

## A survey about procrastination

- 1) I have postponed or delayed one or more study-related tasks (or studying all together).
- 2) I have started or intended to start doing the task I have postponed (or studying all together).
- 3) The task (or studying all together) is very important and significant for me personally.
- 4) I have not had any particular external reasons for procrastination, such as illness or other.
- 5) My procrastination has been unnecessary, or I do not actually know why I procrastinated.
- 6) When I started procrastinating, I was aware that the procrastination could have negative effects for myself such as weak work quality, risk of not completing the task (or course or studies), failure to do things as promised for others, etc.
- 7) Procrastination made me feel bad; for example, I felt anxious, down or I was disappointed in myself or angry with myself.

Count how many times you answered yes to these items and read the description for the points you accumulated. Do you recognize yourself in the description?

6-7/7: You cannot get things done in the way you wish, and this causes you harm. You should start exploring the factors related to your procrastination and what it is all about. When it continues for a long time, the situation can get quite frustrating and paralyzing. Continue with the tasks in this materials package.

4-5/7: You cannot get things done and you seem puzzled yourself for why this is the way it is. Your procrastination does not seem to cause personal harm or suffering. It might be useful, however, to try to get to know yourself and your procrastination better, so that you can live your life in the way you wish. Continue with the tasks in this materials package.

0-3/7: You procrastinate with some important tasks, but you seem to have a good reason for doing so, and it is not a problem for you. Are you perhaps a strategic user of time, who has carefully prioritized your own tasks, and you know you get them done when time and the life situation permit it? Or do you procrastinate because you need to feel the last-minute rush of energy, with which you get things done? If procrastination is a functioning method for you to manage your own time, activities, and energy levels, you can surely keep on going this way. Remember, however, that controlled procrastination can transform into an uncontrolled form with some later tasks and in some other life situation. That is why it is good to learn to get things done in time. It could be that you do not need to complete the following materials, but if you so wish, you can continue to the materials to explore the various viewpoints and the tasks.