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.

<table>
<thead>
<tr>
<th>Strongly Disagree</th>
<th>2</th>
<th>Neither agree nor disagree</th>
<th>4</th>
<th>Strongly agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. You have a certain amount of math ability, and you can’t really do much to change it.</td>
<td>5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. You can always substantially change how good you are at math.</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. No matter who you are, you can significantly change your math ability.</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. To be honest, you can’t really change how good you are at math.</td>
<td>5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Your math ability is something about you that you can’t change very much.</td>
<td>5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. You can learn new things, but you can’t really change your basic math ability.</td>
<td>5</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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 do you feel?
   a. Very Tired
   b. Fairly tired
   c. Fairly refreshed
   d. Very refreshed

(please turn over)
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:  

<table>
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<th></th>
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<th>3</th>
<th>4</th>
<th>5</th>
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<tr>
<td></td>
<td>Not at all</td>
<td></td>
<td>Somewhat</td>
<td></td>
<td>Very much</td>
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</table>

   □ 1. unmotivated  
   □ 2. low in willpower  
   □ 3. disciplined  
   □ 4. unable to do what I need to do
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:

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_____ 1. unmotivated

_____ 2. low in willpower

_____ 3. disciplined

_____ 4. unable to do what I need to do