Jake believes that he works well under pressure. In the past he has always enjoyed socialising and is the one to get all his friends together. He will tend to prioritise helping out friends or meeting up over doing his own work. He can pull a couple of all-nighters and get it done nearer the time. Jake is aware that this term he has more assignments and the reading will take longer but every time he sits down to do work he goes onto facebook and looks up upcoming events.

Katie wants to get a first but whenever she starts to look at her assignments she feels sick and is worried that she will fail. To calm herself down and get ready to study she goes on twitter but before she knows is engrossed in clickbate and it is too late to do any work.

Maya is on three society execs. Other members of the society are reliant on her to ensure that the events are run smoothly. Every time she logs on there is another situation that she is able to resolve. It is quicker for her to reply now and the work can wait.

Mo is an international student and his family worry when they do not hear from him each day. Because of the time difference he can only skype his Mum in the evening, but his brother is away at a different uni and is not usually around to chat to so to keep up with each other they post daily pics on Instagram. His education is expensive and wants to ensure his family are updated and proud of what he is achieving.

Zara is concerned that she does not have enough time. She prefers working in the library but it gets busy so she arrives early to make sure that she gets a good seat. She finds that she is spending too much time browsing you tube videos so will stay at the library till very late.

Ali is good at getting started with work but finds it hard to concentrate. He will keep some internet tabs open in the background and will flick between doing work and browsing social media. He doesn’t give himself breaks as he regularly stops to look at social media and knows how much time he spend browsing.