

The Princeton Review/Wrigley "Study Habits Survey" Combined Results

You are:		
	Male	27.64%
	Female	72.06%
What year are you in college?		
	1st year	1.99%
	2nd year	26.00%
	3rd year	29.26%
	4th year	30.78%
	5th year	10.05%
	Don't know	1.35%
How would you describe your grades on average?		
	A	47.01%
	B	46.68%
	C	4.59%
	D	0.05%
	Don't know	1.17%
How far in advance do you start studying for finals?		
	One month	5.92%
	Two weeks	33.27%
	One week	36.24%
	Days before	21.23%
	The night before	2.94%
What time of day do you do the most studying?		
	Morning (6 a.m. to noon)	4.20%
	Afternoon (noon to 6 p.m.)	14.03%
	Evening (6 p.m. to 9 p.m.)	34.10%
	Night (9 p.m. to 12 a.m.)	40.78%
	Late night (12 a.m. to 6 a.m.)	6.47%
On average, how many hours do you study for finals?		
	20-24 hours	19.27%
	15-19 hours	22.08%
	10-14 hours	27.64%
	5-9 hours	22.18%
	1-4 hours	8.24%
What is your favorite way to study?		
	Repeating points out loud	9.25%
	Writing index/flash cards, then using them	18.24%
	Writing outlines	28.25%
	Highlighting text	12.56%
	Studying in a group	10.48%
	Going to review sessions	6.30%
	Other, please describe:	14.56%
Where is your favorite place to study?		

	Dorm room	21.86%
	Bedroom	24.20%
	Dorm common room/lounge	5.58%
	Library	28.04%
	Coffee shop	6.42%
	Outdoors	2.01%
	Parents' home	1.66%
	Campus pub/bar	0.15%
	Student union	1.52%
	Other, please describe:	8.28%
Do you do any of the following while studying?		
Drink caffeinated drinks?		
	Yes	60.87%
	No	38.90%
If yes, then why?		
	Relieves stress and tension	12.21%
	Increases focus and concentration	54.66%
	Combats boredom	33.13%
Chew gum?		
	Yes	36.17%
	No	63.42%
If yes, then why?		
	Relieves stress and tension	40.70%
	Increases focus and concentration	23.28%
	Combats boredom	36.02%
Eat snacks?		
	Yes	75.07%
	No	24.28%
If yes, then why?		
	Relieves stress and tension	32.39%
	Increases focus and concentration	20.21%
	Combats boredom	47.40%
Do you do any of the following while you take an exam?		
Drink caffeinated drinks?		
	Yes	18.55%
	No	80.86%
If yes, then why?		
	Relieves stress and tension	22.11%
	Increases focus and concentration	69.23%
	Combats boredom	8.66%
Chew gum?		
	Yes	31.80%
	No	67.28%
If yes, then why?		
	Relieves stress and tension	53.55%

	Increases focus and concentration	37.61%
	Combats boredom	8.84%
Eat snacks?		
	Yes	6.49%
	No	92.67%
If yes, then why?		
	Relieves stress and tension	37.90%
	Increases focus and concentration	35.16%
	Combats boredom	26.94%
What is your favorite music to study to?		
	Alternative	9.52%
	Blues	0.67%
	Classical	20.27%
	Country	6.28%
	Dance	0.65%
	Electronic	1.66%
	Folk	1.88%
	Hip Hop/Rap	2.68%
	Jazz	4.44%
	Pop	4.63%
	R&B/Soul	2.87%
	Rock	10.22%
	None	33.61%
What is your favorite study break?		
	Exercise	13.73%
	Watching TV/movies	21.22%
	Surfing the Internet	13.76%
	Napping	11.00%
	Socializing	28.68%
	Playing video games	4.63%
	Praying/meditating	0.79%
	Other, please describe:	5.82%
Do you feel increased stress or anxiety leading up to exam time?		
	Yes	84.69%
	No	14.91%
Do you have a good luck charm or ritual you perform before exams?		
	Yes	15.44%
	No	83.42%