

Procrastination Is Procrastination a Problem?

"Procrastination" is a verb meaning "to put off intentionally the doing of something that should be done." It is human nature to procrastinate; everyone does it to some degree. But sometimes it can lead to feelings of guilt, inadequacy, depression and self-doubt that can become a major problem, and one of the biggest roadblocks, to achieving academic success. Check this list to determine whether or not procrastination is a problem for you.

- ___ 1. I sometimes feel sick from the physical and psychological stress of putting off work that I know needs to be done.
- ___ 2. I sometimes feel depressed and not in control, having lost self-confidence and self-esteem because of my procrastinating behavior.
- ___ 3. Sometimes I feel paralyzed and unable to act and to make decisions.
- ___ 4. I feel that I have lost the respect of others because of my procrastinating behavior.
- ___ 5. The quality of my academic work is less than what I know I can do.
- ___ 6. I have had serious conflicts in my relationships because of my procrastination.
- ___ 7. My procrastination has created an obstacle to the achievement of my significant personal goals.

If you checked two or more of these items, procrastination seems to be affecting your life in a negative manner. Come visit the **Student Success Services** to help improve your time management!

Reference: Provost, J. A. (1990), Work, play, and type: Achieving balance in your life. Palo Alto, CA: Consulting Psychologists Press, Inc.



Health Science Building-203
1300 West Park, Butte, MT 59701