



## Valerie

- Age: 22
- Bachelor student, psychology major
- Finds peace in reading her favorite fantasy books with a cup of tea while her cat is snuggled on her lap.
- She tutors in German for students from 5th to 8th grade.
- She attends dancing classes 2x a week after Uni.
- Started learning Japanese in the summer and would like to continue learning it consistently.
- She is feeling quite overwhelmed lately with her term papers, which are due soon. She lacks motivation to overcome her writer's block but is also annoyed that time is passing, and she feels like she's behind.
- Having to catch up on things, she canceled tutoring twice and didn't go to dancing class for the past two weeks.
- She is not happy with how her schedule is getting out of hand and how she feels guilty about doing anything fun. If only she had a way of motivating herself to sit down and write for 2 hours every day so that she can catch up on her other duties and still relax and read in the evening without having a bad conscience.



## Liam

- Age: 29
- Ph.D. student in Computer Science, specializing in data science.
- Liam recently got married in the summer and is starting a new chapter in his life.
- During his commute to and from the university, he enjoys reading self-improvement books and listening to podcasts. He's currently working on one of his new year's resolutions to read one each month
- In addition to his research projects, Liam serves as a course instructor and tutor for object-oriented programming for bachelor students.
- Every Thursday, he and his office buddy, Rahul, have a tradition of celebrating having gone through the longest work day of the week with a beer.
- During his free time, Liam loves to spend quality time with his wife, who is also a Ph.D. student. He enjoys playing racquetball and swimming.
- Before getting married, Liam never really felt like he had an issue with time management because he lived alone and always managed to make things work, meeting deadlines even if that meant slacking on cleaning the dishes or tidying up after himself. It wasn't that he was a messy person; he preferred things to be clean, but he never seemed to have the time.
- However, now that he is married, he wants to say goodbye to his bad habits and learn how to improve his productivity to have more time for his wife and his hobbies.



## Maria

- Age: 26
- Master student from abroad majoring in Mechanical Engineering
- She moved to Germany four weeks ago and started university this week.
- She feels excited to discover Germany and other European countries.
- However, since everything is still new to her, and she doesn't speak German well, she feels slightly overwhelmed with getting acquainted with her new life situation and education.
- Back home, she enjoyed visiting her grandmother, which inspired her to read and write poetry.
- Maria always keeps a small notebook and pen with her wherever she goes. In it, she writes poetic lines about things that bring her joy and inspire her throughout the day, even things that make her sad. It's her way of expressing herself.
- Lately, however, she has been very busy settling into her new life and has not had the time nor the peace of mind to zone everything out and write.
- Her plan is to do some research on how she can get on track with her university duties, learn German so that she can get back to writing poetry, and get inspired by the new life she's living.