

Name _____

Rise and Shine: The Debate on Adjusting School Start Times for Teens

Multiple Choice Questions

1. Why do many teenagers struggle to wake up early for school?
 - a) They dislike going to school.
 - b) Their alarm clocks are broken.
 - c) Their natural sleep patterns clash with early start times.
 - d) They prefer staying up late at night.

2. According to the National Sleep Foundation, how many hours of sleep per night do teenagers need?
 - a) 5-7 hours
 - b) 8-10 hours
 - c) 2-4 hours
 - d) 12-14 hours

3. What are some potential benefits of adjusting school start times for teenagers, as mentioned in the essay?
 - a) Improved academic performance and fewer behavioral issues.
 - b) Longer school days.
 - c) Increased extracurricular activities.
 - d) More sleep for parents.

4. What challenges are associated with changing school start times for teenagers, according to the essay?
 - a) Improved grades and academic success.
 - b) Disruption of parents' work schedules and financial implications.
 - c) No challenges at all.
 - d) Fewer extracurricular activities.

5. Why is the debate over school start times for teenagers considered significant, as mentioned in the essay?
 - a) Because teenagers love waking up early.
 - b) Because it affects the well-being and academic success of students.
 - c) Because it doesn't impact anyone.
 - d) Because it's an easy problem to solve.

