**Night People Operating in a Morning Oriented World: Recommendations for Accommodating Students’ Natural Tendencies in Academic Settings**

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To examine differences between students who identify as morning or evening people, this research used a sample of 242 undergraduate students from the University of Windsor, who completed an online survey assessing the Big Five personality traits, learning orientation, effortful control, procrastination, risk behaviours, and chronotype. Previous research has demonstrated that people who operate naturally in the morning tend to exhibit more favourable characteristics while “night owls” display poor self-regulation. The present study determined that students who self-identify as morning people tend to procrastinate less, be more conscientious, display greater effortful control, and have a higher learning orientation (a true desire to learn and understand material). In contrast, night people were more likely to procrastinate, engage in academically risky behaviour, have neurotic tendencies, and have a higher grade orientation (the desire to get good grades, regardless of comprehension). Recommendations are made for accommodating these natural characteristics and increasing academic success.

**Reference:**

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