

Last 4 digits of SSN: _____

Sex (please circle): MALE or FEMALE

Year in school (please circle): FRESHMAN SOPHOMORE JUNIOR SENIOR

What dorm do you live in? (please fill in, or write "off-campus") _____

How many math (i.e., QS) classes have you taken at Duke? _____

What is your first major? _____

What time did you go to bed last night? _____

A. Please read each sentence below and then write the number that indicates how much you agree with each statement as it applies to people in general.

| | | | | |
|------------------------------|-----------------|---------------------------------------|--------------|---------------------------|
| 1 | 2 | 3 | 4 | 5 |
| Strongly Disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |

- _____ 1. You have a certain amount of math ability, and you can't really do much to change it.
- _____ 2. You can always substantially change how good you are at math.
- _____ 3. No matter who you are, you can significantly change your math ability.
- _____ 4. To be honest, you can't really change how good you are at math.
- _____ 5. Your math ability is something about you that you can't change very much.
- _____ 6. You can learn new things, but you can't really change your basic math ability.

B. Please read each statement and circle the answer that best describes you.

- 1. Considering only your own "feeling best" rhythm, at what time would you get up if you were entirely free to plan your day?
 - a. 5:00 AM - 6:30 AM
 - b. 6:30 AM - 7:45 AM
 - c. 7:45 AM - 9:45 AM
 - d. 9:45 AM - 11:00 AM
 - e. 11:00 AM-12 Noon
- 2. During the first half hour after having woken in the morning how tired to you feel?
 - a. Very Tired
 - b. Fairly tired
 - c. Fairly refreshed
 - d. Very refreshed

3. At what time in the evening do you feel tired and as a result in need of sleep??
 - a. 8:00 PM- 9:00 PM
 - b. 9:00 PM – 10:15 PM
 - c. 10:15 PM- 12:45 AM
 - d. 12:45 AM-2:00 AM
 - e. 2:00 AM- 3:00 AM

4. At what time of the day do you think that you reach your “feeling best” peak?
 - a. 5:00 AM – 8:00 AM
 - b. 8:00 AM – 10:00 AM
 - c. 10:00 AM – 5:00 PM
 - d. 5:00 PM – 10:00 PM
 - e. 10:00 PM – 5:00 AM

5. One hears about “morning’ and “evening” types of people. Which ONE of these types do you consider yourself to be?
 - a. Definitely a “morning” type
 - b. Rather more a “morning” than an “evening” type
 - c. Rather more an “evening” than a “morning” type
 - d. Definitely an “evening” type

C. We are interested in how much you feel each of the following *at this moment*. Please read each word and indicate how much you feel that way *at this moment*, using the following scale:

| | | | | |
|-------------------|---|-----------------|---|------------------|
| 1 | 2 | 3 | 4 | 5 |
| Not at all | | Somewhat | | Very much |

_____ 1. unmotivated

_____ 2. low in willpower

_____ 3. disciplined

_____ 4. unable to do what I need to do

FOLLOW UP

Last 4 digits of SSN: _____

Lab day/time: _____

What time did you go to bed last night? _____

We are interested in how much you feel each of the following *at this moment*. Please read each word and indicate how much you feel that way *at this moment*, using the following scale:

1
Not at all

2

3
Somewhat

4

5
Very much

_____ 1. unmotivated

_____ 2. low in willpower

_____ 3. disciplined

_____ 4. unable to do what I need to do