

Last 4 digits of SSN: \_\_\_\_\_ **id**

Sex (please circle): MALE or FEMALE **gender (0 = male, 1 =female)**

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

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

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

What is your first major? \_\_\_\_\_ **major**

What time did you go to bed last night? \_\_\_\_\_ **tobed1**

**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.**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Neither agree nor disagree</b>	<b>Agree</b>	<b>Strongly agree</b>

\_\_\_\_\_ 1. You have a certain amount of math ability, and you can't really do much to change it. **mindset1**

\_\_\_\_\_ 2. You can always substantially change how good you are at math. **mindset2**

\_\_\_\_\_ 3. No matter who you are, you can significantly change your math ability. **mindset3**

\_\_\_\_\_ 4. To be honest, you can't really change how good you are at math. **mindset4**

\_\_\_\_\_ 5. Your math ability is something about you that you can't change very much. **mindset5**

\_\_\_\_\_ 6. You can learn new things, but you can't really change your basic math ability. **mindset6**

**Reverse 1, 4, 5, and 6 and take mean. Name variable **mindset**. High scores indicate incremental mindset.**

**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? **mornevel**

- 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? **morneve2**

- 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? **morneve3**
  - 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? **morneve4**
  - 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? **morneve5**
  - 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

Code as a=1, b=2, etc. Reverse 2 and take mean. Name variable **morneve**. High scores indicate eveningness.

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 **deplet11**
- \_\_\_\_\_ 2. low in willpower **deplet21**
- \_\_\_\_\_ 3. disciplined **deplet31**
- \_\_\_\_\_ 4. unable to do what I need to do **deplet41**

Reverse 3 and take mean. Name variable **deplete1**. High scores indicate depletion.

## FOLLOW UP

Last 4 digits of SSN: \_\_\_\_\_ **id**

Lab day/time: \_\_\_\_\_ **lab**

What time did you go to bed last night? \_\_\_\_\_ **tobed2**

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 **deplet12**

\_\_\_\_\_ 2. low in willpower **deplet22**

\_\_\_\_\_ 3. disciplined **deplet32**

\_\_\_\_\_ 4. unable to do what I need to do **deplet42**

**Reverse 3 and take mean. Name variable **deplete2**. High scores indicate depletion. Alpha =**

If you are using morningness/eveningness or theories of intelligence scores in the analysis for your paper, then here are references to cite when you describe them in your method section:

Adan, A., & Almirall, H. (1991). Horne & Ostberg morningness-eveningness questionnaire: A reduced scale. *Personality and Individual Differences*, 12, 241-253.

Dweck, C. S. (1999). *Self-theories: Their role in motivation, personality, and development*. New York, NY: Psychology Press.