Una the Undergraduate Student

Student Profile

Age: 20

Gender: Female

Martial Status: Single

Occupation: Undergraduate student

Education: University of Leicester

Course: BSc Creative Computing

Likes: Planning and being organised, drawing, coding, technology

Dislikes: Unstructured/unplanned days, waking up late, loud noises

Goals: Manage assignments and school tasks, to not be frustrated when tasks take longer than initially planned, have productive days

Quote: 'Self-reflect to make your next moment better'

Frustrations: Getting into a mood because of not being able to complete tasks within a specific time, not being able to follow a planned routine

Aspirations: Better control over moods and emotions, not letting negative moods and emotions effect working on other school tasks, better management and organisation of tasks, allow flexibility if plans change

Scenario 1 - Una

- Una wants to use her calendar app to plan her next day from morning to evening. She plans to wake up at 6am to get the most of the day - work on coursework assignments throughout the morning, have a 2 hour break after 12pm, having time to draw and code for fun. In the evening, she sets time aside for cooking and eating dinner and will continue to work on her coursework, and prepare to rest after 10pm. However, the next day she woke up late, missing an 1hr and 30min to work on assignments. This interrupts the flow of her plan, which means she needs to decide how to reorganise her day, but she finds it difficult to focus on restructuring her day because she's upset her day didn't start well. She needs to decide if she needs to compromise and move some of what she planned to another day, or continue with the what she planned in the rest of her day. To avoid continuing being in a negative mood, she opens the task manger app and enters a positive mood goal she wants to achieve instead remaining in a negative mood, so that it doesn't affect the rest of her day. She enters her current mood but doesn't add a suggested task. Then she uses the app to add and schedule tasks for the day.

Storyboard - Una

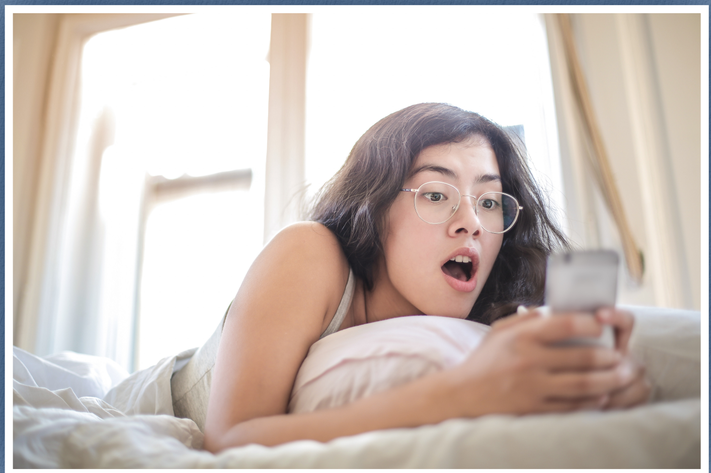
"I think I've planned a productive day for tomorrow!"

"I can work on my coding projects for my coursework…"

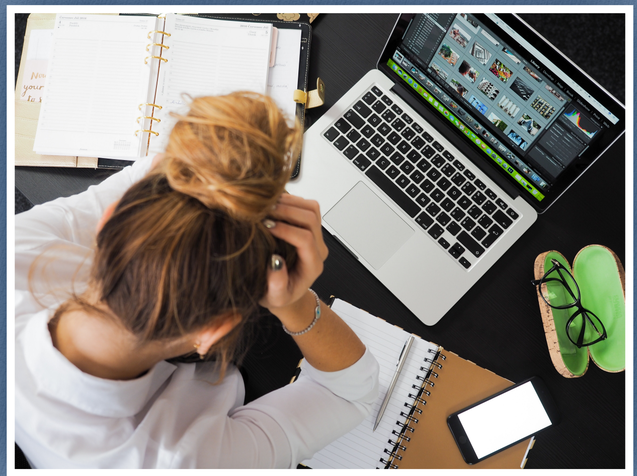
"…and I've made time to practice my drawing skills…"

"My day is all well planned for tomorrow."

Storyboard - Una



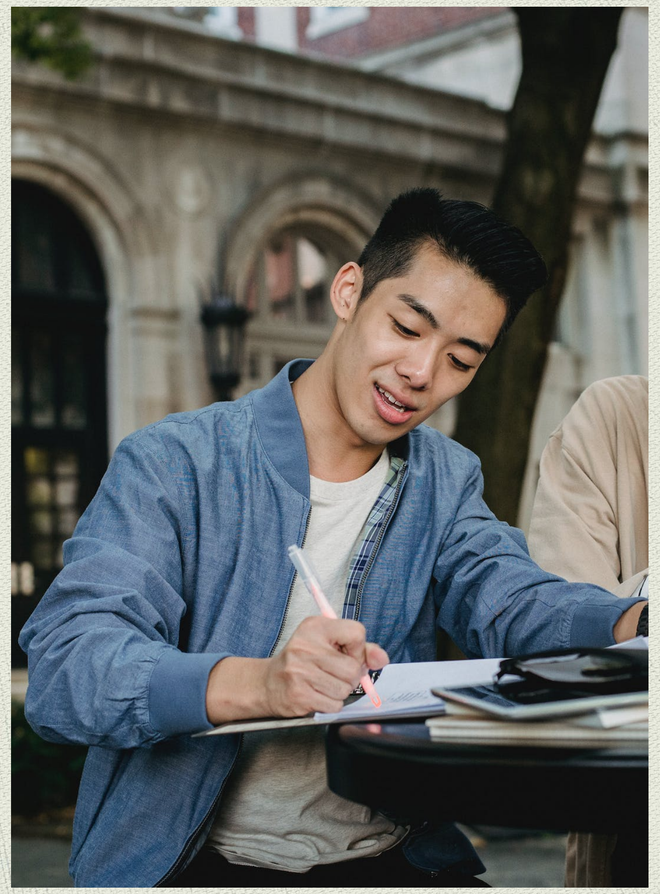
"Oh gosh, I've woken up late!"



"Waking up later than I had planned has ruined my plans. Before I get too upset, let me see how I can re-structure my day…"

"I can use my task manger to re-organise my day. Glad I can make goals here - I can track my mood by entering my current mood and aim to be in a positive mood."

Prince the Postgraduate Student



Student Profile

Age: 27

Gender: Male

Martial Status: Single

Occupation: Postgraduate student

Education: BCU

Course: MA Design and Visualisation

Likes: Design and rendering, using technology to be creative, sport, reading

Dislikes: being unprepared, tiredness

Goals: Plan days that makes time to manage school work and hobbies

Quote: “Live to the fullest”

Frustrations: Sleeping because of tiredness and lack of energy to do school work, not meeting goals

Aspirations: Manage days in a healthy way, maintain a positive mood when working on school work, finding time for creative hobbies

Scenario 2 - Prince

- Prince wants to make some time for sport and to work on his coursework. He makes time for sport in the morning to early afternoon, and plans to work on completing half of his coursework afterwards. However after playing sport, he becomes tired for school work, and his tired state becomes his mood for the rest of the day. He ends up making slow progress on his coursework, and due to his slow progress he doesn't achieve what he desired (completing half of his coursework). At the end of the day, he thinks that his goals are not realistic for him, or not achievable, and that he is putting too much pressure on himself to complete a large amount of work - especially if he decides to do sport on the same day. He opens his task manager to enter his current tired mood - the task manager suggested to take a rest based on his mood, so he decides to rest. The next day, he uses his task manger app to plan his days by creating tasks and creating a weekly goal so that he is consistent in maintaining a manageable day. Plus, it helps him visually see how his day is planned out - he even enters his current positive mood as he's anticipating that his week will go well.

Storyboard - Prince

"Time to do some exercise! Looking forward to it!"

"I spent good time doing some sport. It's time to do my coursework…"

"Wow, that physical activity is kicking in. I'm getting a bit tired…"

Storyboard - Prince

"It's been some hours now, and my tiredness is slowing down my progress. I was hoping to complete half of my coursework today - I don't think that will happen!"

"I shouldn't have done exercise earlier, or maybe my goal to complete half of my course was too big for me. I don't want to keep being frustrated and tired. My task manager app even suggests I should rest - I probably should…"

"You know what, it's now a new day, I'll plan my tasks realistically with the task app - and I'm pleased with how this turned out! I hope I can keep this up for the rest of the week - I'll make this my weekly goal."