

### Academic Procrastination Scale

For each item below, please rate the degree to which you agree or disagree with the statement relate to general academic performance. Circle the number representing the correspond agreement.

Procrastination behaviors	1:Strongly Agree 2. Agree 3. Neither agree nor disagree 4. Disagree 5. Strongly Disagree				
I delayed on starting to write papers.	1	2	3	4	5
I delayed on completing writing papers.	1	2	3	4	5
I delayed on starting to do homework assignments.	1	2	3	4	5
I delayed on completing homework assignments.	1	2	3	4	5
I delayed on starting to prepare for exams.	1	2	3	4	5
I delayed on finishing preparing for exams.	1	2	3	4	5
I delayed on starting to work on projects.	1	2	3	4	5
I delayed on finishing projects.	1	2	3	4	5
I shifted attention to other more pleasurable activities when working on academic task.	1	2	3	4	5
I spent enough time on each academic task.	1	2	3	4	5
I often missed deadlines.	1	2	3	4	5
I did not follow my study plan.	1	2	3	4	5
Procrastination on tasks affected my scores of that task.	1	2	3	4	5
Procrastination on tasks affected my course grade.	1	2	3	4	5
I decided to start working on term paper earlier so I can have enough time to finish.	1	2	3	4	5
I was sure I can finish term papers before deadlines	1	2	3	4	5
I wanted to do perfectly on tasks.	1	2	3	4	5
I did not know where to start on tasks.	1	2	3	4	5
I procrastinated because the task was difficult for me.	1	2	3	4	5
I procrastinated because I didn't like the course.	1	2	3	4	5
I procrastinated because the task was boring.	1	2	3	4	5
I did not feel the time passed when I was not doing academic tasks.	1	2	3	4	5
Attitudes towards procrastination	1:Strongly Agree 2. Agree 3. Neither agree nor disagree 4. Disagree 5. Strongly Disagree				
I can receive better grade if I started earlier on academic tasks.	1	2	3	4	5
I feel happy when I was not focusing on academic tasks.	1	2	3	4	5
I feel guilty about my procrastinations on academic tasks.	1	2	3	4	5
I feel anxious about my procrastinations on academic tasks.	1	2	3	4	5
Finishing academic tasks before last minutes of deadlines gives me a lot pressures.					
I decide to not procrastinate on academic tasks anymore when I have done it.	1	2	3	4	5
I am fear of the consequences from procrastinating on academic tasks.	1	2	3	4	5
I cannot control shifting attention to other more pleasurable activities when working on academic task.	1	2	3	4	5
I can finish academic tasks next time after last procrastinations.	1	2	3	4	5
I know how much time I need to spend on each task.	1	2	3	4	5
I am not motivated to do academic tasks.	1	2	3	4	5