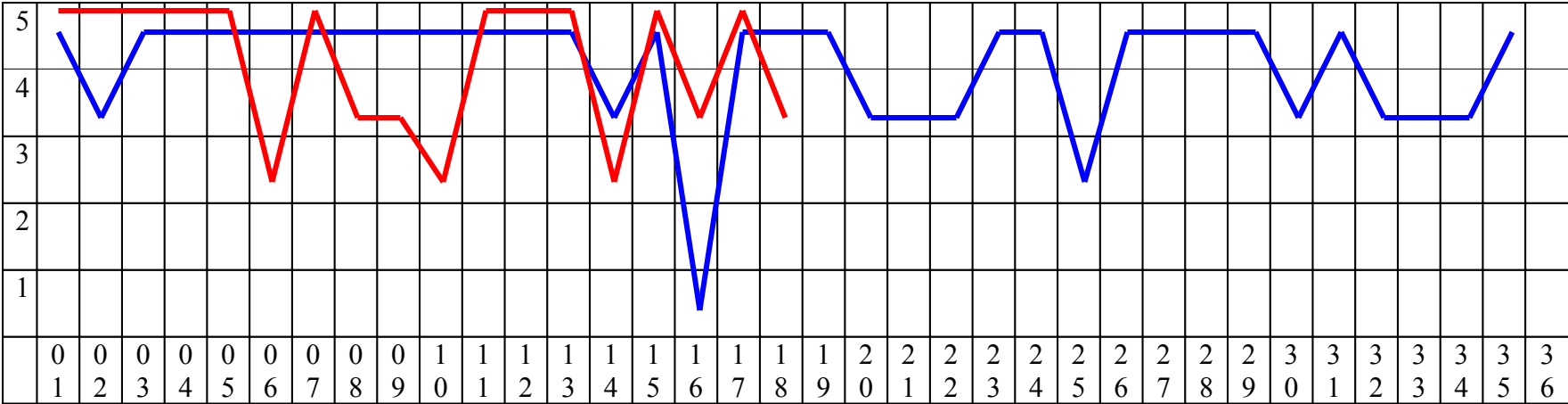


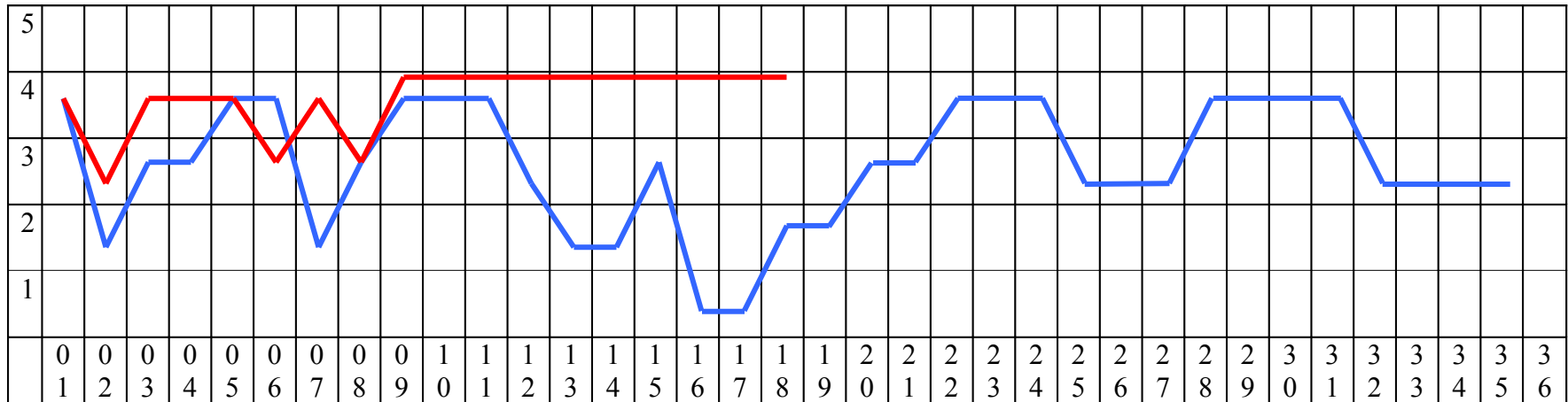
Satisfaction



Satisfaction Weeks 1-3 ————— Average 4.8

Satisfaction Weeks 4,5 ————— Average 4.4

Affect

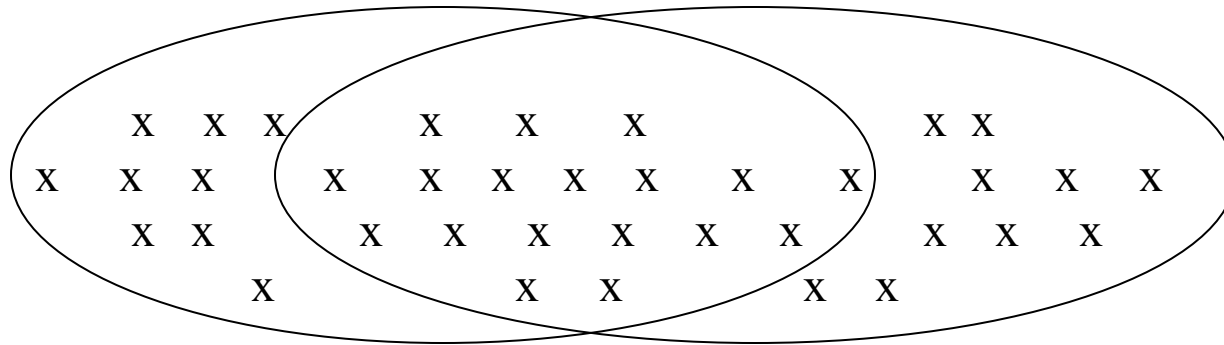


Affect Weeks 1-3 ————— Average 3.0

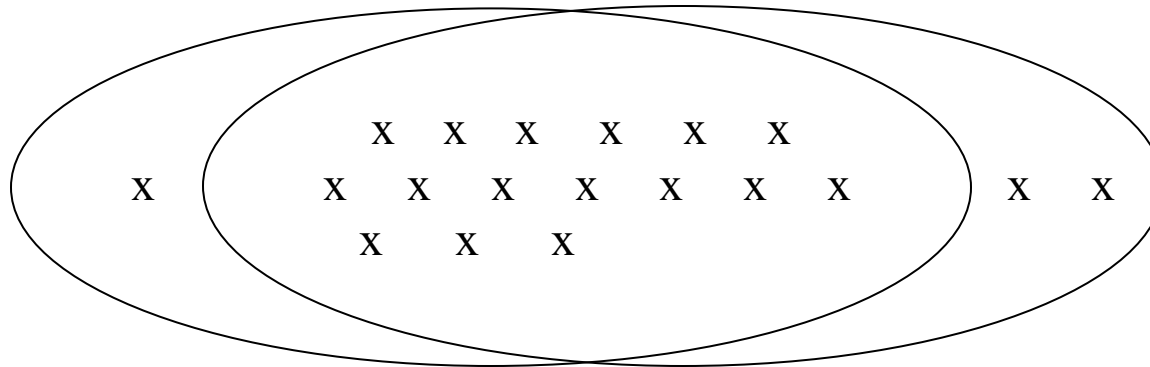
Affect Weeks 4,5 ————— Average 3.8

Reading and Writing: Separate or Together

Weeks 1-3



Weeks 4,5



Satisfaction and Success: Home versus Office

Average Satisfaction at Home: 4.35
Average Satisfaction at Office: 4.75

Average Success at Home: 4.2
Average Success at Office: 5

Statements of Conclusion: Weeks 1-3 versus (4,5)

I check email an average of 6 (5) times a day.

I write almost as often as I read (no change)

Technology is laptop or computer, pencil and paper (no change)

What I read is all for school and teaching, excluding email (no change)

What I write is half (never) personal, excluding email

I do almost everything in bed (no change)

Only interruptions are phone and daughter (phone, daughter, students, ex-husband, kids, running kids around, music, noise...the list goes on).

Breaks – cigs, potty, food (no change)

I fall asleep 1 in 5 times (never!!!) when I read.
I seldom work in silence.

Overall Conclusions

I hardly fall asleep at all anymore now that I'm healthy, so the bed isn't as big a problem as it used to be.

However, I am more productive at my office, where my success and satisfaction are significantly higher.

Thus I need a place to work besides my bed that isn't in the kitchen (I asked for a desk from my parents for Christmas!)

I'm very unproductive before 1 pm, but that's when I do other life things.

I have no specific work patterns, no place or time of day or anything—I have no structured allotted time except on weekends, but that's because I squeeze it in every available moment, so I don't see it as problematic.

The busier I get, the less I read or write for myself or read/write without doing both, perhaps an issue and a cause for less satisfaction with my work.

I need to plan to work other times when I know my kids will be home for the weekend!!!

On average, I work 5.3 (6.3) hours a day.