writing the appropriate number. This questionnaire is from REFERENCE.

- | Never<br>1 | Occasionally<br>2 | Often<br>3 | Always<br>4 |
|------------|-------------------|------------|-------------|
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1. \_\_\_\_ I feel I have to "cram" before an exam.
  2. \_\_\_\_ My homework is usually turned in on time.
  3. \_\_\_\_ I think I usually get enough sleep.
  4. \_\_\_\_ I pull all-nighters before mid-terms and finals.
  5. \_\_\_\_ I plan to go out with friends a couple of nights a week, and usually spend the amount of time with them that I originally planned.
  6. \_\_\_\_ When I'm working on a paper, I put off writing until a few days before it's due.
  7. \_\_\_\_ I often cancel social activities because I feel I don't have enough time.
  8. \_\_\_\_ I generally get my papers in on time.
  9. \_\_\_\_ I find myself making a lot of excuses to my instructors about why my work isn't done.
  10. \_\_\_\_ I feel comfortable about how I use time now.
  11. \_\_\_\_ I always feel that something is hanging over my head, that I'll never have enough time to do the work assigned.
  12. \_\_\_\_ I often feel tired.

**Score A:** Add up the numbers for questions **1, 4, 6, 7, 9, 11,** and **12.** Score A: \_\_\_\_\_

**Score B:** Add up the numbers for questions **2, 3, 5, 8,** and **10.** Score B: \_\_\_\_\_

If score **A** is greater than score **B**, you are probably a procrastinator. If score **A** is less than score **B**, you manage your time well. If the scores are equal, you may procrastinate at times, but procrastination is not a habit.