

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	
<input type="checkbox"/> Eating well	<input type="checkbox"/> Health care (doctors' visits, dentist, etc.)
<input type="checkbox"/> Exercising	<input type="checkbox"/> Balancing bank account
<input type="checkbox"/> Getting enough sleep	<input type="checkbox"/> Relaxation and hobbies
<input type="checkbox"/> Bathing and hygiene	
SCHOOL/COLLEGE	
<input type="checkbox"/> Going to class	<input type="checkbox"/> Finding a study group
<input type="checkbox"/> Doing your reading	<input type="checkbox"/> Talking to an instructor
<input type="checkbox"/> Studying for tests	<input type="checkbox"/> Making an advising appointment
<input type="checkbox"/> Doing homework	<input type="checkbox"/> Registering for next term
<input type="checkbox"/> Writing Papers	<input type="checkbox"/> Going to the library
<input type="checkbox"/> Starting long term projects	
SHOPPING/HOME/MAINTENANCE	
<input type="checkbox"/> Paying bills	<input type="checkbox"/> Cleaning
<input type="checkbox"/> Finding a new place to live	<input type="checkbox"/> Grocery shopping
<input type="checkbox"/> Getting financial aid taken care of (FAFSA, forms, etc.)	<input type="checkbox"/> Doing dishes
<input type="checkbox"/> Doing laundry	<input type="checkbox"/> Others:
SOCIAL/RELATIONSHIPS	
<input type="checkbox"/> Talking with friends	<input type="checkbox"/> Ending a relationship
<input type="checkbox"/> Writing email responses	<input type="checkbox"/> Calling relatives
<input type="checkbox"/> Going out/socializing	<input type="checkbox"/> Others:
<input type="checkbox"/> Asking someone out on a date	
WORK	
<input type="checkbox"/> Going to work	
<input type="checkbox"/> Preparing a resume	
<input type="checkbox"/> 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.

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