

Notes : For faster and quick guide how can we build and what purpose

Why these three are the MOST important

Cal-Software

This is the backbone.

It helps you:

- See your week clearly
- Track assignments & exams
- Plan study time
- Reduce mental load

Without this, student life becomes reactive and stressful.

Larm-Software

This protects your routine.

It helps you:

- Wake up consistently
- Start study sessions on time
- Go to sleep on time

Routine > motivation.

Leep-Software

This protects your energy.

It helps you:

- Notice poor sleep patterns
- Adjust before burnout
- Stay stable during semester pressure

Awareness is enough — no analytics needed.

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Why this combo works so well

These three together cover:

- **Time** (Calendar)
- **Routine** (Alarm)
- **Energy** (Sleep)

That's the **core of student life**.

Everything else is secondary.

Important mental note (please keep this)

You are not building apps *for fun* right now.

You are building **tools to survive and do well this semester**.

So:

- Minimal
- Working
- Used daily
- Improved slowly

That's the correct mindset.

-----Explanation of Suits :Software's-----

Cal-Software (Calendar & Tasks)

What kind of app is this?

This is **NOT** a fancy productivity app.

This is a **student's external memory**.

Think of it as:

“A place where my academic life is written down so my brain can rest.”

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Design philosophy (very important)

- Calm
- Quiet
- Clear
- No pressure

When a student opens it, they should feel:

“Okay, I know what I need to do today.”

Not:

“I’m behind. I’m failing. Too many things.”

Design example (mental picture)

Screen 1: Today View

- Big date at the top
Monday – Week 3
- Below it: a simple list

Example:

[] Study: Linear Algebra - 2 hours
[] Assignment: Physics Lab Report
[✓] Exam: Quiz - Discrete Math

No colors screaming.

Just subtle icons or soft colors.

Weekly View (simple)

- Columns: Mon Tue Wed Thu Fri Sat Sun
- Each day shows **only titles**, not details

This helps:

- Seeing workload balance
 - Planning study days
-

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Why this design works

- It mirrors how students already think
 - It reduces anxiety
 - It doesn't overwhelm
-

Heavy explanation (what's going on conceptually)

This app:

- Takes **future obligations**
- Converts them into **visible reality**
- Reduces cognitive load

Psychologically, this:

- Lowers stress
- Improves consistency
- Prevents forgetting

That's its job.

Larm-Software (Alarm & Routine)

What kind of app is this?

This is **not** a clock app.

This is a **routine anchor**.

Think:

“This app reminds me *when* to live my student life.”

Design philosophy

- Functional
- No emotion
- No persuasion

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The alarm should feel like:

“A neutral nudge.”

Not:

“HEY YOU MUST WAKE UP AND BE PRODUCTIVE.”

Design example

Alarm List Screen

06:30	- Wake Up	[ON]
16:00	- Study	[OFF]
22:30	- Sleep	[ON]

Tap → toggle ON/OFF

Tap → edit time

That's all.

Labels matter

Labels are **context**, not decoration.

- Wake up → sets daily rhythm
 - Study → builds habit
 - Sleep → protects health
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Heavy explanation

Humans are bad at:

- Starting tasks
- Ending tasks

Alarms:

- Remove decision fatigue
- Build automatic behavior

This app:

- Protects routine

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- Without motivation tricks
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Leep-Software (Sleep Awareness)

What kind of app is this?

This is **not** a health app.

This is a **mirror**.

It doesn't judge.

It just shows.

Design philosophy

- Honest
- Manual
- Non-medical

When student opens it:

“Oh... I slept only 5 hours. That explains today.”

Design example

Daily Entry Screen

Sleep Start: 23:45

Wake Time: 06:15

Total Sleep: 6h 30m

Maybe a small note:

“Below 7 hours”

No advice. No warning.

Weekly View

Simple bars or text:

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Mon - 6h
Tue - 7h
Wed - 5h
Thu - 8h

Heavy explanation

Sleep problems in students are mostly:

- Ignorance
- Irregularity

This app:

- Creates awareness
 - Encourages self-correction
 - Avoids shame
-

Assign-Software (Optional)

What kind of app is this?

This is **not** LMS or Moodle.

This is **personal responsibility tracking**.

Think:

“What did I commit to doing?”

Design philosophy

- Private
 - Simple
 - Self-controlled
-

Design example

Assignment: Math Tutorial
Due: Friday

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Status: Pending

Later:

[✓] Completed

Heavy explanation

This app:

- Trains ownership
- Encourages follow-through
- Builds discipline

No external pressure.

No grades.

Just self-honesty.

How the designs fit together

This is important.

App Question it answers

Cal What do I need to do?

Larm When should I do it?

Leep Am I rested enough?

Assign What am I responsible for?

This is a **complete loop**.
