

**“Are you a Perfectionist”**  
**A perfectionist Scale for College Students**  
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Kindly answer the following questions with a simple “yes” or “no”. Above all else, please be honest as you answer each of these questions. Thank you.

	<b>Yes</b>	<b>No</b>
1. Did you recently earn an “A” on an exam, but still didn’t become “as happy as a clam”?	___	___
2. Did you have a perfect attendance throughout the school year, yet couldn’t bring yourself to be of good cheer?	___	___
3. Did you turn in a term paper two days before it was due, yet you thought it could have been turned in earlier, making you feel very blue?	___	___
4. Did you work all day and throughout the night, but still never saw where the end is in sight?	___	___
5. Have you completed all of your assignments on time, and still found that you didn’t feel sublime?	___	___
6. Have you sought to relax after your work was done, but found that you were still uptight, and unable to have fun?	___	___
7. Have you sought to do your very best, but no matter how well you did, you still felt great unrest?	___	___
8. Do others who do well leave you feeling blue, ‘because you thought that they rode in on your coattails, and the credit should have gone to you?	___	___
9. Do you think that vacations are a big bore, and coffee breaks a real waste, and those who take them are a total disgrace?	___	___
10. Do you hate to do things twice, and cringe when others complain, realizing full well that you were not to blame?	___	___
11. Are your professors unfair when they’re supposed to judge you, but let Others slip by, at least as a general rule?	___	___
12. Is time always pressing, and do problems abound, whenever you take a trip out-of-town?	___	___

KEY: The more “yeses” checked, the more likely it is that you’re a perfectionist!