

Your Opinion Matters: A Survey on Time Management and Daily Challenges for High School Students

Dear Student,

We kindly ask you to participate in this survey, which aims to study the relationship between staying up late and academic achievement among secondary school students.

All data will be treated confidentially and used for research purposes only. Your responses will help us better understand how students' daily habits, such as time management and sleep patterns, influence academic success.

Thank you for your time and cooperation.

**SECTION ONE: GENERAL INFORMATION**

1. Sex:

Male  Female

2. Academic Level:

Common Core  1st Year Baccalaureate  2nd Year Baccalaureate

**SECTION TWO: DAILY HABITS AND TIME MANAGEMENT**

3. How many hours do you usually sleep at night?

Less than 5 hours  5-6 hours  7-8 hours  More than 8 hours

4. How often do you stay up late (after midnight) during school days?

Never  Rarely  Sometimes  Often  Always

5. How often do you feel tired or sleepy during morning classes?

Never  Rarely  Sometimes  Often  Always

6. How would you rate your ability to manage your study time?

Excellent     Good     Average     Poor

### SECTION THREE: ACADEMIC PERCEPTION

7. Do you think staying up late affects your academic performance?

Not at all     Slightly     Moderately     Strongly

8. What are the main reasons you stay up late?

Studying     Internet/Phone Use     Social Activities     Other: \_\_\_\_\_

9. What do you think could help you improve your time management?

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10. Any suggestions for improving students' daily routines at school?

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End of Survey — All responses are confidential and used solely for research purposes.