

1. Name:
  - a.
2. Age:
  - a.
3. Occupation(if student then say student):
  - a.
4. Where do they live (as specific as they want):
  - a. glendale
5. What is your opinion on procrastination?
  - a.
6. How often do you procrastinate? How?
  - a.
7. Has procrastination affected you negatively? What extent?
  - a.
8. Has procrastination affected you positively? How
  - a.
9. Do you believe that by procrastinating on a project, you are not procrastinating as long as you think about it and plan what you are going to do?
  - a.
10. How do you feel about procrastination being caused by people's fear to make mistakes?
  - a.
11. Does procrastination allow for more creative thoughts?
  - a.
12. How do you feel about the fact that procrastination can help someone with prioritizing tasks?
  - a.
13. Do you feel that by having less time, you organize your time better then having more time?
  - a.
14. How do you feel about the fact that procrastination causes negative emotions?
  - a.
15. How do you feel about the fact that procrastination can be caused by lack of motivation?
  - a.
16. How do you feel about the fact that procrastination has two versions, active and passive?
  - a.
17. Knowing this, what type of procrastinator are you?
  - a.
18. When procrastinating, what do you do?
  - a.

1. Name:
  - a. pawel
2. Age:
  - a. 18
3. Occupation(if student then say student):
  - a. student
4. Where do they live (as specific as they want):
  - a. glendale
5. What is your opinion on procrastination?
  - a. It can be dangerous but as long as you get your work done it's alright. For some it can be effective, for others its not.
6. How often do you procrastinate? why?
  - a. 50% of the time.
  - b. Because I don't feel like doing it.
7. Has procrastination affected you negatively? What extent?
  - a. Yes, never caused a drop in grades. Caused stress and mental damage.
8. Has procrastination affected you positively? How
  - a. I guess, sometimes the assignment changes and all my work would go to waste. Also procrastinating with another person could help get a project done together.
9. Do you believe that by procrastinating on a project, you are not procrastinating as long as you think about it and plan what you are going to do?
  - a. It is mild procrastination, even if you are planning your project.
10. How do you feel about procrastination being caused by people's fear to make mistakes?
  - a. no , it is almost always laziness.
11. Does procrastination allow for more creative thoughts?
  - a. Usually you have to dumb it down to get it done on time.
12. How do you feel about the fact that procrastination can help someone with prioritizing tasks?
  - a. Not really it's usually the opposite.
13. Do you feel that my by having less time, you organize your time better then having more time?
  - a. No I believe that I organize my time better when I have more time.
14. How do you feel about the fact that procrastination causes negative emotions?
  - a. Yea it can cause stress, and by being more lazy, you are only delaying the stress, and most likely amplifying it.
15. How do you feel about the fact that procrastination can be caused by lack of motivation?
  - a. For sure, that probably half the reason.
16. How do you feel about the fact that procrastination has two versions, active and passive?
  - a. I don't believe it is possible, maybe for some people but not for me.
17. Knowing this, what type of procrastinator are you?
  - a. I prefer not working under pressure.

18. When procrastinating, what do you do?
- a. When short on time, it is because of gym and school, when i don't want to do it, memes and social media.
- 

1. Name:
  - a. Amber
2. Age:
  - a. 19
3. Occupation(if student then say student):
  - a. Job searching
4. Where do they live (as specific as they want):
  - a. glendale
5. What is your opinion on procrastination?
  - a.
6. How often do you procrastinate? why?
  - a. 50%
  - b. Usually it's because I thought i was not that hard to do so i saved it for later.
7. Has procrastination affected you negatively? How?
  - a. Yea, I got stressed until i wound up doing it
8. Has procrastination affected you positively? How?
  - a. no
9. Do you believe that by procrastinating on a project, you are not procrastinating as long as you think about it and plan what you are going to do?
  - a. It is still procrastinating unless you write it down because you add the risk of forgetting your plans.
10. How do you feel about procrastination being caused by people's fear to make mistakes?
  - a. yes
11. Does procrastination allow for more creative thoughts?
  - a. On anything but your project
12. You don't think that you will find a creative solution to solve your problem is less time with less effort?
  - a. I dont think I have ever done anything like that. I just rushed the projects
13. How do you feel about the fact that procrastination can help someone with prioritizing tasks?
  - a. Yea because you are only focusing on the project
14. Do you feel that my by having less time, you organize your time better then having more time?
  - a. I think so
15. How do you feel about the fact that procrastination causes negative emotions?
  - a. I think its the bodys way of alarming you that you should be doing the work instead of what you are doing.
16. How do you feel about the fact that procrastination can be caused by lack of motivation?

- a. Yea i think its the main cause of procrastination.
  - 17. How do you feel about the fact that procrastination has two versions, active and passive?
    - a. The only people that should be procrastinating then are the people that can work better under pressure.
  - 18. Knowing this, what type of procrastinator are you?
    - a. I think that I do better under pressure because when I did procrastinate I got better grades then without.
  - 19. When procrastinating, what do you do?
    - a. Sometimes nothing, sometimes games and TV
- 

- 1. Name:
  - a. Brandon
- 2. Age:
  - a. 17
- 3. Occupation(if student then say student):
  - a. student
- 4. Where do they live (as specific as they want):
  - a. Ozone Park
- 5. What is your opinion on procrastination?
  - a. It cuts down the amount of time you have to work on something. Also it can put a lot of stress on you because of the less time you have to work on the project.
- 6. How often do you procrastinate? How?
  - a. All the time
  - b. Video games, discord
- 7. Has procrastination affected you negatively? How?
  - a. It does stress me out, but I do get my work in on time.
- 8. Has procrastination affected you positively? How?
  - a. It does make me prioritize my work when I am running short on time.
- 9. Do you believe that by procrastinating on a project, you are not procrastinating as long as you think about it and plan what you are going to do?
  - a. A lot of my projects are like that where it is 90% "brainstorming", and then the last day is doing the work.
- 10. How do you feel about procrastination being caused by people's fear to make mistakes?
  - a. I disagree with that, procrastination is just laziness, not fear of failure. So procrastination is driven by fear not laziness.
- 11. Does procrastination allow for more creative thoughts?
  - a. It is possible to find more creative solutions, but often times it's a shortcut.
- 12. How do you feel about the fact that procrastination can help someone with prioritizing tasks?
  - a. When you procrastinate, you have less time, so you manage your time better.

13. Do you feel that by having less time, you organize your time better than having more time?
    - a. Having more time, can cause more procrastination if the project is a simple one and I will procrastinate on it.
  14. How do you feel about the fact that procrastination causes negative emotions?
    - a. It does lead towards stress, but the stress can cause motivation.
  15. How do you feel about the fact that procrastination can be caused by lack of motivation?
    - a. I agree with that because that is how I work, like if I get a project that I enjoy, I will not procrastinate on it.
  16. How do you feel about the fact that procrastination has two versions, active and passive?
    - a. Being an active, can be bad for people's health and they should actually do it early. While people that are passive are just lazy and just do it when they feel like it.
  17. Knowing this, what type of procrastinator are you?
    - a. I am a passive procrastinator.
- 

1. Name:
  - a. Tristan
2. Age:
  - a. 23
3. Occupation(if student then say student):
  - a. streamer
4. Where do they live (as specific as they want):
  - a. Virginia
5. What is your opinion on procrastination?
  - a. My opinion on procrastination is how teachers see wikipedia, teachers say its not a good source, but if you use you get a A, and the same thing can go for procrastination, everyone says not to do it, but some of my best work comes from procrastination.
6. How often do you procrastinate? why?
  - a. Everyday
  - b. Slight rush of when i do something enjoyable rather than what i'm supposed to do
7. Has procrastination affected you negatively? What extent?
  - a. It affects my stress levels. Caused me not to do a project once in college.
8. Has procrastination affected you positively? How
  - a. It makes me create really good work.
9. Do you believe that by procrastinating on a project, you are not procrastinating as long as you think about it and plan what you are going to do?
  - a. That is still procrastinating. It's

- b. not like you're doing it because that's the best way for you think and plan you'd rather be playing games, and that's your guilt making you think about it. If you were actually planning you'd have a notepad open at least.
- 10. How do you feel about procrastination being caused by people's fear to make mistakes?
  - a. I guess, sure.
- 11. Does procrastination allow for more creative thoughts?
  - a. It can create better time management and heightens your senses.
- 12. How do you feel about the fact that procrastination can help someone with prioritizing tasks?
  - a. With less time you do prioritize your tasks more and don't delay what is important
- 13. Do you feel that my by having less time, you organize your time better then having more time?
  - a. Yes because I had an exam due at 12 at midnight, and I pushed it off till 6 minutes before due. It caused me to know how many questions I have to answer per minute to pass and i got a C+
- 14. How do you feel about the fact that procrastination causes negative emotions?
  - a. I feel like it is your own fault because instead of working on it over time, you push it off. And it only causes anxiety halfway through the process because at first it feels great.
- 15. How do you feel about the fact that procrastination can be caused by lack of motivation?
  - a. School system f\*\*\* blows. The school system in the US focus the students to learn things only for tests that the students lose interest in the class.
- 16. How do you feel about the fact that procrastination has two versions, active and passive?
  - a. Once you actually admit to yourself that you do better under pressure, you can do it. There are two types of people, people that feel rewarded for doing a little bit of the project and go to bed happy. While on the other hand there are people that enjoy themselves playing games, and go to bed feeling happy as well, but 3 day before the project, they are unavailable.
- 17. Knowing this, what type of procrastinator are you?
  - a. In school i was more of an active and now i'm more passive.
- 18. When procrastinating, what do you do?
  - a. Watch videos online

- 
- 1. Name:
    - a. dylan
  - 2. Age:
    - a. 18
  - 3. Occupation(if student then say student):
    - a. Student
  - 4. Where do they live (as specific as they want):
    - a. Richmond Hill

5. What is your opinion on procrastination?
  - a. It is a part of me that I can not get rid of.
6. How often do you procrastinate? why?
  - a. On a daily basis
  - b. Short attention span
7. Has procrastination affected you negatively? What extent?
  - a. In the short term, it affects my stress, but not in the long term.
8. Has procrastination affected you positively? How
  - a. There were assignments due that i never did, and then they ended up being canceled.
9. Do you believe that by procrastinating on a project, you are not procrastinating as long as you think about it and plan what you are going to do?
  - a. Yes it is still procrastination.
10. How do you feel about procrastination being caused by people's fear to make mistakes?
  - a. It has never been a problem for me.
11. Does procrastination allow for more creative thoughts?
  - a. Yes, when i procrastinate, I relax and my mind is a lot more clear.
12. How do you feel about the fact that procrastination can help someone with prioritizing tasks?
  - a. No comment
13. Do you feel that my by having less time, you organize your time better then having more time?
  - a. Yes under pressure I work better.
14. How do you feel about the fact that procrastination causes negative emotions?
  - a. It is definitely true
15. How do you feel about the fact that procrastination can be caused by lack of motivation?
  - a. That's true too
16. How do you feel about the fact that procrastination has two versions, active and passive?
  - a. It is definitely a thing. Some people work better last minute while others forget the assignments.
17. Knowing this, what type of procrastinator are you?
  - a. Passive Procrastinator
18. When procrastinating, what do you do?
  - a. Youtube, dance, masturbate, text people, hang out with my family, watch tv

- 
1. Name:
    - a. Krystian
  2. Age:
    - a. 21
  3. Occupation(if student then say student):
    - a. teacher/student

4. Where do they live (as specific as they want):
  - a. glendale
5. What is your opinion on procrastination?
  - a. Procrastination is a double edged sword that can help relax, but can cause a lot of stress and anxiety.
6. How often do you procrastinate? How?
  - a. I procrastinate almost every day.
7. Has procrastination affected you negatively? What extent?
  - a. It causes a lot of anxiety and stress for me, and oftentimes causes me to cancel plan i have made.
8. Has procrastination affected you positively? How
  - a. Yes, there were many times the project was changed or it was dropped because no one did it.
9. Do you believe that by procrastinating on a project, you are not procrastinating as long as you think about it and plan what you are going to do?
  - a. I believe that it can help, but a issue is that it can be easily forgotten if there are not proper notes taken.
10. How do you feel about procrastination being caused by people's fear to make mistakes?
  - a. It is definitely a possibility, and has happened to me a couple times. It mostly caused me to lose a couple of days on a project until I understood what was meant to be done.
11. Does procrastination allow for more creative thoughts?
  - a. Yes I believe so because there are often times that I find a solution to a problem that takes less time then the standard way.
12. How do you feel about the fact that procrastination can help someone with prioritizing tasks?
  - a. Yes, if someone is procrastinating, they would not spend as much time working on things that should not require that much time, and the bulk of the time would go towards the main project.
13. Do you feel that my by having less time, you organize your time better then having more time?
  - a. Yes because there are many times where I have 3 months for a paper, and I make a plan for it, but I do not follow it because i know that I don't need all this time.
14. How do you feel about the fact that procrastination causes negative emotions?
  - a. I feel like procrastination and stress go hand in hand and can never be separated.
15. How do you feel about the fact that procrastination can be caused by lack of motivation?
  - a. I believe that lack of motivation is often thought that it is the main cause of procrastination, but it could also be the fact that there are so many things that the kids these days have that are just more fun than doing work that we are supposed to.



16. How do you feel about the fact that procrastination has two versions, active and passive?
  - a. It is a very possible thing. The most common type of procrastination is passive, but the ability to adapt to someones procrastination and become an active procrastinator takes a lot of trust in one's abilities to work under pressure and on a time crunch.
17. Knowing this, what type of procrastinator are you?
  - a. I am an active procrastination.
18. When procrastinating, what do you do?
  - a. I play video game, sleep, watch youtube or I go out.