There are common tactics students use to avoid studying. To find out whether a tendency to procrastinate is keeping you from getting your work done, put a check beside the statements that apply to you.

- I put off doing an assignment if it seems too difficult.
- I put off doing an assignment if completing it will take a lot of time.
- I put off studying if I don't like the subject.
- I put off studying if I'm not in the mood.
- I put off writing an essay if I don't know how to begin.
- I put off studying for a test I don't know what the test will cover.
- I put studying if I get hungry.
- I put off studying if I am too tired.
- I put off studying if I don't feel well.
- I put off studying if there is something else I'd rather do.

**Four reasons for Procrastination**

- Your tasks seem difficult or time consuming
- You have trouble getting started
- You lack motivation to do the work
- You are afraid of failing