

Future Orientation Scale of the Time Perspective Survey Scoring Procedure

“Please tell me how well each statement describes what you believe.”

Response Scale: Response Scale: 1-5, “Very Untrue” “Neutral” “Very True” (items will be numbered 1-13)

1. I believe that a person’s day should be planned ahead each morning.
2. If things don’t get done on time, I don’t worry about it. (reversed)
3. When I want to achieve something, I set goals and then figure out ways to reach them.
4. Finishing homework and doing other jobs at home comes before play.
5. It upsets me to be late for school or other commitments.
6. I meet my obligations to my friends, parents, teachers, and other authority figures on time.
7. I take each day as it is rather than try to plan it out. (reversed)
8. Before making a decision, I weigh the costs against the benefits.
9. I finish projects on time by working on them a little bit every day.
10. I make lists of things to do.
11. I can resist temptations when I know that there is work to be done.
12. I keep working at difficult, boring tasks if they will help me get ahead.
13. There will always be time to catch up on my work.

Scoring: Take the mean of all items (items 2, 7 are reverse-scored)