

## Energy Cycle Inventory: Find Your Best Time to Study

*This inventory will help you determine what time of day you function best and get the greatest return on your time invested in study.*

*To find your most effective time to study, score your responses using the four potential Keys for True and the four potential Keys for False. (Example: If you answered True for Question 5, you would add a 1 for the ∇ Category, 1 for the ■ Category, and 1 for the ☆ Category. If you answered False for question 5, you would add a 1 for the ✕ Category.)*

*Total the number of responses for each Key Category below.*

Statement	True	Category Keys				False	Category Keys			
1. It is usually very hard to get out of bed.		✕					✕			
2. It is easy for me to stay in bed until noon.			∇				✕		■	
3. I don't like to go to bed at night.					☆				■	
4. I get tired and sleepy in the afternoon.								∇		
5. It takes me until midmorning before I feel awake.			∇	■	☆		✕			
6. I enjoy morning classes.		✕						∇	■	☆
7. I study best in the morning.		✕								
8. I like to do most of my homework in the afternoon, after school.			∇						■	
9. I would like to have all my classes in the afternoon.			∇	■			✕			
10. I study best before noon.				■						
11. I study best after lunch.			∇							
12. I study best after dinner.					☆					
13. I study best late at night.					☆		✕			
14. I study best before dinner.			∇							

15. I would enjoy going to school only at night.				☆		×	▽	▪	
16. I like to do most of my homework in the evening, after dinner.				☆		×		▪	
17. I enjoy staying up all night.				☆		×	▽	▪	
18. I like to get up early in the morning to study difficult subjects.		×					▽	▪	☆
19. I get sleepy late at night and don't remember what I study.									☆
20. After I go to bed it takes me a long time to get to sleep.				☆					
Total the number of Category Keys for each True or False answer:									

**Your Score is:**

**Total the Key Category Responses for Both Category Here:**

× \_\_\_\_\_    ▽ \_\_\_\_\_    ▪ \_\_\_\_\_    ☆ \_\_\_\_\_

**If you scored highest in:**

- × Your best (most effective) time is most likely in the morning.
- Your best (most effective) time is most likely late morning, early afternoon.
- ▽ Your best (most effective) time is most likely afternoon, early evening.
- ☆ Your best (most effective) time is most likely late evening, and night.

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