



Stressed @fter Brock
Participant Newsletter
January 2014

More results from last year's survey!

Don't miss your opportunity to participate in Stressed @fter Brock again and earn cash!!
An email invite is coming your way!

Some thoughts about university when you were in Fourth Year...

What are you most proud of??

- Academic Achievements
- Friendships
- Being Involved in the Community



Any regrets??

- Not being more involved in the school community
- Not having tried harder to improve your grades
- Not having as active a social life as you would have liked

What keeps you motivated at school??

- Goals
- Friends
- Family

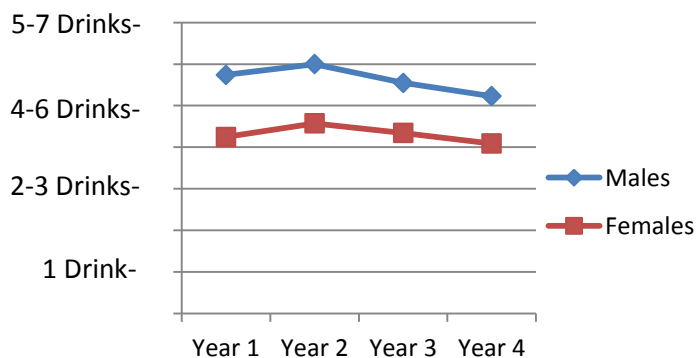


How your social life during the day helps you sleep better at night...

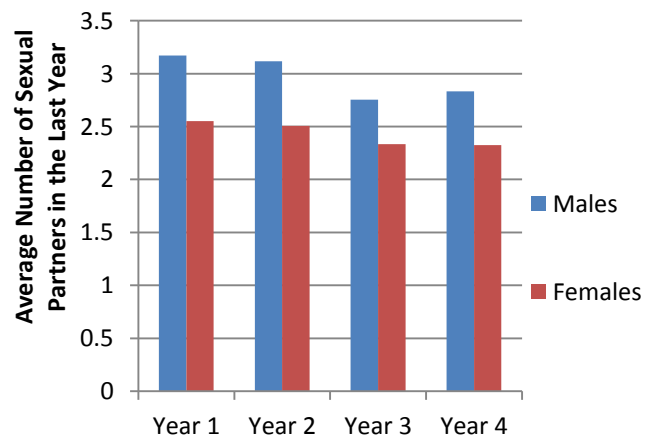


Your **social ties** (i.e., making new friends and participating in activities at university) may lead to better **emotion regulation**, which may in turn lead to better **sleep quality** over time.

Number of Drinks per Drinking Session @ Brock



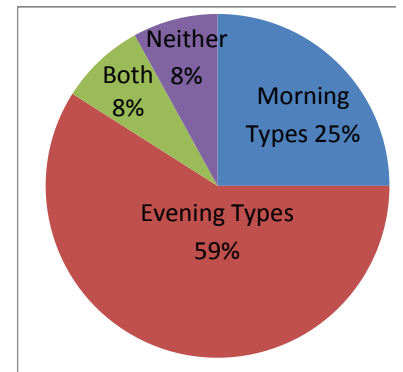
Sex (@ Brock)



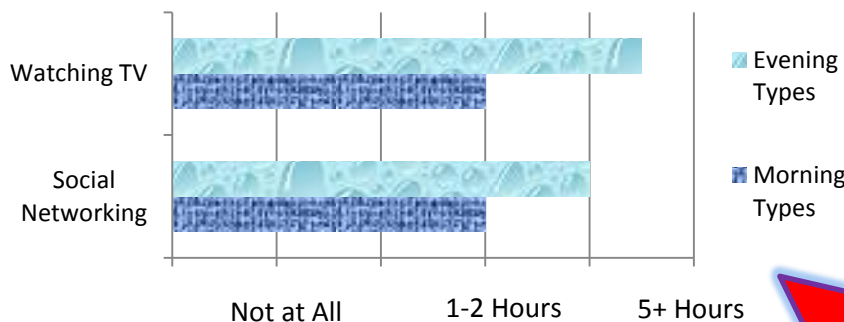
Does your preferred sleep schedule fit the 'early to bed, early to rise' pattern? OR do you prefer later bed times and wake times?

These preferences may be due to individual differences in circadian rhythms (daily sleep rhythm) which give rise to 'morning-types' and 'evening-types' (but some of you may be both or neither!)

Prevalence of Morning-Types vs. Evening-Types @ Brock

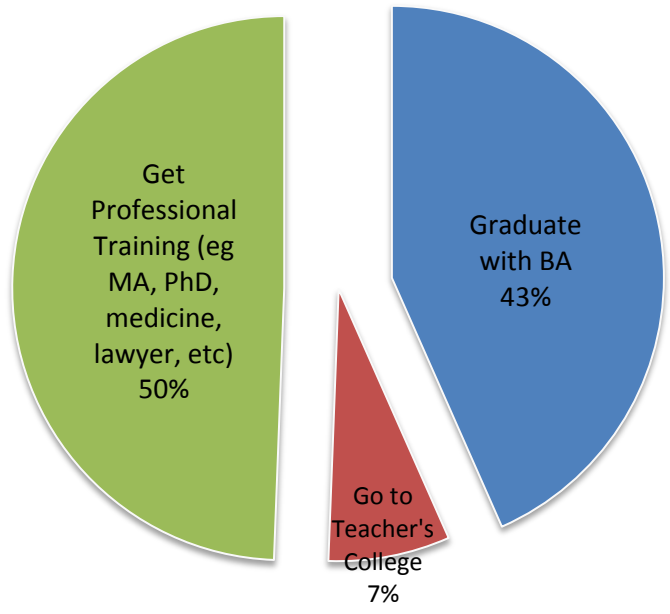


Social Media Use on the Average Day @ Brock



Morning-types and evening-types may differ on various psychological outcomes because of differences in sleep quality. [Click here](#) for a published study examining morningness-eveningness, sleep, and psychosocial adjustment based on the Stressed @ Brock data!

In Your Fourth Year of University, How Far Did You Plan to Go in School??



Academic Achievement @ Brock

