

# 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.*



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