**Audrey Nelson’s Dissertation Proposal Defense**

12/12/2017

* *Note:* Contact Lori D’Anna for an extension in program of study.
* What are the relationships between sleep hygiene and exercise? - not related
* Provide a rationale for using moderation versus mediation.
* Include a zero-order correlation matrix and look for high correlations that could be suggestive of multicollinearity. If high correlations are found between sleep hygiene and exercise, consider combining and relabeling these variables with a label such as “Self-Care.”
* Consider a mediational model that includes sleep, stressful life events, and academic engagement.
* Add information on patterns of sleep (i.e., quality and quantitative) in the literature review.
* Reverse scores on the sleep hygiene measure for easier interpretability.
* Test the factor structure of the academic engagement scale using a CFA.
* Change research questions to reflect correlational relationships versus predictive or causal relationships.
* Make cases for why studies with school-aged students were included and be more direct about the age of students who were studied in the studies.
* Explore group differences between class/grade levels and DVs. Also, test other demographic covariates (e.g., sex, Race/Ethnicity, etc.).
* Change subheadings in Chapter 1 to include the following and address the following structure:
  + Academic engagement
    - Why does this matter?
      * Grades, dropout, graduation, job performance, peer relationships, new independence, social factors on campus, alcohol/substance use, hazing, etc.
    - Subtypes
  + Stress
    - Types of stress
      * Chronic, adverse life events, etc.
  + Sleep
    - Aspects of sleep
      * Frequency, duration, quality, quantity.
  + Self-Care
    - Exercise
      * Rigorous, non-rigorous, frequent/non-frequent, etc.
    - Sleep hygiene
      * ABCs of sleeping (make this consistent with the used measure)