**Access and Success**

**Time Waster Survey**

**Have you ever “lost” an hour? Have you ever wished you could get time back?**

**To find out where your times goes, check off the “time wasters” (listed below) that apply to you:**

|  |  |
| --- | --- |
| **SELF-IMPOSED** TIME WASTERS(YOU DO THESE TO YOURSELF) | **SYSTEM-IMPOSED** TIME WASTERS(SOMEONE/THING ELSE DOES THESE TO YOU) |
|  Visiting with friends |  Over-long visits |
|  Talking on the phone |  Phone interruptions |
|  Listening to music |  Music/noise in the area |
|  Watching TV |  Waiting/delays |
|  Email, TikTok, Twitter, YouTube |  Roommate problems |
|  Daydreaming |  Unclear assignments |
|  Not being able to say no |  Too many demands |
|  Worrying |  Other people’s problems |
|  Alcohol/recreational drugs |  Mechanical failures |
|  Not following the instructions |  Illness or fatigue |
|  Making avoidable mistakes |  Lack of authority |
|  Poor reading/study skills |  Emergencies |
|  Poor concentration |  Family |
|  Lack of planning |  Meetings |
|  Computer games/video games |  Traffic congestion |
|  Other: |  Other: |

The one time waster that has the most **NEGATIVE** consequences for me is …

I am willing to reduce the time I waste on this activity:  **YES**  **NO**

If **YES**, I am willing to reduce the time I waste on this activity by …