

4. How do perfectionists tend to perceive their parents?  
Having been or currently overly critical

5. How does a parent's pushing for perfection interfere with a child's developmental needs?  
If my sense of self is based on just my accomplishments, then I am only as good as what I achieve.

6. What is the "perfection paradox?"

7. Why are children of working-class immigrants sometimes considered better workers than the "fancy kids" who are from wealthier families with American born parents?

From article on Procrastination called "Stand and Deliver."

1. List 3 of the physical problems associated with procrastination?

2. What is the most common myth among procrastinators?

3. What is the main reason people procrastinate?

4. What is the relationship between procrastination and perfectionism?

5. What is the connection between thrill-seeking and procrastination?

From the Article on "One Student's Story"