

**Reflection/Application:** Now that you have self-diagnosed your procrastination style and designed a treatment plan, it's your chance to be the psychologist and consider WHY this is your procrastination tendency. Use the questions on the cards below for self-reflection to analyze your tendencies.



**The Worrier**

- Are you concerned with how teachers view your intelligence or ability? If so, why?
- What classmates or teachers do you believe are always willing to help?



**The Postponer**

- How do you go about determining the amount of time it will take you to complete a task?
- How do you typically approach big projects, essays, or tests?



**The Avoider**

- Why do you have trouble prioritizing tasks?
- Which tasks do you tend to do first? Why?
- Which tasks do you tend to procrastinate on? Why?



**The Perfectionist**

- What drives your need/desire to get everything right?
- Has your perfectionism had any negative effects on you lately? (Hint: lack of sleep, stress, health issues)



**The Gamer/ Scroller/Viewer**

- Do you have short-term and long-term goals for your success in school and future career? If so, how often do you think about these? How does/ would success feel?



**The Crammer**

- How often do you think of your future self when you're deciding to put things off?
- How often do you catch careless mistakes after you turn something in?

