Aoife McQuillan

A person with glasses on her head

Description automatically generated

Age - 22

Occupation – Final year undergrad student

Location – Newcastle, England

Living situation – Shared student house

**About**

Aoife is a final year undergraduate student. She was a high achiever at school, but struggles with motivation for independent study at university. She prioritised socialising over studies during 2nd year and was disappointed with her results. She lives in shared student accommodation with friends who are studying different subjects.

**Goals**

- Move focus from socialising to studies to achieve desired degree classification

- Bring more structure back to her life after summer break and get back into good habits

- Minimise procrastination time to counter anxiety over assignments

- To feel confident in her abilities again

**Frustrations**

- Student accommodation room is dark and cramped, prefers to study at the library which is a 20 minute walk away

- Easily distracted by housemates and often changes plans at the last minute

- Procrastinates starting assignments because they seem daunting

- Struggles to estimate how long tasks will take and often runs out of time to complete assignments to the best of her ability

**Behaviour / personality**

- Disorganised

- Easy-going

- Extraverted

**Needs**

- To be able to plan a study session easily on the go

- Encouragement to break down large projects into smaller tasks that are achievable over several sessions

- Motivation to not give in to distractions

- Longer term planning for deadlines over the course of a 3-month semester