

Frequency data for items from the High School Start Time Student Survey

Administered in Winter 2016

*Totals with an asterisk indicate items where students could select more than 1 answer. For these items, totals indicate the total number of respondents who saw the item on the survey, not a sum of the individual responses. These items will not sum to 100% because students could and did select multiple responses.

What is the primary way you get to school each morning? Please choose a response for each season.						
Response	Fall		Winter		Spring	
	N	Valid Percent	N	Valid Percent	N	Valid Percent
Walk	365	16%	209	14%	288	20%
Take a school bus	539	24%	329	22%	313	21%
Take an MBTA bus	36	2%	32	2%	25	2%
Drive yourself	182	8%	105	7%	127	9%
Get a ride from a parent/guardian	914	40%	691	47%	538	37%
Get a ride from a friend	94	4%	80	5%	57	4%
Ride a bike	124	5%	24	2%	105	7%
Take the subway	1	0%	1	0%	1	0%
Other	18	1%	8	1%	9	1%
Total	2273	100%	1479	100%	1463	100%
Missing	23	--	817	--	833	--

What are the additional ways you sometimes get to school? You can leave this question blank if you do not have other ways.						
Response	Fall		Winter		Spring	
	N	Valid Percent	N	Valid Percent	N	Valid Percent
Walk	612	27%	399	17%	663	29%
Take a school bus	332	14%	347	15%	327	14%
Take an MBTA bus	80	3%	92	4%	81	4%
Drive yourself	119	5%	134	6%	158	7%
Get a ride from a parent/guardian	939	41%	1047	46%	909	40%
Get a ride from a friend	448	20%	474	21%	449	20%
Ride a bike	237	10%	87	4%	272	12%
Take the subway	16	1%	15	1%	21	1%
Other	87	4%	87	4%	87	4%
Total*	2296	--	2296	--	2296	--

Are you ever tardy for school?		
Response	N	Valid Percent
No, never	1196	52%
Yes, sometimes	927	41%
Yes, usually	137	6%
Yes, always	23	1%
Total	2283	100%
Missing	13	--

When I am tardy, I am usually:		
Response	N	Valid Percent
Less than 5 minutes late	690	63%
50-10 minutes late	319	29%
11-15 minutes late	35	3%
15 or more minutes late	43	4%
Total	1087	100%
Missing	1209	--

When I am tardy, it is usually because (choose all that apply):		
Response	N	Valid Percent
I overslept	652	60%
Someone else overslept or was delayed	349	32%
I took too long to get ready for school	556	51%
I had a transportation issue	379	35%
Weather issue	240	22%
Other (please specify)	112	10%
Total*	1087	--

Please check off all the seasons during which you play a sport for a SCHOOL team.		
Response	N	Valid Percent
I play a school sport in the fall.	786	34%
I play a school sport in the winter.	703	31%
I play a school sport in the spring.	924	40%
I do not play any school sports.	915	40%
Total*	2296	--

Please check off all the seasons during which you are involved in teams outside of school, such as an athletics or a dance team.		
Response	N	Valid Percent
I do a non-school sport in the fall.	811	35%
I do a non-school sport in the winter.	934	41%
I do a non-school sport in the spring.	899	39%
I do not play a sport outside of school.	968	42%
Total*	2296	--

For school clubs and school activities, please check off how often you usually participate after school. For example, these could include things like math team, debate, student government, newspaper, yearbook, or staying for X or J block (not sports).

Response	N	Valid Percent
One day per week.	444	20%
Two days per week.	520	23%
Three days per week.	307	14%
Four days per week.	150	7%
Five days per week.	238	11%
I do not participate in any school clubs or school activities after school.	580	26%
Total	2239	100%
Missing	57	--

For clubs and activities outside of school, please check off how often you usually participate after school. For example, these could include things like music lessons, art classes, volunteer work, karate or dance lessons.

Response	N	Valid Percent
One day per week.	397	18%
Two days per week.	410	18%
Three days per week.	352	16%
Four days per week.	164	7%
Five days per week.	237	11%
I do not participate in any clubs or activities outside of school.	681	30%
Total	2241	100%
Missing	55	--

Do you have any kind of a job at any point during the year?

Response	N	Valid Percent
Yes	1085	48%
No	1173	52%
Total	2258	100%
Missing	38	--

When do you work at your job? Please select all that apply.

Response	N	Valid Percent
Afternoons	424	39%
Evenings	416	38%
Weekends	739	68%
Other (please specify)	110	10%
Total*	1085	--

On average, how many hours per week do you work?		
Response	N	Valid Percent
0-3 hours	295	27%
3-5 hours	267	25%
5-8 hours	192	18%
8-10 hours	120	11%
10-12 hours	75	7%
12 or more hours	130	12%
Total	1079	100%
Missing	6	--

Do you take care of any younger siblings after school?		
Response	N	Valid Percent
Yes, regularly	149	7%
Yes, sometimes	305	14%
Yes, but only rarely	281	12%
No	1514	67%
Total	2249	100%
Missing	47	--

When do you take care of younger siblings? Please select all that apply.		
Response	N	Valid Percent
Mornings	49	7%
Afternoons	390	53%
Evenings	508	69%
Weekends	367	50%
Other (please specify)	37	5%
Total*	735	--

Do you participate in any other after school activities that have not yet been mentioned?		
Response	N	Valid Percent
Yes	366	16%
No	1873	84%
Total	2239	100%
Missing	57	--

What is the primary way you get home from school or your afterschool commitments each season?						
	Fall		Winter		Spring	
Response	N	Valid Percent	N	Valid Percent	N	Valid Percent
Walk	554	26%	328	22%	429	30%
Take a school bus at the end of school	330	15%	228	16%	220	15%
Take the late bus	42	2%	36	2%	27	2%
Take an MBTA bus	50	2%	38	3%	24	2%
Drive yourself	165	8%	102	7%	123	8%
Get a ride from a parent/guardian	789	36%	596	41%	452	31%
Get a ride from a friend	109	5%	102	7%	68	5%
Ride a bike	107	5%	21	1%	91	6%
Take the subway	7	0%	4	0%	4	0%
Other	15	1%	11	1%	12	1%
Total	2168	100%	1466	100%	1450	100%
Missing	128	--	830	--	846	--

What are the additional ways you sometimes get home from school or your afterschool commitments? You can leave this question blank if you do not have other ways.						
	Fall		Winter		Spring	
Response	N	Valid Percent	N	Valid Percent	N	Valid Percent
Walk	810	35%	560	24%	847	37%
Take a school bus at the end of school	321	14%	330	14%	318	14%
Take the late bus	145	6%	155	7%	145	6%
Take an MBTA bus	106	5%	122	5%	111	5%
Drive yourself	104	5%	123	5%	138	6%
Get a ride from a parent/guardian	918	40%	979	43%	911	40%
Get a ride from a friend	653	28%	709	31%	647	28%
Ride a bike	197	9%	76	3%	210	9%
Take the subway	28	1%	30	1%	29	1%
Other	33	1%	33	1%	33	1%
Total*	2296	--	2296	--	2296	--

What time do you usually get home each season?						
	Fall		Winter		Spring	
Response	N	Valid Percent	N	Valid Percent	N	Valid Percent
Before 3 pm	288	13%	279	12%	254	11%
3:00-4:00 pm	821	36%	848	37%	769	33%
4:00-5:00 pm	490	21%	537	23%	515	22%
5:00-6:00 pm	549	24%	468	20%	617	27%
6:00-7:00 pm	327	14%	289	13%	317	14%
After 7:00 pm	207	9%	276	12%	196	9%
Total*	2296	--	2296	--	2296	--

Note: students were only supposed to select one response for each season; however, some students selected more than one response to this item, so results should be interpreted with caution.

How many hours do you spend on homework in an average night?		
Response	N	Valid Percent
Less than 1 hour	109	5%
1-2 hours	541	25%
2-3 hours	655	30%
3-4 hours	506	23%
4-5 hours	241	11%
5-6 hours	108	5%
More than 6 hours	46	2%
Total	2206	100%
Missing	90	--

What time do you usually go to bed each season?						
Response	Fall		Winter		Spring	
	N	Valid Percent	N	Valid Percent	N	Valid Percent
Before 10 pm	279	12%	240	10%	257	11%
10:00-11:00 pm	1058	46%	982	43%	1000	44%
11:00 pm - 12:00 am	837	36%	913	40%	869	38%
After 12:00 am	388	17%	431	19%	412	18%
Total*	2296	--	2296	--	2296	--

Note: students were only supposed to select one response for each season; however, some students selected more than one response to this item, so results should be interpreted with caution.

What time do you usually wake up each season?						
Response	Fall		Winter		Spring	
	N	Valid Percent	N	Valid Percent	N	Valid Percent
Before 6 am	378	16%	392	17%	380	17%
6:00-6:30 am	1095	48%	1063	46%	1072	47%
6:30-7:00 am	727	32%	741	32%	730	32%
7:00-7:30 am	226	10%	235	10%	235	10%
7:30-8:00 am	19	1%	21	1%	21	1%
After 8:00 am	4	0%	3	0%	9	0%
Total*	2296	--	2296	--	2296	--

Note: students were only supposed to select one response for each season; however, some students selected more than one response to this item, so results should be interpreted with caution.

Is there a parent or guardian home when you leave for school in the morning?		
Response	N	Valid Percent
Always	1405	64%
Usually	502	23%
Sometimes	235	11%
Never	55	3%
Total	2197	100%
Missing	99	--

Is there a parent or guardian home when you get home in the afternoon or evening?		
Response	N	Valid Percent
Always	310	14%
Usually	756	34%
Sometimes	886	40%
Never	247	11%
Total	2199	100%
Missing	97	--

Please select the response that best reflects your current opinion. I think that high school should start later than it does now.		
Response	N	Valid Percent
Strongly Disagree	173	8%
Disagree	212	10%
Agree	559	25%
Strongly Agree	893	41%
I'm not sure	254	12%
No Opinion	108	5%
Total	2199	95%
Missing	97	--

Whether or not you believe that high school should start later, which of the following reasons for why high school should start later make the most sense to you for students? Choose all that apply.

Response	N	Valid Percent
Starting later would allow students to sleep later	1733	75%
Starting later would reduce the number of tardies students get	969	42%
Starting later would reduce stress for students	1411	61%
Starting later would give students more time in the morning	1382	60%
Starting later would help students focus more during the school day	1503	65%
Do you have other reasons?	395	17%
Total*	2296	--

Whether or not you believe that high school should start later, which of the following reasons for why high school should NOT start later make the most sense to you for students? Choose all that apply.

Response	N	Valid Percent
Students would have to start homework later	1101	48%
Students would have less free time in the afternoons	1396	61%
Students would have less time for after school jobs	996	43%
Students would have to start after school commitments later	1211	53%
Students would have to stay up later to get everything done	1124	49%
Do you have other reasons?	188	8%
Total*	2296	--

Now that you have seen some reasons for and against a later high school start time, has your opinion about start time changed? Please answer the following question based on your opinion now:

I think that high school should start later than it does now.

Response	N	Valid Percent
Strongly Disagree	199	9%
Disagree	310	14%
Agree	642	30%
Strongly Agree	670	31%
I'm not sure	260	12%
No Opinion	92	4%
Total	2173	96%
Missing	123	--