

Procrastination : Dimensions and Scale

Background:

When you say procrastinate, what do you mean?

Last minute, end of quarter, get so stuck I drop.

Dimension:	None	A little	Some	A Lot	Tons
Belief about results			I have squeezed out an assignment and gotten a good grade, AND I have prepared and followed a schedule and done better.		I always do better at deadlines. I can only work at deadlines. I have an example of when I tried harder and did worse. (All of them)
At the next assignment					feel regret for not doing previous assignments better AND time spent in regret (looking over past stuff) is time I'm not doing current assignment. (Alisi)
big vs. small assignments			There is a difference between how I treat big and little assignments. "I can do it in the morning" Some: knock out little ones, get stuck on big. (Sandy) Others: blow off little ones to last minute (Kashia)		
Feel after it's done			feel better		feel just as bad as if not done it: "I could've done better"
Planning & Thinking about assignment (vs. actually doing it)			do some planning, which allows me to not think about it until planned time (Nicole C)		make plans, then think about plans, then think about how I'm not fitting the plan... (Nicole P) Lord of the Rings 1,2,3 and sit there thinking about how I'm not doing it (Scott)