

MCPS School Start Time Survey - Secondary Students

Results from Secondary Student School Start Time Survey

All Shown Pages

3720 responses

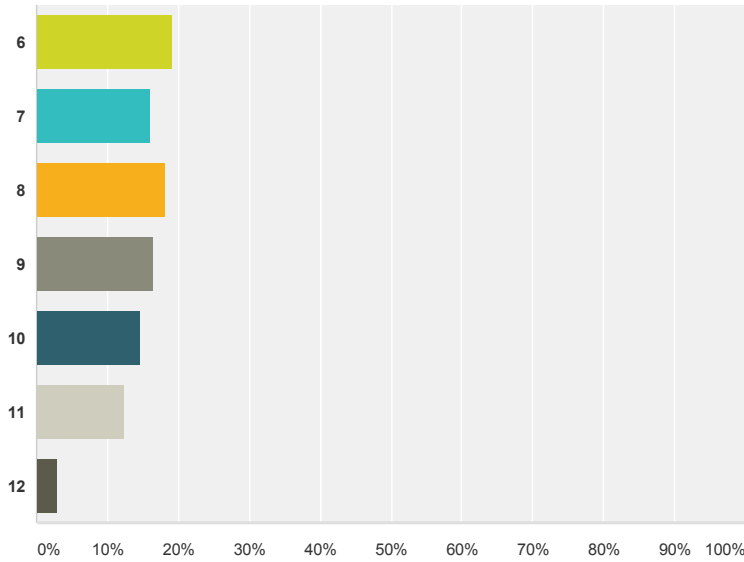
53 days (November 24, 2014 - now)

3 views

Q1

What grade are you in?

Answered: 3,705 Skipped: 15

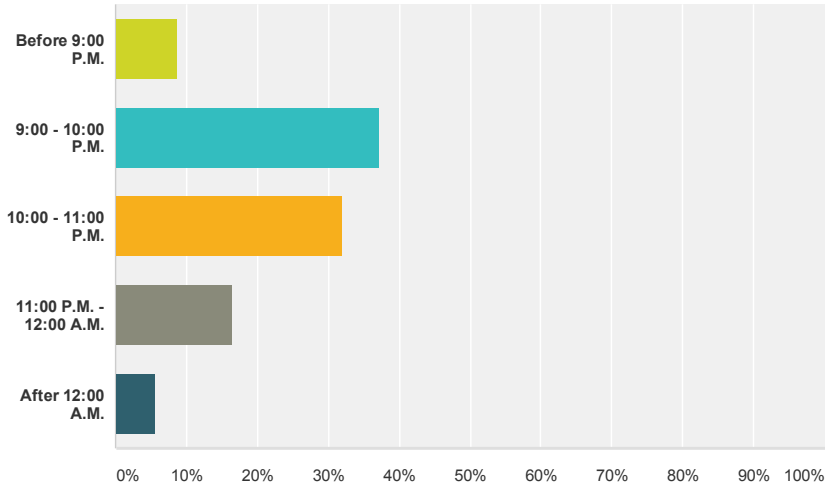


Answer Choices	Responses
6	19.27% 714
7	16.17% 599
8	18.19% 674
9	16.41% 608
10	14.71% 545
11	12.23% 453
12	3.02% 112
Total	3,705

Q2

On average, what time do you go to sleep on school nights?

Answered: 3,709 Skipped: 11

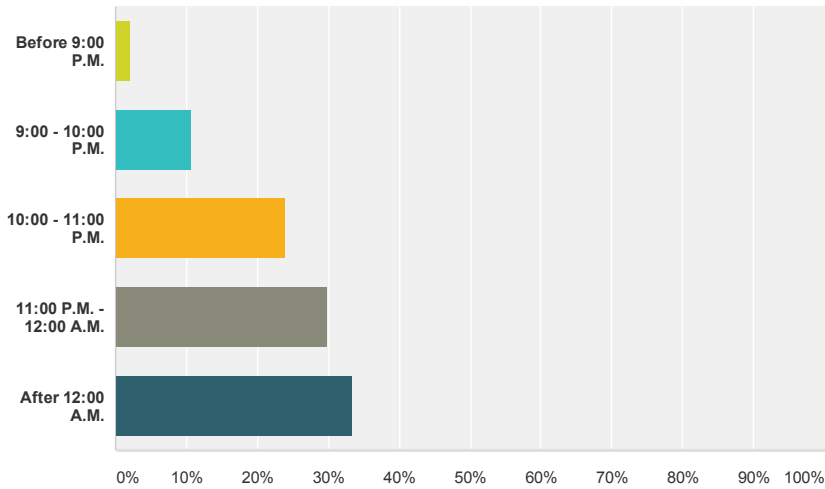


Answer Choices	Responses
Before 9:00 P.M.	8.71% 323
9:00 - 10:00 P.M.	37.21% 1,380
10:00 - 11:00 P.M.	31.87% 1,182
11:00 P.M. - 12:00 A.M.	16.50% 612
After 12:00 A.M.	5.72% 212
Total	3,709

Q3

On average, what time do you go to sleep on weekends?

Answered: 3,699 Skipped: 21

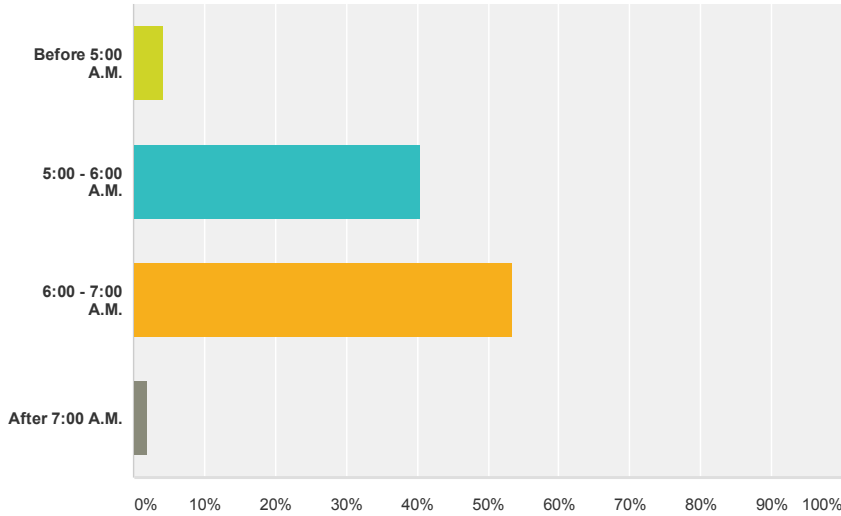


Answer Choices	Responses
Before 9:00 P.M.	2.03% 75
9:00 - 10:00 P.M.	10.71% 396
10:00 - 11:00 P.M.	24.03% 889
11:00 P.M. - 12:00 A.M.	29.76% 1,101
After 12:00 A.M.	33.47% 1,238
Total	3,699

Q4

On average, what time do you wake up on school days?

Answered: 3,706 Skipped: 14

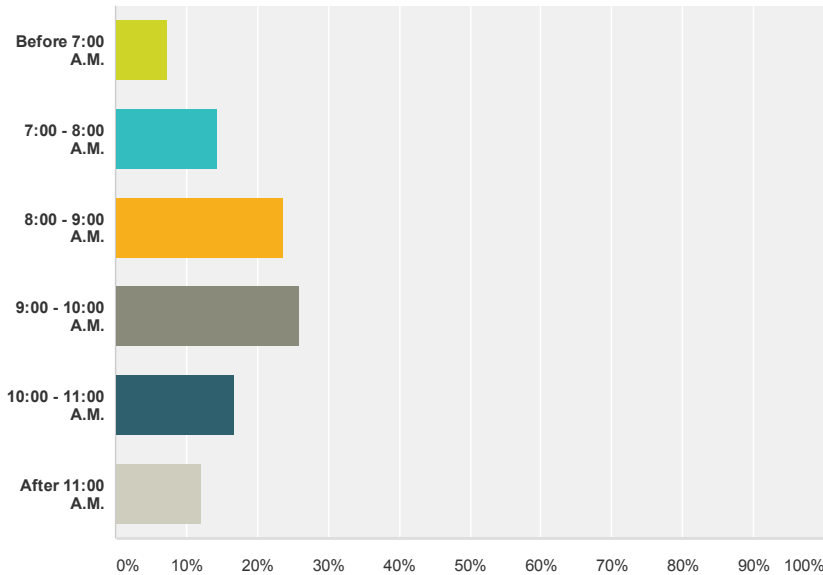


Answer Choices	Responses
Before 5:00 A.M.	4.18% 155
5:00 - 6:00 A.M.	40.58% 1,504
6:00 - 7:00 A.M.	53.37% 1,978
After 7:00 A.M.	1.86% 69
Total	3,706

Q5

On average, what time do you wake up on weekends?

Answered: 3,704 Skipped: 16

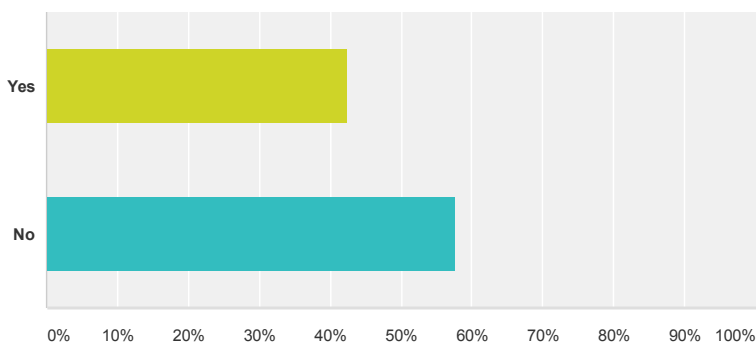


Answer Choices	Responses	
Before 7:00 A.M.	7.29%	270
7:00 - 8:00 A.M.	14.44%	535
8:00 - 9:00 A.M.	23.57%	873
9:00 - 10:00 A.M.	25.86%	958
10:00 - 11:00 A.M.	16.63%	616
After 11:00 A.M.	12.20%	452
Total		3,704

Q6

Is it easy for you to wake up on school days?

Answered: 3,682 Skipped: 38

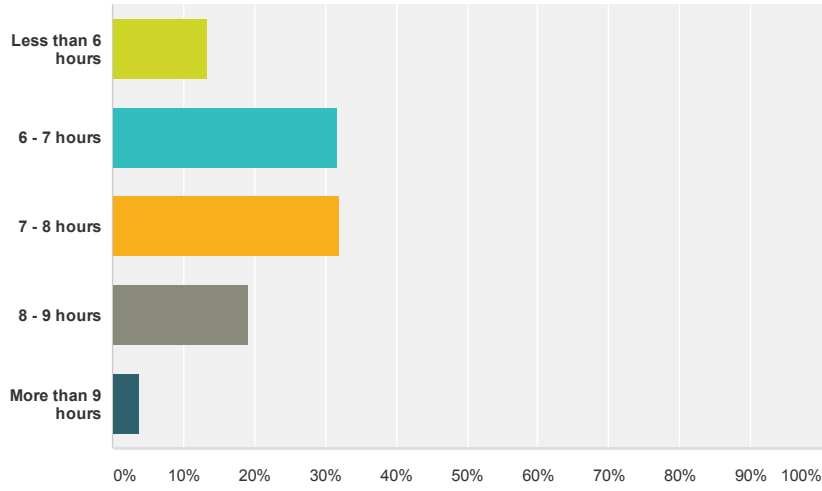


Answer Choices	Responses	
Yes	42.31%	1,558
No	57.69%	2,124
Total		3,682

Q7

On average, how many hours of sleep do you get on school nights?

Answered: 3,682 Skipped: 38

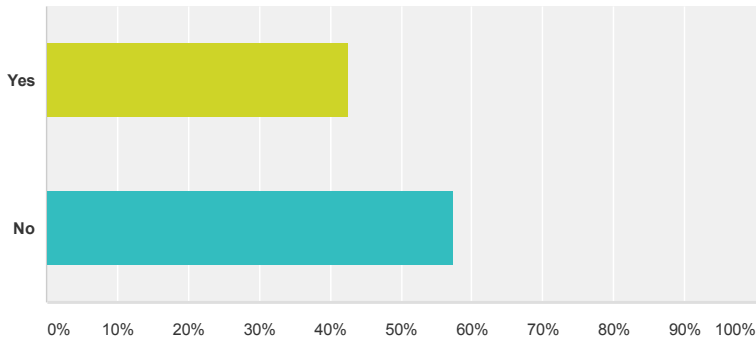


Answer Choices	Responses
Less than 6 hours	13.36% 492
6 - 7 hours	31.69% 1,167
7 - 8 hours	31.99% 1,178
8 - 9 hours	19.12% 704
More than 9 hours	3.83% 141
Total	3,682

Q8

Do you usually feel well-rested and alert when you get to school in the morning?

Answered: 3,675 Skipped: 45

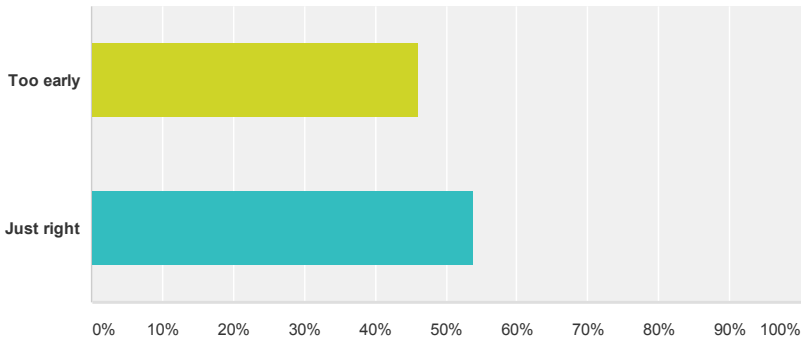


Answer Choices	Responses
Yes	42.67% 1,568
No	57.33% 2,107
Total	3,675

Q9

In your opinion, the current MCPS secondary start time is:

Answered: 3,678 Skipped: 42

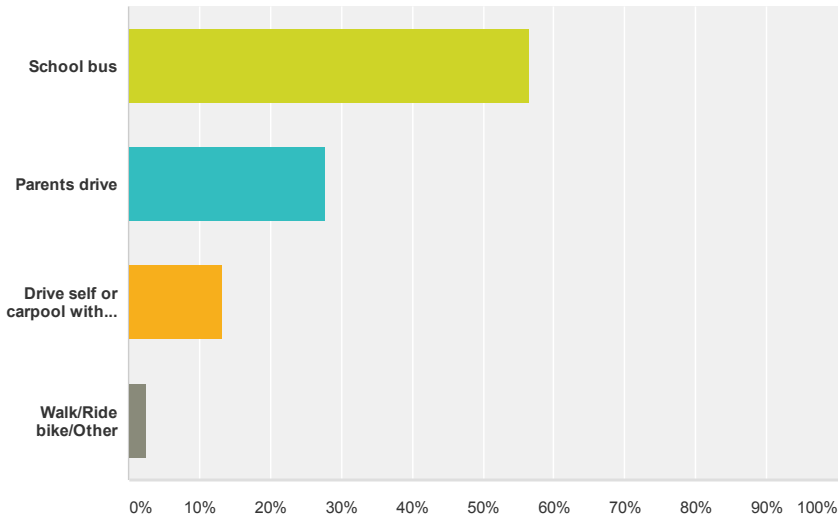


Answer Choices	Responses	
Too early	46.11%	1,696
Just right	53.89%	1,982
Total		3,678

Q10

How do you usually get to school in the morning?

Answered: 3,683 Skipped: 37

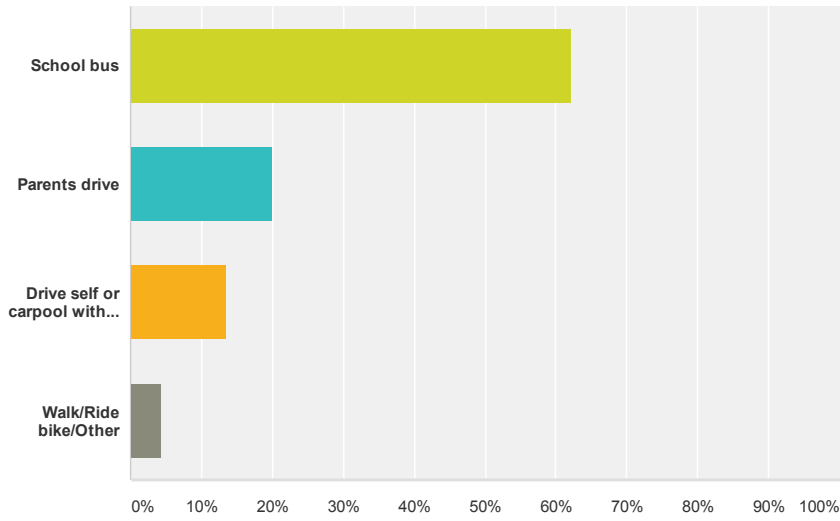


Answer Choices	Responses	
School bus	56.50%	2,081
Parents drive	27.83%	1,025
Drive self or carpool with friends	13.22%	487
Walk/Ride bike/Other	2.44%	90
Total		3,683

Q11

How do you usually get home from school?

Answered: 3,674 Skipped: 46

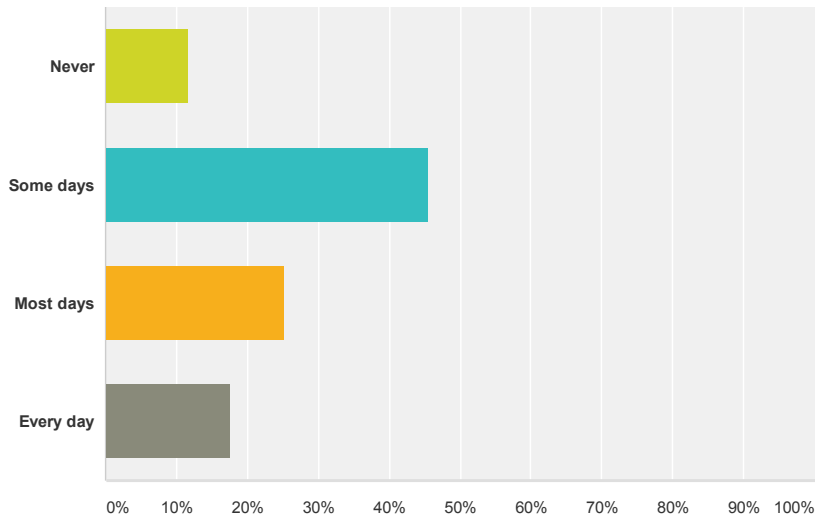


Answer Choices	Responses
School bus	62.14% 2,283
Parents drive	19.95% 733
Drive self or carpool with friends	13.50% 496
Walk/Ride bike/Other	4.41% 162
Total	3,674

Q12

How often are you tired or sleepy during school?

Answered: 3,672 Skipped: 48

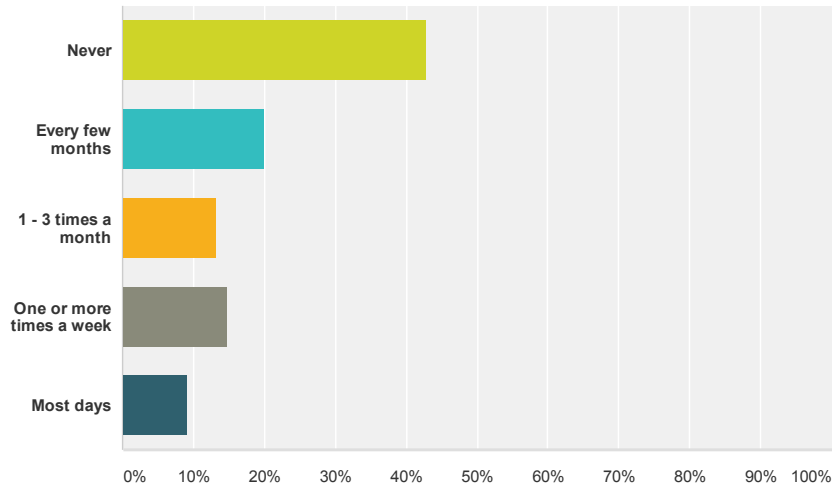


Answer Choices	Responses
Never	11.63% 427
Some days	45.59% 1,674
Most days	25.16% 924
Every day	17.62% 647
Total	3,672

Q13

How often do you doze off in class?

Answered: 3,674 Skipped: 46

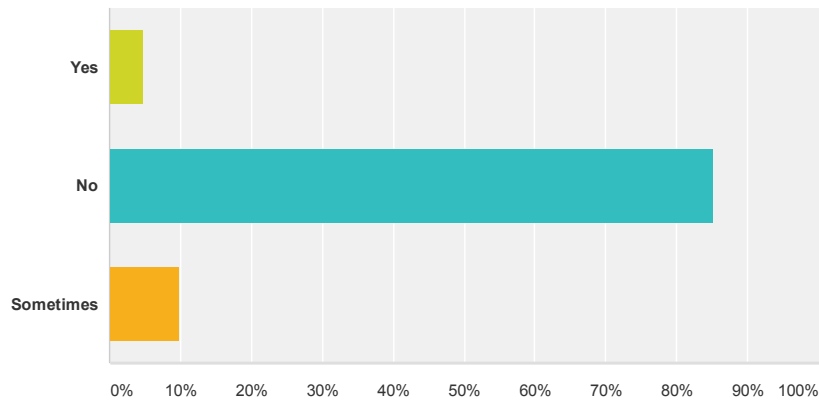


Answer Choices	Responses
Never	42.79% 1,572
Every few months	20.01% 735
1 - 3 times a month	13.17% 484
One or more times a week	14.92% 548
Most days	9.12% 335
Total	3,674

Q14

Do you currently provide child care to younger siblings before school?

Answered: 3,667 Skipped: 53

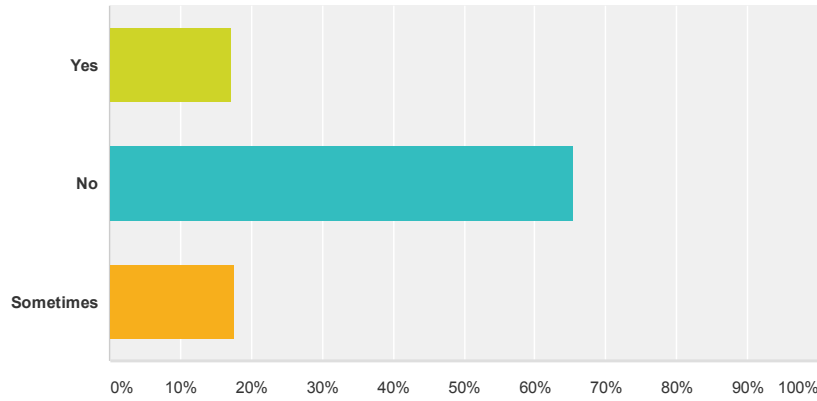


Answer Choices	Responses
Yes	4.88% 179
No	85.27% 3,127
Sometimes	9.84% 361
Total	3,667

Q15

Do you currently provide child care to younger siblings after school?

Answered: 3,666 Skipped: 54

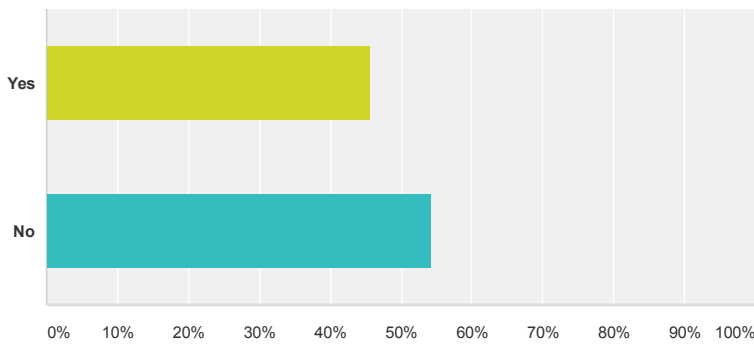


Answer Choices	Responses
Yes	17.02% 624
No	65.44% 2,399
Sometimes	17.54% 643
Total	3,666

Q16

Do you participate in school-sponsored sports activities?

Answered: 3,654 Skipped: 66

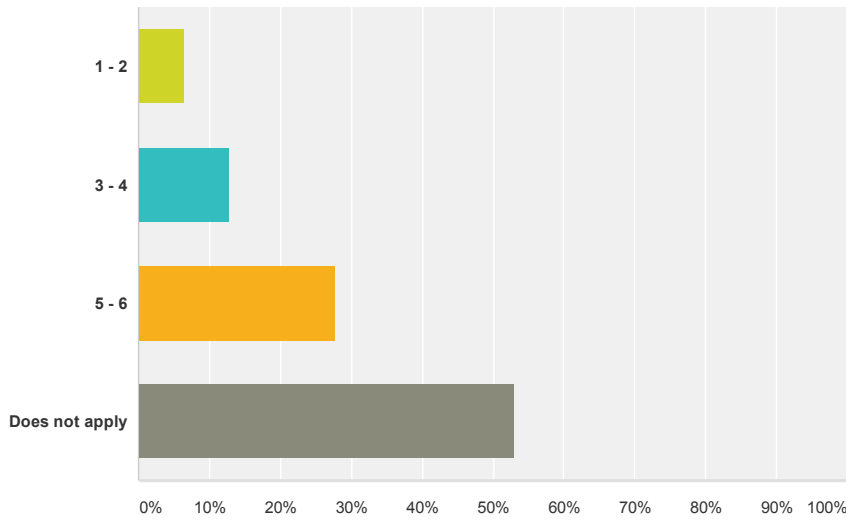


Answer Choices	Responses
Yes	45.70% 1,670
No	54.30% 1,984
Total	3,654

Q17

If "Yes" to question 16, how many days a week on average?

Answered: 3,471 Skipped: 249

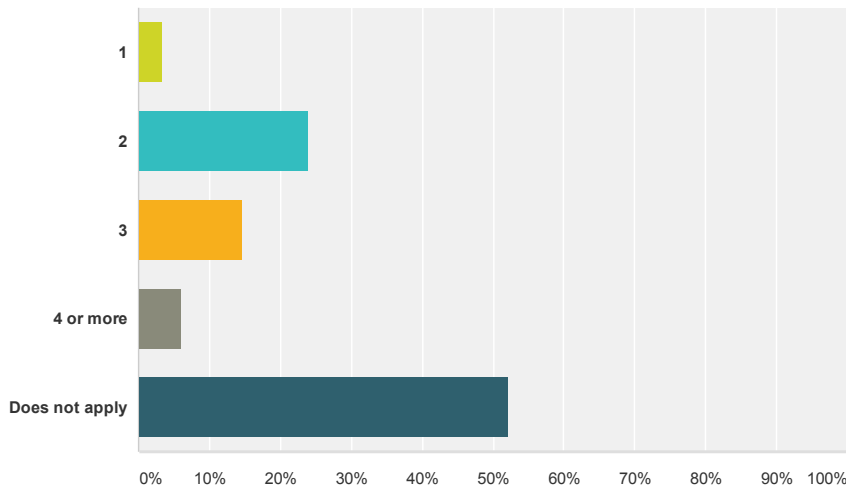


Answer Choices	Responses
1 - 2	6.48% 225
3 - 4	12.65% 439
5 - 6	27.86% 967
Does not apply	53.01% 1,840
Total	3,471

Q18

If "Yes" to question 16, how many hours per day on average?

Answered: 3,464 Skipped: 256



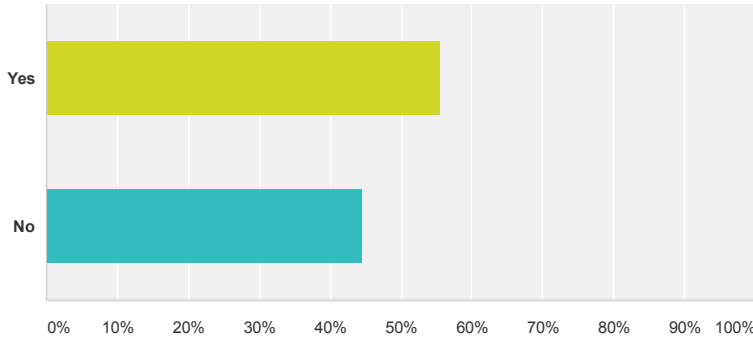
Answer Choices	Responses
1	3.32% 115
2	23.93% 829
3	14.58% 505

4 or more	6.00%	208
Does not apply	52.17%	1,807
Total		3,464

Q19

Do you participate in other extra-curricular activities?

Answered: 3,600 Skipped: 120

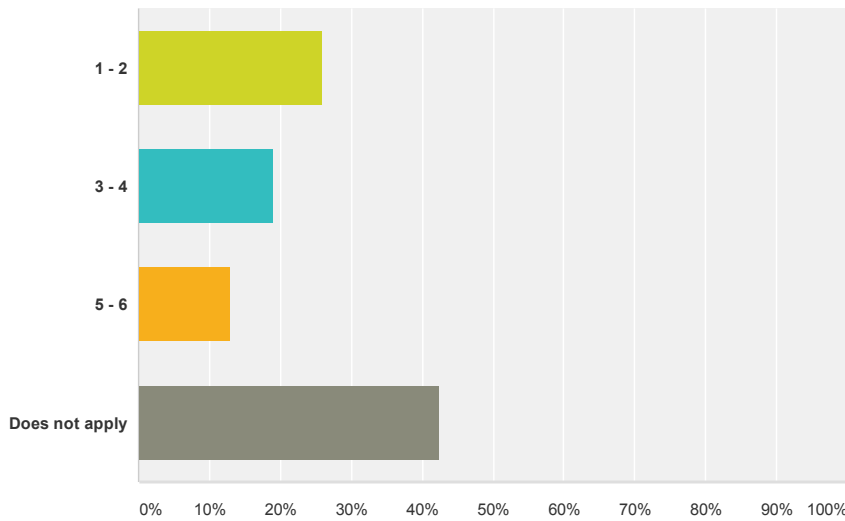


Answer Choices	Responses	Count
Yes	55.50%	1,998
No	44.50%	1,602
Total		3,600

Q20

If you answered "Yes" to 19, how many days a week on average?

Answered: 3,400 Skipped: 320



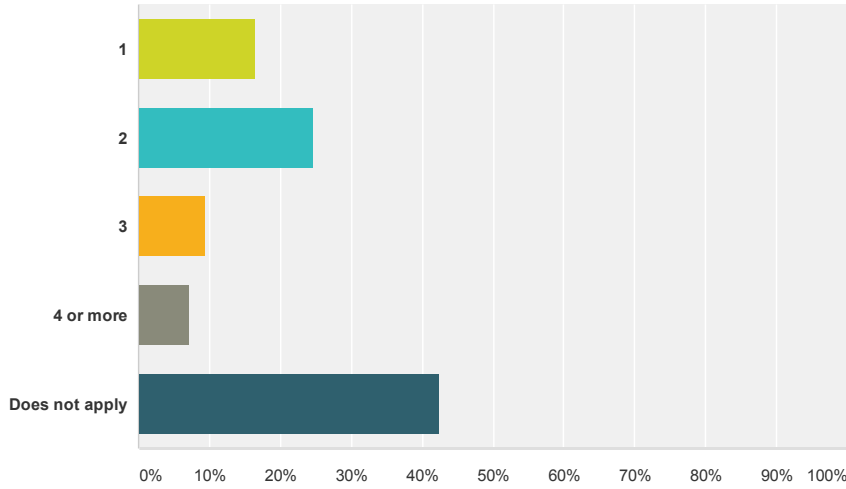
Answer Choices	Responses	Count
1 - 2	25.85%	879
3 - 4	18.94%	644

5 - 6	12.88%	438
Does not apply	42.32%	1,439
Total		3,400

Q21

If you answered "Yes" to 19, how many hours per day on average?

Answered: 3,410 Skipped: 310

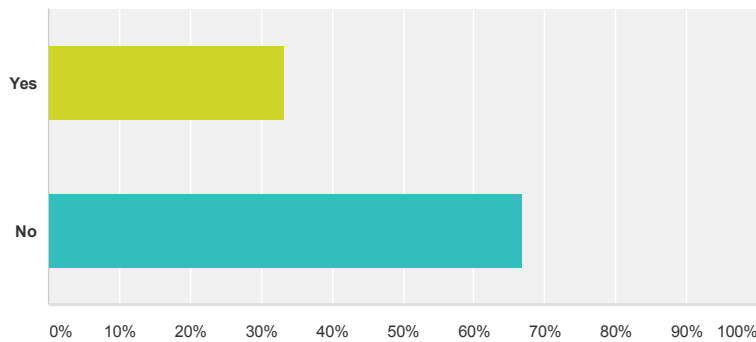


Answer Choices	Responses	Count
1	16.57%	565
2	24.69%	842
3	9.30%	317
4 or more	7.16%	244
Does not apply	42.29%	1,442
Total		3,410

Q22

If you have an after school job will a later dismissal time conflict with your current work schedule?

Answered: 3,538 Skipped: 182

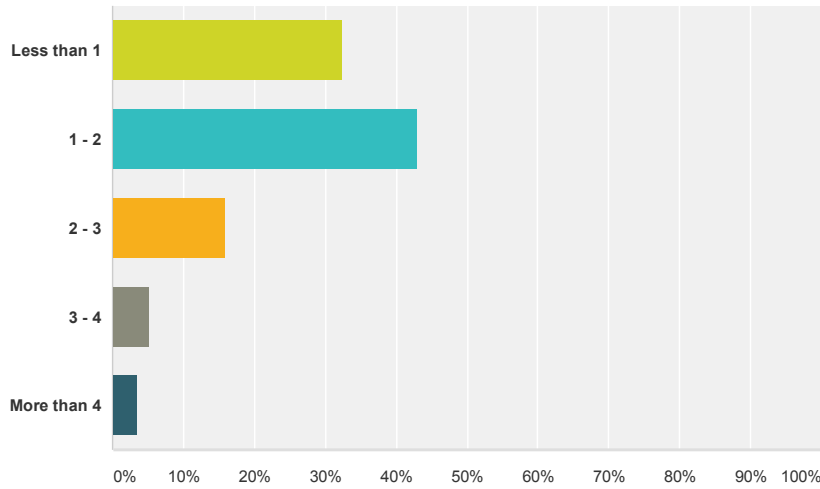


Answer Choices	Responses	
Yes	33.15%	1,173
No	66.85%	2,365
Total		3,538

Q23

How many hours do you spend on homework each day, on average?

Answered: 3,608 Skipped: 112

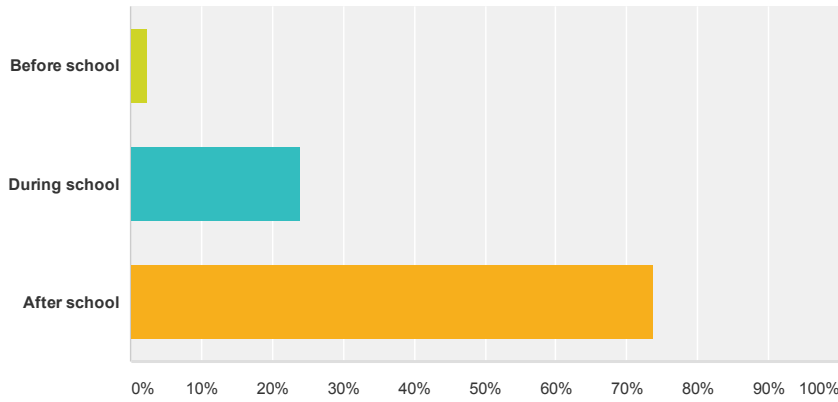


Answer Choices	Responses	
Less than 1	32.32%	1,166
1 - 2	42.96%	1,550
2 - 3	15.94%	575
3 - 4	5.27%	190
More than 4	3.52%	127
Total		3,608

Q24

When do you typically do the majority of your homework?

Answered: 3,620 Skipped: 100

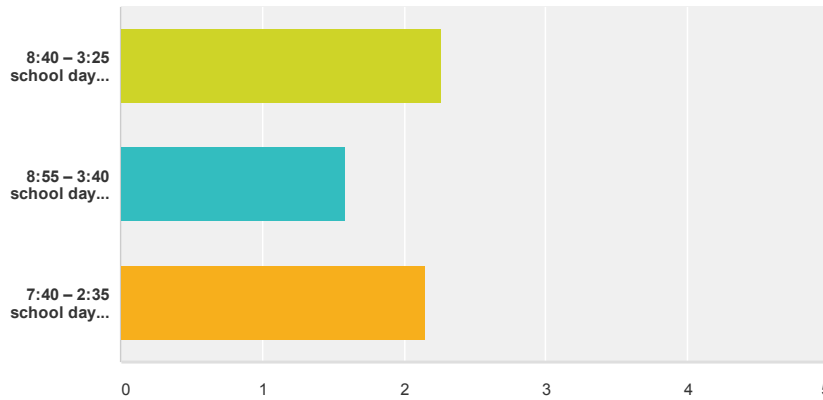


Answer Choices	Responses
Before school	2.27% (82)
During school	24.01% (869)
After school	73.73% (2,669)
Total	3,620

Q25

Please rank the following possible secondary school schedules: 1=Most Preferred to 3=Least Preferred. Once you select your ranking for the first item, the order for all items will change to reflect your preference (for example, if you select 7:40 – 2:35 as the number 1 slot, it will move up to that position and you can select one of the others as number 2).

Answered: 3,525 Skipped: 195



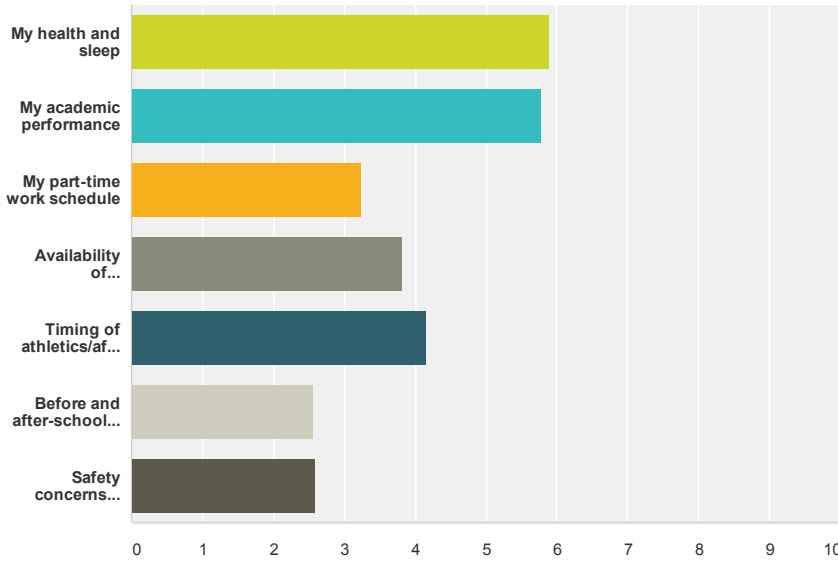
	1	2	3	Total	Score
8:40 – 3:25 school day ... Range of bus pickup times 7:25-7:48	32.83% 1,156	60.52% 2,131	6.65% 234	3,521	2.26
8:55 – 3:40 school day ... Range of bus pickup times 7:40-7:58	16.67% 587	25.38% 894	57.95% 2,041	3,522	1.59
7:40 – 2:35 school day (current)	50.57% 1,782	14.19% 500	35.24% 1,242	3,524	2.15

schedule range)
... Range of bus
pickup times
6:25-7:00

Q26

Please rank the following factors when considering the best school start time for you: 1 = Most important to 7 = Least important. Once you select your ranking for the first item, the order for all items will change to reflect your preference (for example, if you select my health and sleep as the number 1 slot, it will move up to that position and you can select one of the others as number 2).

Answered: 3,507 Skipped: 213



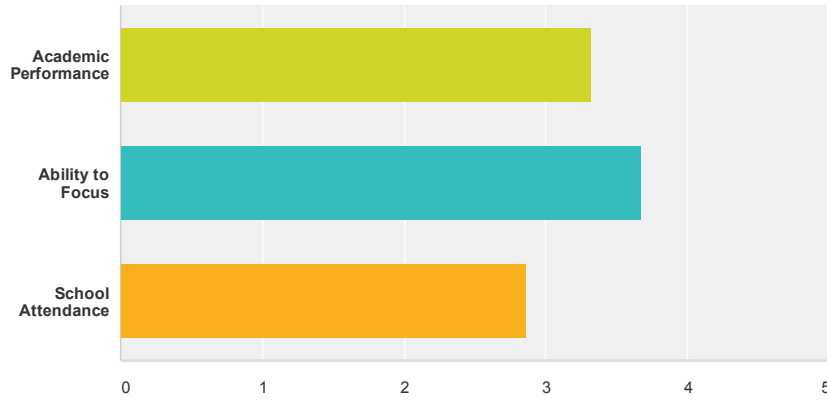
	1	2	3	4	5	6	7	Total	Score
My health and sleep	44.98% 1,576	27.77% 973	13.07% 458	5.99% 210	3.25% 114	2.43% 85	2.51% 88	3,504	5.88
My academic performance	32.04% 1,123	39.09% 1,370	15.52% 544	6.79% 238	2.80% 98	2.37% 83	1.40% 49	3,505	5.78
My part-time work schedule	4.22% 148	7.44% 261	20.02% 702	14.43% 506	12.38% 434	11.95% 419	29.55% 1,036	3,506	3.23
Availability of transportation	2.65% 93	6.08% 213	18.03% 632	36.95% 1,295	21.03% 737	10.87% 381	4.39% 154	3,505	3.82
Timing of athletics/after-school/extracurricular activities	11.10% 389	12.39% 434	21.46% 752	15.07% 528	23.34% 818	9.53% 334	7.11% 249	3,504	4.16
Before and after-school child care/supervision	3.08% 108	3.94% 138	4.74% 166	8.16% 286	17.15% 601	39.75% 1,393	23.17% 812	3,504	2.56
Safety concerns related to traveling to/from school	2.00% 70	3.36% 118	7.21% 253	12.66% 444	20.10% 705	23.07% 809	31.59% 1,108	3,507	2.59

Q27

How much do you think school start time

affects the following for you?Rate 0 (none) to 5 (a lot).

Answered: 3,534 Skipped: 186



	0	1	2	3	4	5	Total	Weighted Average
Academic Performance	26.81% 944	13.15% 463	12.58% 443	14.97% 527	13.77% 485	18.72% 659	3,521	3.32
Ability to Focus	21.48% 754	13.02% 457	10.88% 382	12.82% 450	15.56% 546	26.24% 921	3,510	3.67
School Attendance	43.24% 1,516	12.04% 422	8.47% 297	7.53% 264	8.73% 306	19.99% 701	3,506	2.86