

Study Smarter, Not Harder

Time Management: Day versus Night People Worksheet

NAME: _____

DATE: _____

THE FOLLOWING INVENTORY IS INTENDED TO DETERMINE WHETHER YOU ARE A MORNING PERSON OR NIGHT PERSON. ANSWER THE QUESTIONS, SELECT THE CORRESPONDING NUMBER OF POINTS, AND THEN ADD UP YOUR POINTS EARNED.

	POINTS POSSIBLE	POINTS EARNED
1. I FEEL BEST IF I GET UP AROUND:		
a. 5:00-6:30 A.M.	5	
b. 6:30-7:30 A.M.	4	
c. 7:30-9:30 A.M.	3	
d. 9:30-11:00 A.M.	2	
e. 11:00 A.M.-NOON	1	_____
2. IF I HAD TO DESCRIBE HOW EASY IT IS FOR ME TO GET UP IN THE MORNING, I WOULD SAY:		
a. IT IS NOT EASY AT ALL!	1	
b. IT IS NOT VERY EASY.	2	
c. IT IS FAIRLY EASY.	3	
d. IT IS VERY EASY.	4	_____
3. THE WAY I FEEL FOR THE FIRST HALF HOUR AFTER I WAKE UP IS:		
a. VERY TIRED	1	
b. FAIRLY TIRED	2	
c. FAIRLY REFRESHED	3	
d. VERY REFRESHED	4	_____
4. IF I COULD CHOOSE THE BEST TIME TO TAKE A DIFFICULT TEST, IT WOULD BE:		
a. 8:00-10:00 A.M.	5	
b. 10:00 A.M.-1:00 P.M.	4	
c. 1:00-5:00 P.M.	3	
d. 5:00-7:00 P.M.	2	
e. 7:00-9:00 P.M.	1	_____

Source: Bradley, Jan, Gary Funk, Myrna Hite-Walker, and Jobelle Hopper. "Day Versus Night People." *Thrills, Spills, and Study Skills: A Strategy and Vocabulary Approach*. (Dubuque, Iowa: Kendall Hunt Publishing: 1993), 65-66.

5. IF MY JOB REQUIRED THAT I WORK FROM 4:00 A.M.-6:00 A.M., I WOULD CHOOSE TO:
- | | | |
|---|---|-------|
| a. NOT GO TO BED UNTIL AFTER I WORKED | 1 | |
| b. TAKE A NAP BEFORE AND SLEEP AFTER | 2 | |
| c. SLEEP BEFORE AND NAP AFTER | 3 | |
| d. GET ALL THE SLEEP I NEED BEFORE WORK | 4 | _____ |

6. IF SOMEONE ASKED ME TO JOG WITH HIM/ HER AT 7:00 A.M., I WOULD PERFORM:
- | | | |
|--------------------|---|-------|
| a. WELL | 4 | |
| b. REASONABLY WELL | 3 | |
| c. NOT VERY WELL | 2 | |
| d. NOT WELL AT ALL | 1 | _____ |

7. IF I HAVE TO WAKE UP AT A SPECIFIC TIME EACH MORNING, I DEPEND ON MY ALARM:
- | | | |
|----------------|---|-------|
| a. NOT AT ALL | 4 | |
| b. SLIGHTLY | 3 | |
| c. QUITE A LOT | 2 | |
| d. DESPERATELY | 1 | _____ |

8. I AM USUALLY TIRED AND WANTING TO GO TO BED BY:
- | | | |
|--------------------------|---|-------|
| a. 8:00-9:00 P.M. | 5 | |
| b. 9:00-10:30 P.M. | 4 | |
| c. 10:30 P.M.-12:30 A.M. | 3 | |
| d. 12:30-2:00 A.M. | 2 | |
| e. 2:00-3:00 A.M. | 1 | _____ |

TOTAL NUMBER OF POINTS EARNED _____

RESULTS: 0-20 POINTS = NIGHT PERSON

20-35 POINTS = MORNING PERSON

A SCORE OF 20 IS HALFWAY BETWEEN A DAY PERSON AND NIGHT PERSON. THE HIGHER YOUR SCORE, THE MORE OF A DAY PERSON YOU ARE; THE LOWER THE SCORE, THE MORE OF AN EVENING PERSON YOU ARE. THINK OF THIS INFORMATION AS YOU CREATE SCHEDULE YOUR COLLEGE CLASSES, SCHEDULE STUDY GROUPS, AND FOR TODAY'S ACTIVITIES, CREATE A WEEKLY SCHEDULE. IF AT ALL POSSIBLE, YOU SHOULD PLAN THE ACTIVITIES THAT REQUIRE THE MOST CONCENTRATION WHEN YOU ARE THE MOST ALERT. FOR EXAMPLE, IF MATH IS A DIFFICULT SUBJECT FOR YOU AND YOU ARE A MORNING PERSON, PLAN TO TAKE THAT CLASS IN THE MORNING AND DO YOUR HOMEWORK WHILE YOU ARE STILL FRESH.