

SHS Aviation:

Daylight Saving Time (DST)
Worksheet I



Name: _____

Date: _____ Period _____

Daylight Saving Time: <https://www.youtube.com/watch?v=bMrb56dDpic> (13:00 min, may have commercials)
Or access via the below link (this may work better for school issued computers)
<https://drive.google.com/file/d/1ATgYoj63PexCNn4ExqZpbA3krocctd8d/view?usp=sharing>

Directions: The best way to complete this sheet is to watch the video in its entirety completely first and THEN complete the answers as you watch it a second time, pausing the video at key moments.

1) When does our government mandate time to be moved to observe DST? (*not mentioned in the video, so if you miss class you will need to look this up*).

2) DST is written as... _____

3) Who was the first person to dream up DST?

4) Benjamin Franklin calculated the people of Paris could save \$ _____ between April and September, in today's money.

5) The video uses the term "Carpe Diem", what does this mean? (*again, not said in the video*)

6) Benjamin Franklin proposed something so more people could rise earlier. What did he call for to do in the mornings?

7) Did Benjamin Franklin's idea in the previous question catch on in popularity?

8) Why in the mid-1800's was having a bunch of different times between cities not really a problem?

9) What form of transportation propelled everyone to be on a consistent time?

10) In 1884 President Arthur hosted a convention that did what?

11) In 1905 George Hudson originated the modern idea of



12) Why did George Hudson propose this idea?

13) Why did William Willet in 1908 propose the time shift for DST?

14) William Willet in 1908 calculated changing times would add how many more years of daylight to your life by the age of 72?

15) Willet died in 1915. Did he convince anyone to move to DST?

16) What is unique about Willet's gravestone?

17) When did Willet's DST movement finally catch on?

18) Why did Germans adopt or go to DST?

19) At the end of WWI, who kept DST?

20) Why did President Woodrow Wilson enact DST into law?

21) Did farmers like the idea of DST?

22) In the 1930's what ratio of Americans observed DST?



- 23) In 1966, who signed DST into law, abolishing the “every town for itself policy” setting it up for the whole Country?
- 24) Are states allowed to exempt themselves and stay on standard time?
- 25) What two states exempt themselves from DST?
- 26) When did the European Nations put DST into law for everyone?
- 27) What advantages supposedly come from DST?
- 28) DST covers what fraction of the calendar year?
- 29) What “non-capitalism advantages come from DST?
- 30) What is a person’s circadian Rhythm?
- 31) What major accidents have been linked to DST?
- 32) Why can’t we change DST to become permanent?
- 33) What is the difference between biological clock and Social clock?
- 34) “Social Jetlag” is linked to.....



35) When is "Social Jetlag" worse? (Circle one)

Standard Time

Daylight Saving Time

36) European Countries have voted to stop changing to DST beginning in

37) Near the equator, DST does not really make sense. Why?

