Time Management Scale

List of questions:

1. I try to work on my assignments at a set time.

2. I try to set small goals when working on assignments.

3. I try to prepare early for everything so that I have enough time to do it.

4. I try to go to bed and get up early to make as much time as possible available.

5. I estimate in advance how long it will take to do what I want to do.

6. I prioritize the things I have to do over the things I want to do.

7. When I work on a task, I keep track of how much time I spend on it.

8. Once I start something, I don't stop until I finish it.

9. I try to make use of my free time.

10. I make plans for my days off.

11. I use a calendar or a notebook to keep track of my schedule.

12. I check and confirm my schedule for the next day.

13. I prioritize the things I have to do.

14. I keep a diary.

15. I often do not have a plan for the next day.

16. I sometimes act on the spur of the moment or my mood.

17. I always start things at night.

18. I try not to make too many plans.

19. I try not to be lazy on my days off.

Time Anxiety Scale

List of questions:

1. I get confused when things don't go as expected.

2. I get very anxious when I don't get things done.

3. I get upset when I don't have enough time to work on something.

4. I get anxious when I don’t have a plan.

5. I get disturbed when my work is interrupted.

6. I get upset when there is a sudden change of plans.

7. I can't get anything else done until I finish what I'm working on.

8. I can't get started on a task unless I plan for it.

9. I am more pressed for time than others.

10. I don't know what to do when something happens unexpectedly.

11. I get irritated when waiting for a traffic light.

12. I get irritated when waiting in line, even if it's only for a short time.

13. I get impatient with people who are slow to speak.

14. I don't want to waste time waiting for others.

15. I can't tolerate subways or trains that are not on time.

16. I don't want people to disturb my precious time.

17. I feel that the time I spend waiting is too long.

18. I get annoyed when people are late.

19. I feel that it is just a waste of time to spend time waiting.

20. I have no patience for slow workers.