SHOULD I CHECK MY EMAIL?

When did I last check?

- **WAIT 15 MIN**
- **< 5 min ago**
- **>15 min ago**

Do I really, really, want to check ?

→ **CHECK EMAIL AS NEEDED**

Am I at School?

- NO
- YES → **Am I expecting a job offer?**

Am I expecting a job offer?

- NO → **Am I expecting other emergencies?**
- YES → **CHECK EMAIL**

Am I expecting other emergencies?

- YES → **CHECK EMAIL**
- NO

Is the time checking going to disturb me?

- YES → WAIT 15 MIN
- NO → **CHECK EMAIL**

CHECK EMAIL

WAIT FOR BREAK

Is there a break within 3 hours?

- YES → **WAIT FOR BREAK**
- NO