This is an online study about Time Perspective, Psychological Well-being, and Cultural Attitudes. You can sign up for this study through the SONA system.

You are invited to participate in the SONA study:

The Time of Your Life!

This online study has two parts:

- **Time 1**: 30 minutes
- **Time 2**: 60 minutes

Students will receive 2 SONA credits for completing both parts of this study.

Requirements:

- Must be enrolled in at least one psychology course at SFSU
- Must be at least 18 years old
- Must speak English

IRB#: 2020-050