**Topic**: School Hours

Hours you are in school:

Hours per week:

Weeks per year out of 52:

Hours you typically spend on sports or extra-curricular activities:

Hours you usually spend on homework:

Time you usually wake up to start your school day:

Time you usually go to bed on a school night:

Are you mainly a morning, afternoon, or evening person? Explain:

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Would you prefer to do sports and activities before school or after school?

If you could shorten the school day without eliminating any classes, how would you do that?

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If school was 6 or 7 hours long each week day, what time would you prefer school to begin each day?

Fill out the pro/con chart based on the time you chose for the above question. What would be some pros and cons to changing the start time from 8:15 to the time you picked? If you chose to keep the start time at 8:15, fill it out as pros to keeping it that time and cons to changing it. Come up with as many as possible for each side.

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| Pros | Cons |
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Other Thoughts: What else needs to be considered? How would this effect different people in your family or community? How would making a school start time change effect your life?

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