

**Please choose your two primary guardians (ie. mother and father) and describe their educational and occupational background.**

<b>Primary Guardian # 1</b>	<b>Primary Guardian #2</b>
<b>Relationship (select one):</b> <input type="checkbox"/> mother <input type="checkbox"/> father <input type="checkbox"/> other	<b>Relationship (select one):</b> <input type="checkbox"/> mother <input type="checkbox"/> father <input type="checkbox"/> other
<b>Occupation: (describe)</b>	<b>Occupation: (describe)</b>
<b>Highest Education (select one):</b> <input type="checkbox"/> primary school <input type="checkbox"/> high school <input type="checkbox"/> associates degree <input type="checkbox"/> some college <input type="checkbox"/> bachelor's degree <input type="checkbox"/> graduate/professional degree <input type="checkbox"/> vocational training	<b>Highest Education (select one):</b> <input type="checkbox"/> primary school <input type="checkbox"/> high school <input type="checkbox"/> associates degree <input type="checkbox"/> some college <input type="checkbox"/> bachelor's degree <input type="checkbox"/> graduate/professional degree <input type="checkbox"/> vocational training

- Prior to this exercise, have you ever participated in a time tracking activity?  
☐ Yes  
☐ No
- How do you keep track of your calendar?  
☐ Paper calendar (weekly)  
☐ Paper calendar (monthly)  
☐ Mobile phone      Which program?: \_\_\_\_\_  
☐ Computer      Which program?: \_\_\_\_\_  
☐ I do not keep a calendar

**For each of the following questions, circle the number that best describes how applicable the statement is to your habits concerning time.**

3. I usually make plans for how I will spend my time.

1	2	3	4	5
Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree

4. I usually follow the plans I make for how I will spend my time.

1	2	3	4	5
Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree

5. I believe there is a relationship between how I spend my time, and my quality of life.

1	2	3	4	5
Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree

6. I am generally satisfied with how I spend my time.

1	2	3	4	5
Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree

7. I am generally satisfied with my academic performance.

1	2	3	4	5
Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree

8. There is not a lot of variation in how I spend my time day to day: many days are very similar.

1	2	3	4	5
Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree

9. There is not a lot of variation in how I spend my time week to week: many weeks are very similar.

1	2	3	4	5
Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree

10. I usually feel like there are not enough hours in the day.

1	2	3	4	5
Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree

11. I would like to be more intentional about how I spend my time.

1	2	3	4	5
Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree