

Quiz: Discover Your Procrastination Style

1. yes Do you put off doing an assignment until you can find the best time to do it, or until the best time presents itself?
2. yes Do you feel upset or humiliated if you don't get as good a grade as one of your peers?
3. yes Do you plan study time with friends that turn into bull sessions about 'important' things, like the best microbrew in town?
4. yes Do you take a break from studying to watch one TV program, but end up watching three more?
5. yes Do you have trouble working on a project because you doubt your judgment or ability?
6. yes Do you often spend more time worrying about an assignment than doing it?
7. yes Do you habitually wait until the last minute before you start studying for exams?
8. yes Do you avoid doing assignments that are boring, even if you know that your avoidance will have important consequences?
9. yes Do you often believe you're doing a better job or should get a better grade than your teachers think?
10. yes Do you become sulky, irritable, or argumentative when asked to do something that you don't want to do?
11. yes Do you find yourself doing other things, like organizing your CD collection or helping out a friend, when you know you should be studying or writing a term paper?
12. yes Do you often find yourself complaining, "I have so much to do", "I have no time", or "I'm too busy" to do what you need to do?

If you answered 'yup, that's frequently me', to any of these questions, you probably know you've got a procrastination problem. To discover your procrastination style, read on!

If you answered Yes to:

Questions 1 & 2: you are a **Perfectionist Procrastinator**

Questions 3 & 4: you are a **Dreamer Procrastinator**

Questions 5 & 6: you are a **Worrier Procrastinator**

Questions 7 & 8: you are a **Defier Procrastinator**

Questions 9 & 10: you are a **Crisis-Maker Procrastinator**

Questions 11 & 12: you are an **Overdoer Procrastinator**

A Brief Summary of What Fuels Your Procrastination:

- **Perfectionists** procrastinate because they want everything to be perfect.
- **Dreamers** procrastinate because they hate dealing with all those bothersome details.
- **Worriers** procrastinate because they are afraid of change and worry about ‘what if?’
- **Defiers** procrastinate because their difficulty with authority makes them resent and resist doing tasks.
- **Crisis-Makers** procrastinate because they love living on the edge and only get motivated at the last minute.
- **Overdoers** procrastinate because they have too much on their plate, don’t prioritize well and thus have difficulty getting it all done.

LEARN HOW TO CHANGE THE PATTERN

Beat Procrastination and Make the Grade begins by helping you understand WHY you procrastinate. Then you are presented with a program for change, tailor-made for your specific procrastination style. Practical strategies for modifying how you think, speak and act are explained. Implementing just some of these strategies will allow you to achieve greater academic success and raise your self-esteem.

Once you bust your procrastination habit, you will be amazed at how much better you will do academically while still having time left over to enjoy your school experience.