| $\underset{-1}{4}$ | It is extremely rare for anyone person to procrastinate in all areas of life. Most people are selective in their procrastination. The following checklist had been adapted from Burka and Yuen (1983). Mark those areas where procrastination seems to affect you most. |
| :---: | :---: |
|  | PERSONAL |
| - |   <br> $\square$ Eating well $\square$Health care (doctors' visits, den- <br> tist, etc.) <br> $\square$ Exercising $\square$ Balancing bank account <br> $\square$ Getting enough sleep $\square$ Relaxation and hobbies <br> $\square$ Bathing and hygiene  |
|  | SCHOOL/COLLEGE |
|  | $\square$ Going to class $\square$ Finding a study group <br> $\square$ Doing your reading $\square$ Talking to an instructor <br> $\square$ Studying for tests $\square$ Making an advising appointment <br> $\square$ Doing homework $\square$ Registering for next term <br> $\square$ Writing Papers $\square$ Going to the library <br> $\square$ Starting long term projects  |
|  | SHOPPING/HOME/MAINTENANCE |
|  | $\square$ Paying bills $\square$ Cleaning <br> $\square$ Finding a new place to live $\square$ Grocery shopping <br> $\square$ Getting financial aid taken care of $\square$ Doing dishes <br> (FAFSA, forms, etc.) $\square$ Others: <br> $\square$ Doing laundry  |
|  | SOCIAL/RELATIONSHIPS |
| $\underline{1}$ | $\square$ Talking with friends $\square$ Ending a relationship <br> $\square$ Writing email responses $\square$ Calling relatives <br> $\square$ Going out/socializing $\square$ Others: <br> $\square$ Asking someone out on a date  |
|  | WORK |
|  | Going to work <br> Preparing a resume Others: |

What areas in your life tend to be most affected by procrastination?

Adapted from: Burka, Jane B., \& Yuen, Lenora M. (1984). Procrastination: Why You Do It, What To Do About It. Reading, Mass. (U.A.): Addison-Wesley.

