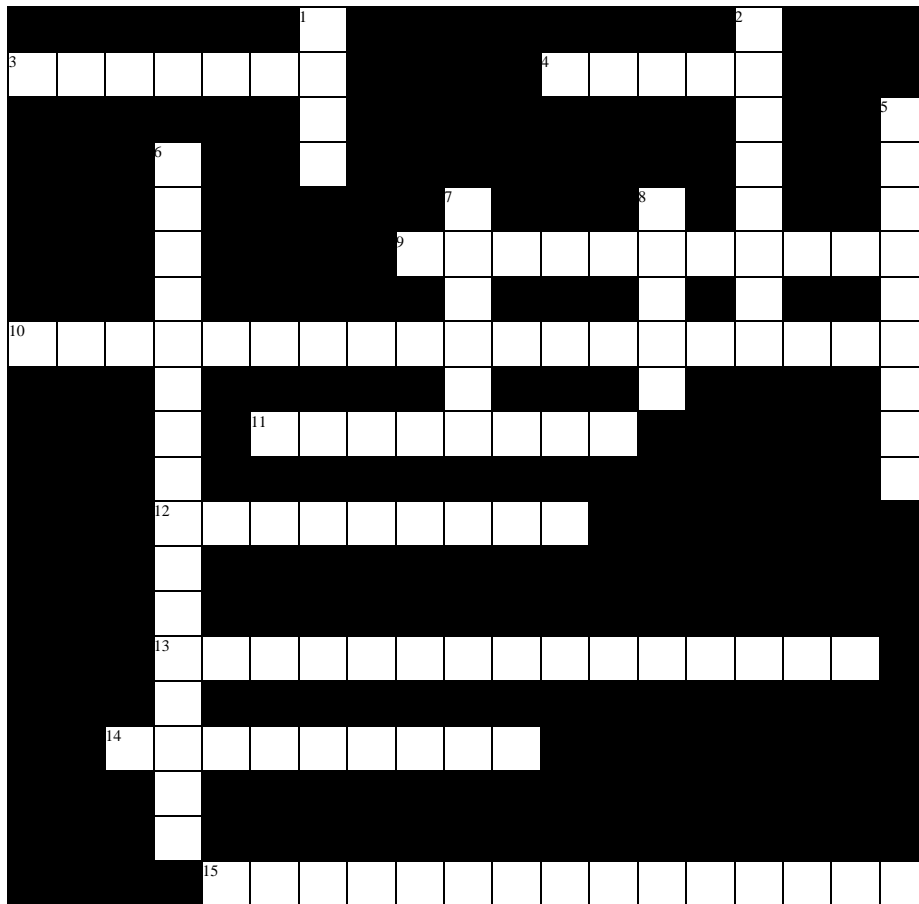


Procrastination: Test Your Knowledge



ACROSS

3. Procrastination associated with sensation seeking and self-control
4. Common strategy used to set good goals
9. Necessary to help us overcome procrastination by helping to override dominant destructive, irrational or undesirable behaviours
10. The irrational belief that one will finish a task on time
11. Procrastination associated with self-worth and self-esteem
12. The main reason neurotic individuals procrastinate – they are
13. The process of delaying a task or decision until a later time, often resulting in negative affect
14. Morningness and Eveningness traits are associated with what rhythm
15. Principle used to change procrastination tendencies, based in the operant school of thought

DOWN

1. Arousal procrastination may occur in order to experience
2. How desirable a choice is (within the Temporal Motivation Theory)
5. Tasks are likely to be procrastinated on if they are boring and are going to be
6. A strategy used to protect self-esteem in the face of failure
7. The Greek poet who wrote about procrastination in 800BC
8. Students are more likely to procrastinate on tasks provided by what age lecturers