

How to Improve High School Performance: Start School Later

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Plain English Version



Waking a teenager up in the morning is always difficult. In some school districts they may be able to sleep later.

The results of research are coming in. If you start high school later in the morning, students will:

- Learn better
- Be late less often
- Get in fewer fights
- Make fewer bad decisions
- Get in fewer car accidents
- Have better attendance

Schools don't want to change their schedules for two reasons.

One is that it will change the daily routine. Family plans often include after-school activities.

Some people say that getting by on just a few hours of sleep is a sign of strength. Said an expert, "it means to some that you are working harder, and that is a good thing."

