The Work-Life Balance of University of Toronto Students

INF1602H: User Research

PRA0104 Group 2

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Secondary Research

Methods Used

Given that the objective of our research was to analyze information regarding the work-life balance of post-secondary students in Canadian Universities, the main themes of our secondary data were targeted to include student mental health, nutrition, physical activity, sleep patterns, study duration, time management and stress-related coping mechanisms. The method used to conduct our secondary research was the review of nineteen online sources. This includes the analysis of two scholarly articles, three news reports, one blog, nine general informational websites, and three survey-based reports published by the Government of Canada and the University of Toronto's Presidential & Provostial Task Force on Student Mental Health.

Outline of Sources

Scholarly Journals: The Journal of Higher Education Research & Development | The Journal of Mental Health

News Articles: BBC | McGill University Newsroom | MacLeans

Blog: Higher Education Today

Reports: Government of Canada | University of Toronto

Websites: Ontario Universities | Canadian Mental Health Association | Best Colleges | The Productive Engineer | Lumen Learning | Drug watch | Strong 4 Life | Todoist | Psychology Today | Positive Psychology | Reviewed | Suicide Prevention Resources | School of Mental Health Ontario

Summary of findings

Our main findings conclude that 75% of those who will develop mental health issues do so between the ages of 16 to 25, meaning that students embarking on post-secondary education are at a significantly higher risk of having to cope with these struggles for the first time during their studies. In fact, the 2019 National College Health Assessment survey findings revealed that 52% of students at Canadian Universities stated that they felt so depressed over the past year that functioning on a day-to-day basis was difficult. Likewise, over 69% reported that they experienced "overwhelming anxiety."

According to the 2019 survey report by the University of Toronto's Presidential & Provostial Task Force on Student Mental Health, students are not content with the current mental health services provided by the University. It stated a desire for a unified access point for students of all campuses, colleges and divisions to easily access mental health resources. Student respondents conveyed that the current websites were not user-friendly, citing that they were confusing to find and navigate. A desire for "streamlined access to care (e.g., having one app, one card, one logo, one key website)" was expressed, alongside the need for a simplified description of services and expanded access to use them.

Our research indicates that mental health struggles within post-secondary students have a significant adverse effect on students' ability to remain focused and motivated. The consequences of this include lower GPAs and the inability to graduate on time or to complete their degrees altogether. These outcomes are likely to intensify the struggles faced by these students, making it increasingly important to be proactive upon the onset of mental health concerns.

The findings suggest that a steady work-life balance can help to alleviate some of the struggles that those with mental health issues face, which has led us to focus our efforts on trying to uncover how students balance their schoolwork with their well-being. Research has proven that factors such as eating well 3 times a day, engaging in 4 hours of physical activity a week, sleeping 7-9 hours a night and studying in 75-90 minute intervals with 15-30 minute breaks have been proven to increase productivity and wellness. Alongside regular social interaction and periods of relaxation, students will be better equipped to manage the stresses of school and day-to-day life. Meaningful coping activities include setting a routine and making a schedule to manage one's tasks, which have proven to be especially beneficial. Resultantly, our primary research was tailored to focus on how students manage their current work-life balance, compared to the recommended rates of studying, sleep, exercise, and leisure.

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Primary Research

Participants and Recruitment

The participants recruited for our primary research were screened to ensure that they were students at the University of Toronto or recent alumni who graduated less than two years ago. There was no limitation on factors such as age, gender, program, level of study, or domestic or international status to ensure that our findings would be inclusive and representative of the current conditions. We chose to target current students in the hopes that their feedback can enable us to identify current problems and better cater to their needs. The decision to include alumni who graduated less than 2 years ago into our primary data was due to the fact that their experience at university is still recent enough to provide valuable insights. Ultimately, we had 48 participants take part in our primary research data, 8 of which were interviewed and 40 of which completed our survey.

Data Collection Process

Our recruitment process involved directly contacting eligible contributors, along with posting calls for participants using our social media channels such as Facebook and Instagram, alongside other messaging applications including Slack, Discord, and Whatsapp groups. The breadth of methods used to recruit participants was strategically planned to collect diverse information from individuals from different programs and levels of studies throughout the university. In addition to using convenience sampling by contacting eligible participants within our own personal networks, we also used applied snowball sampling by contacting the friends of our peers that are not directly within our social circles.

The interviews were conducted using a set of pre-written questions, many of which were open-ended to prompt unique answers from participants. Questions were divided into 3 major components: productivity, mental health and coping with a heavy workload. They were delivered in a semi-structured format that lasted approximately 15-20 minutes. During the interviews, our team members asked questions and wrote down the responses from the participants, often while recording the session with permission. The findings were later compiled into an affinity diagram, where they were

compartmentalized into themes and patterns, frequency counts were recorded, and notable quotes were extracted.

We designed a brief 5-10 minute survey containing twenty-four questions using Google Survey. Twenty-two of these questions were set to be mandatory and were multiple-choice. The other 2 questions were optional to respondents considering their privacy and comfort. We also added the "Prefer not to Answer" option for 4 questions related to personal feelings. The survey was published on common social media platforms where there were a lot of UofT students. The survey was open from September 6th to September 8th. Within two days, we received 40 responses which we numbered and organized from 1 to 40. We considered response No. 39 as an outlier and the remaining 39 responses were considered valid answers.

No. 39 is denoted as an outlier for the following reasons:

- The respondent stated his age is "under 18" and at the "graduate" level. This is not common.
- The respondent stated he spends "more than 10 hrs" on school work and "more than 11 hrs" on sleeping. This is inconsistent with usual habits.
- Reviewing all of the respondent's answers, most of the answers are at the last option in each question.

Subsequently, we decided to exclude this data point from our data. Raw data was transferred from Google Survey into Excel. We used Excel to denote the outliers and make graphs.

Survey Results

## Quantitative Data

Demographic:

Among the valid responses, 46% (18) identify as male, and 54% (21) identify as female.
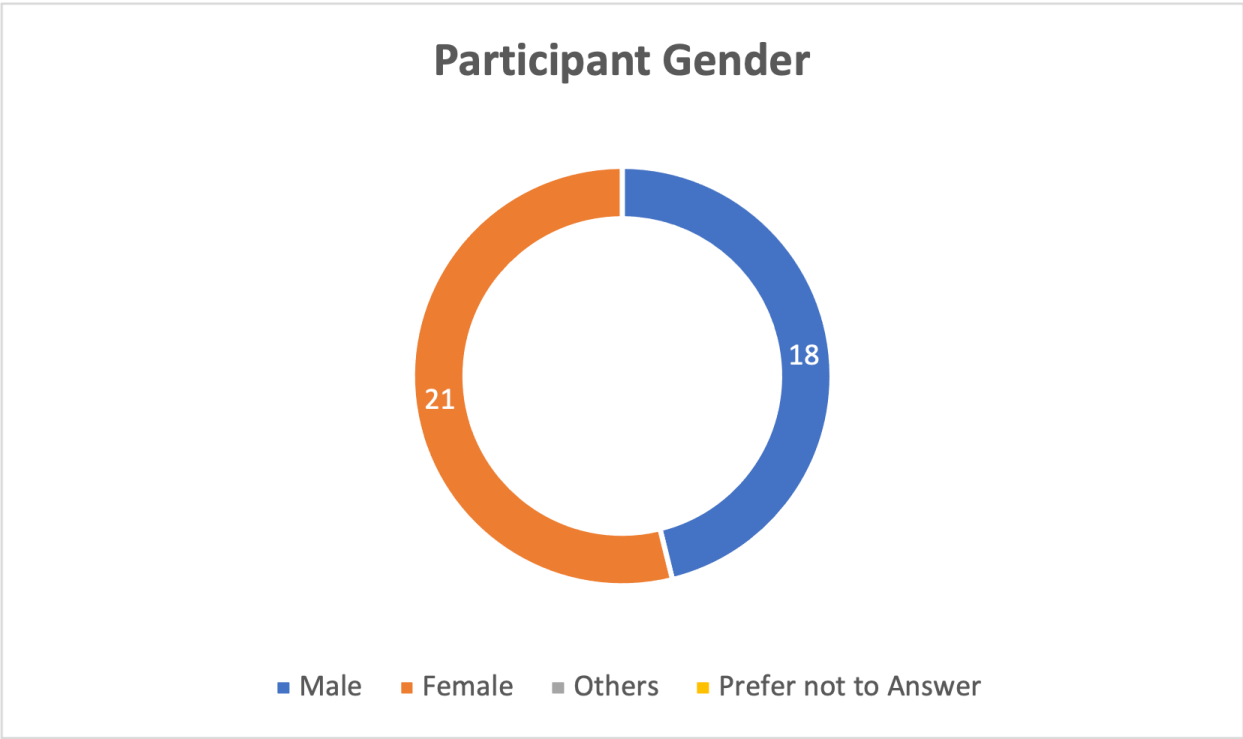
The age distribution is shown below: 18 participants are between the age group 18 to 22 years old, accounting for 46%. The second largest age group is between 23 and 27 years old, with 17 participants which accounts for 44%. Three participants (8%) are between 28 and 32 years old, and there is 1 person who is older than 33 years.
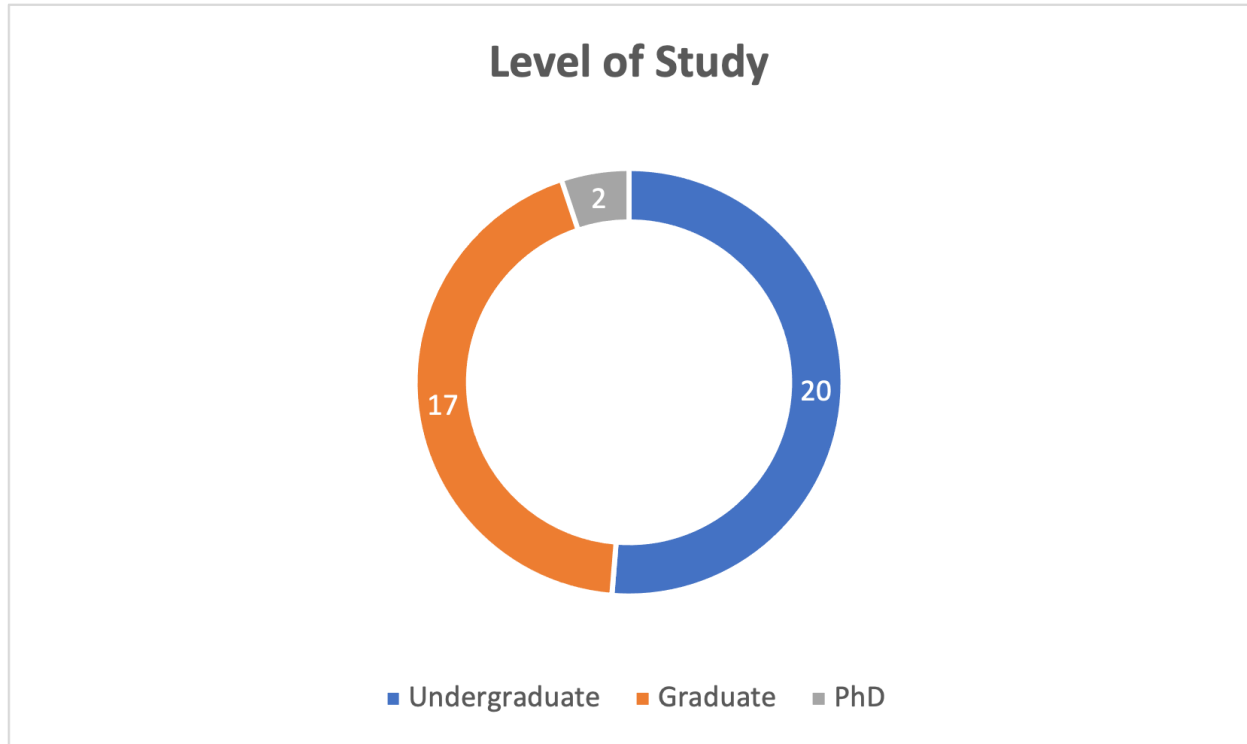
Participant Age

Legend: Under 18, 18 - 22, 23 - 27, 28 - 32, Over 33
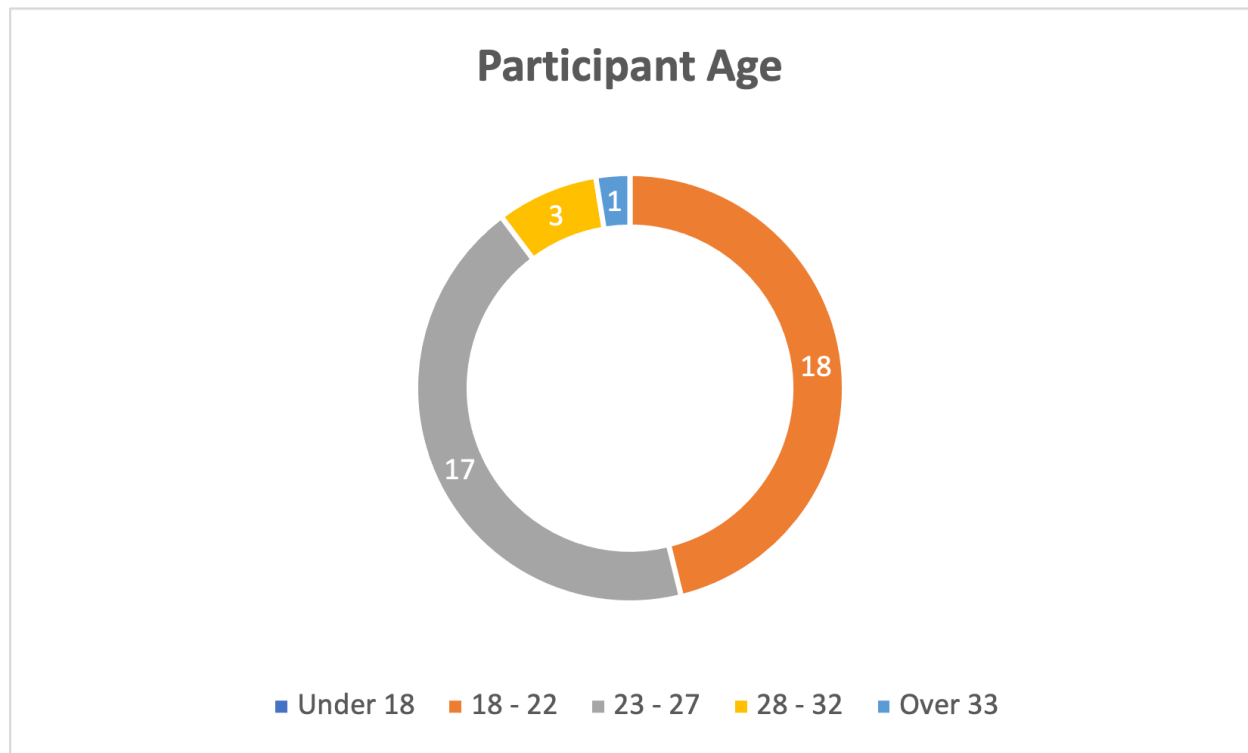
There are 34 current University of Toronto students accounting for 87%, and 5 participants who are alumni (accounting for 13%.)

Current Status

5

34

■ Current Student ■ Alumni
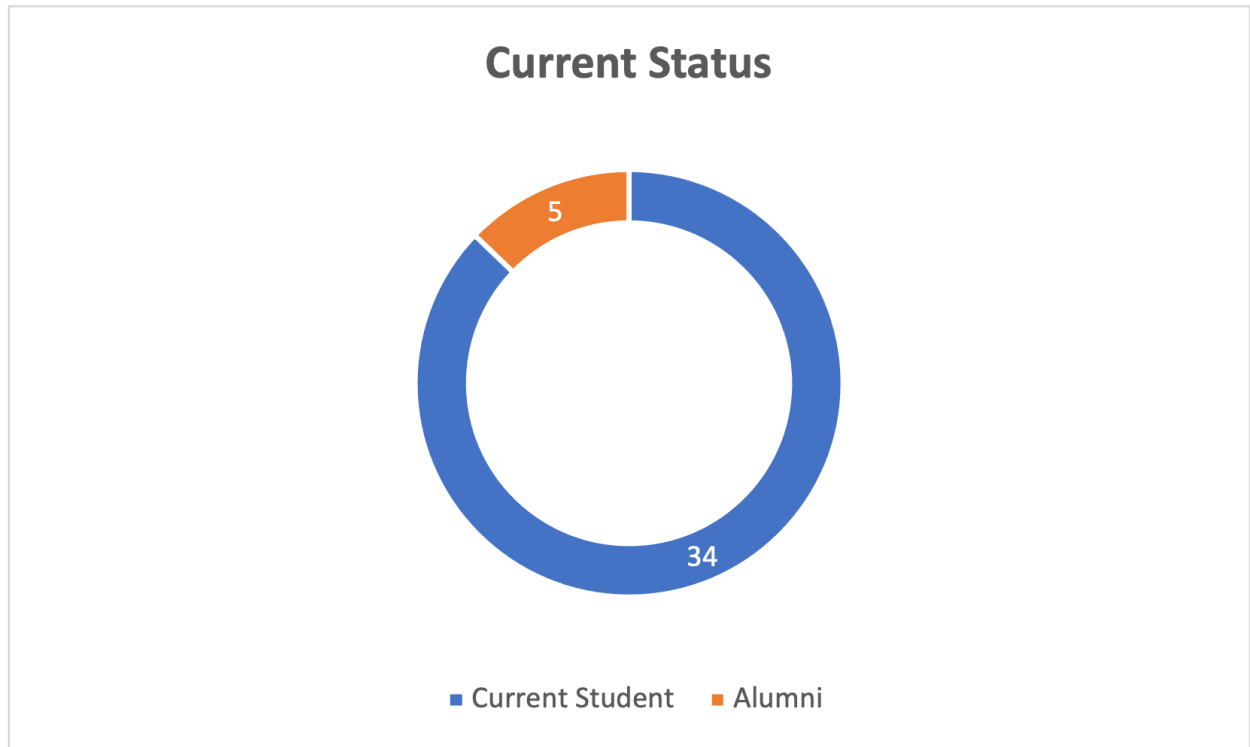
Since we used convenience and snowball sampling for this research, participants are primarily from the Faculty of Arts and Science and the Faculty of Information, with a total of 29 participants accounting for 73%. The reasoning behind the bias may be due to our recruitment process of contacting participants through our social media accounts. Resultantly, most of our respondents ended up being our classmates from the Master of Information program.

Faculty Distribution
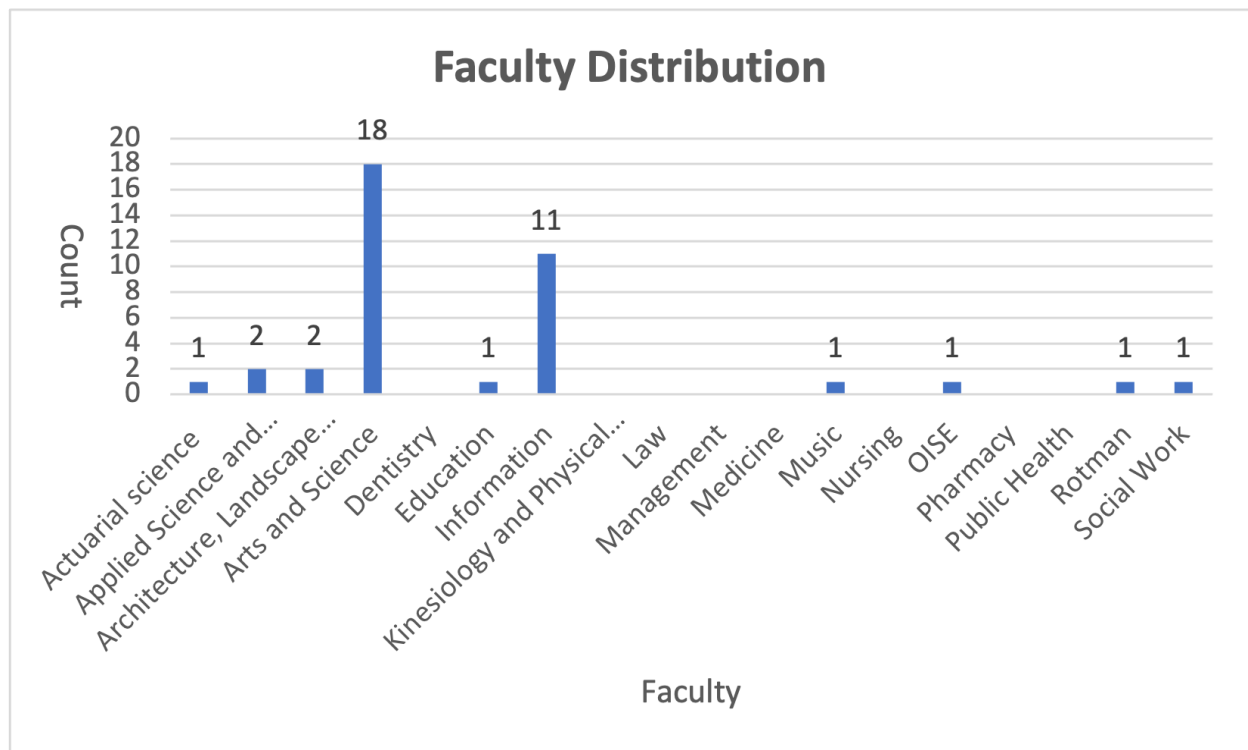
In terms of the respondent's level of study, 51% (20) of the participants are undergraduate students, and 44% (17) of participants are graduate students. In addition, we collected 2 responses (5%) from Ph.D. students.

Level of Study
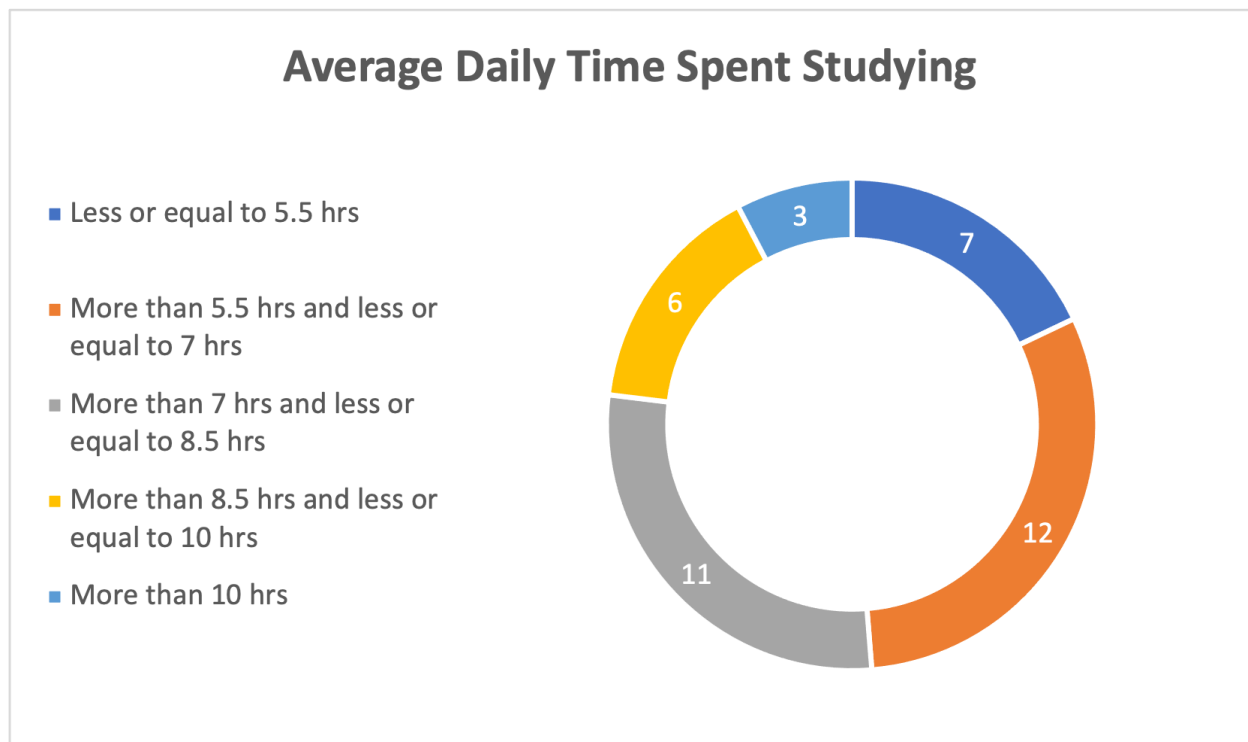
20

17

2

■ Undergraduate   ■ Graduate   ■ PhD

Our last demographic question was about the nationality of the respondents: 44% (17) of participants are domestic students while 56% (22) of them are international students.
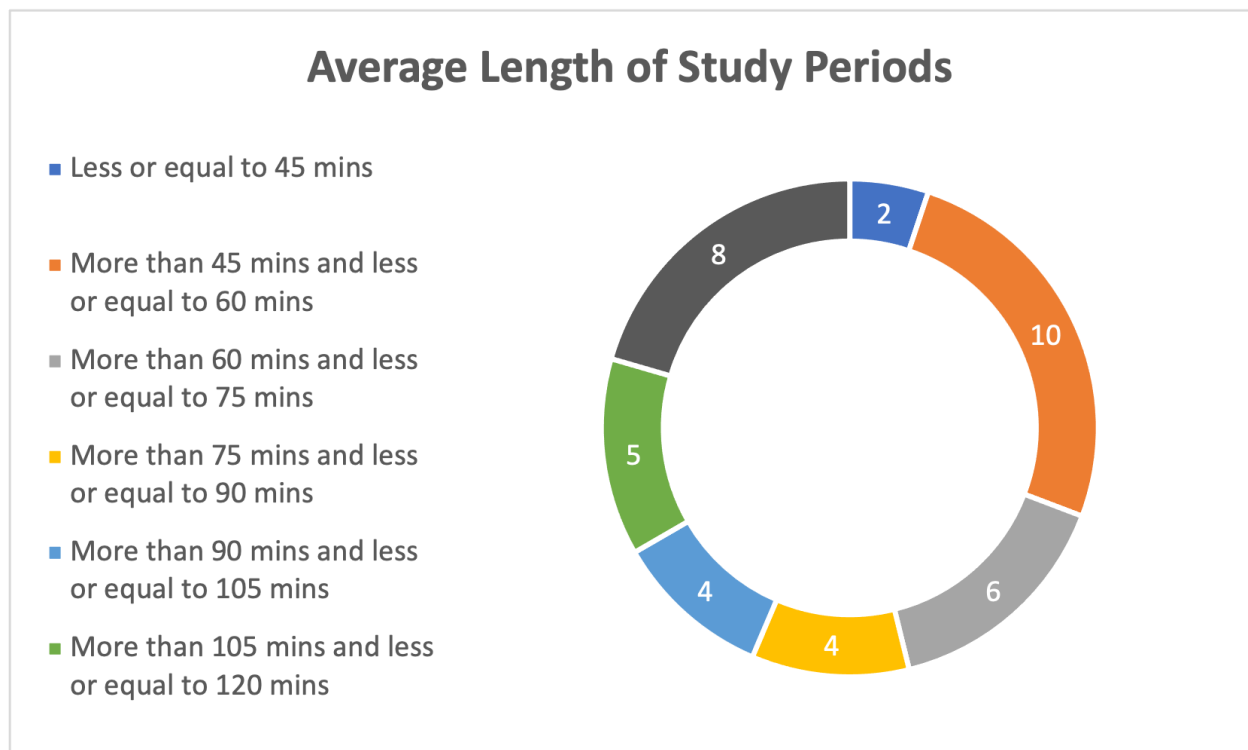
Domestic Vs. International Student

17

22

■ Domestic ■ International
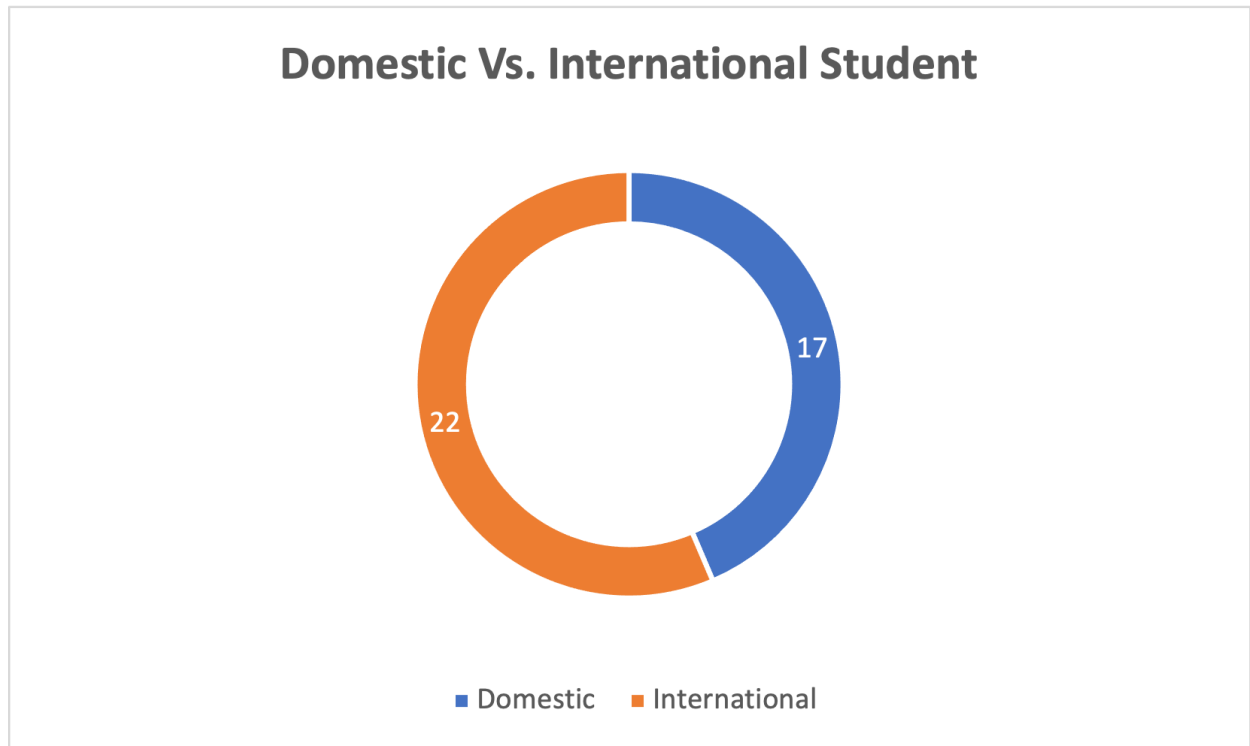
Time Management:

This section of the survey focuses on the participant's time management.

According to experts, the best study time for students is 50-60 hrs per week; therefore we have set the daily study time standard to 7 hrs - 8.5 hrs. We ended up with this range after dividing 50 and 60 hrs by 7. Based on the responses we received, only 28% (11) of participants are at the desired level. 23% (9) of participants study more than 8.5 hours per day, and 3 participants out of these study over 10 hours, which significantly exceeds the recommended study time. Conversely, 19 (49%) respondents study at a time range lower than the desired level.
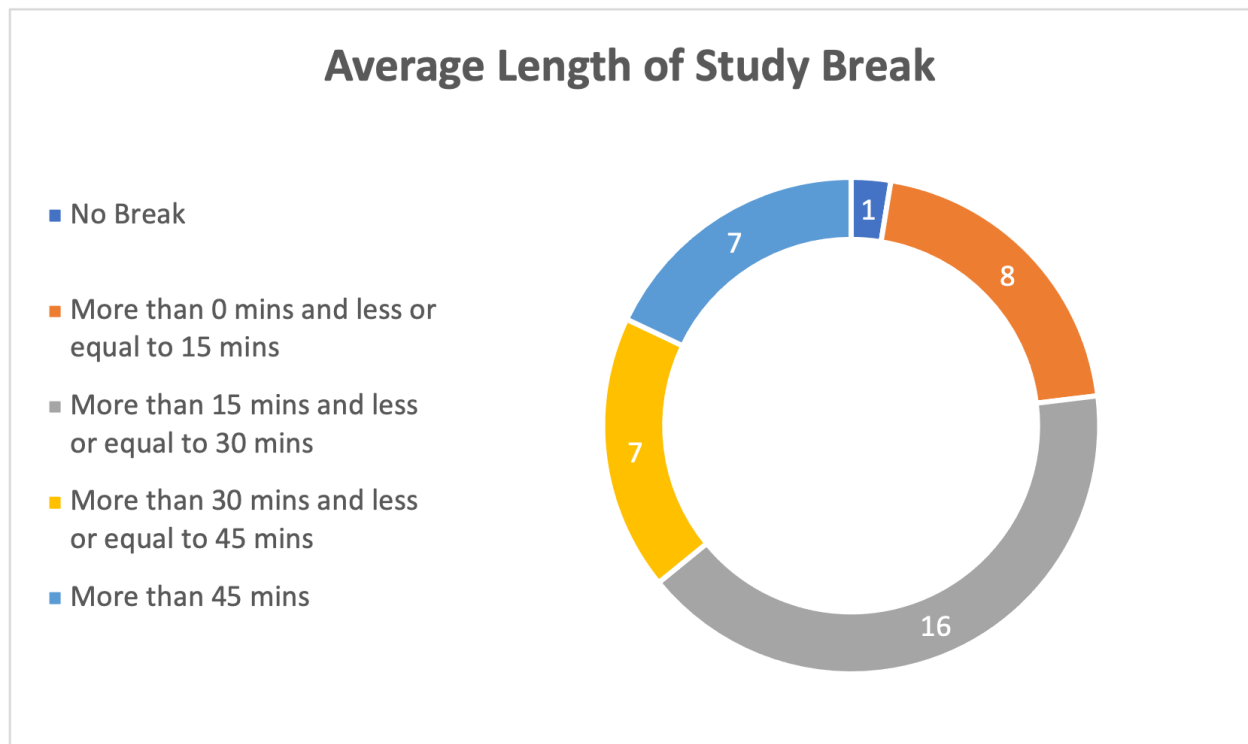
Average Daily Time Spent Studying

- ■ Less or equal to 5.5 hrs

- ■ More than 5.5 hrs and less or equal to 7 hrs

- ■ More than 7 hrs and less or equal to 8.5 hrs

- ■ More than 8.5 hrs and less or equal to 10 hrs

- ■ More than 10 hrs

Study period & break period:

Based on our secondary research, the suggested study period is between 75 and 90 minutes, accompanied by a 17-minute break. Among all the responses, about a quarter of the participants reported studying for about 45 minutes to an hour during their average work periods, with two participants who said they studied in intervals less than 45 minutes at a time. For the remaining respondents, the length of their work periods is evenly distributed among the remaining options which bridge 1 hour to more than 2 hours. There are 6 people studying between 60-75 minutes, 4 respondents optimally studying between 75-90 mins, 4 respondents studying between 90-105 mins, and 5 respondents studying between 105-120 mins. Eight respondents (21%) study for the longest period, exceeding two hours at a time.

Average Length of Study Periods

- Less or equal to 45 mins
- More than 45 mins and less or equal to 60 mins
- More than 60 mins and less or equal to 75 mins
- More than 75 mins and less or equal to 90 mins
- More than 90 mins and less or equal to 105 mins
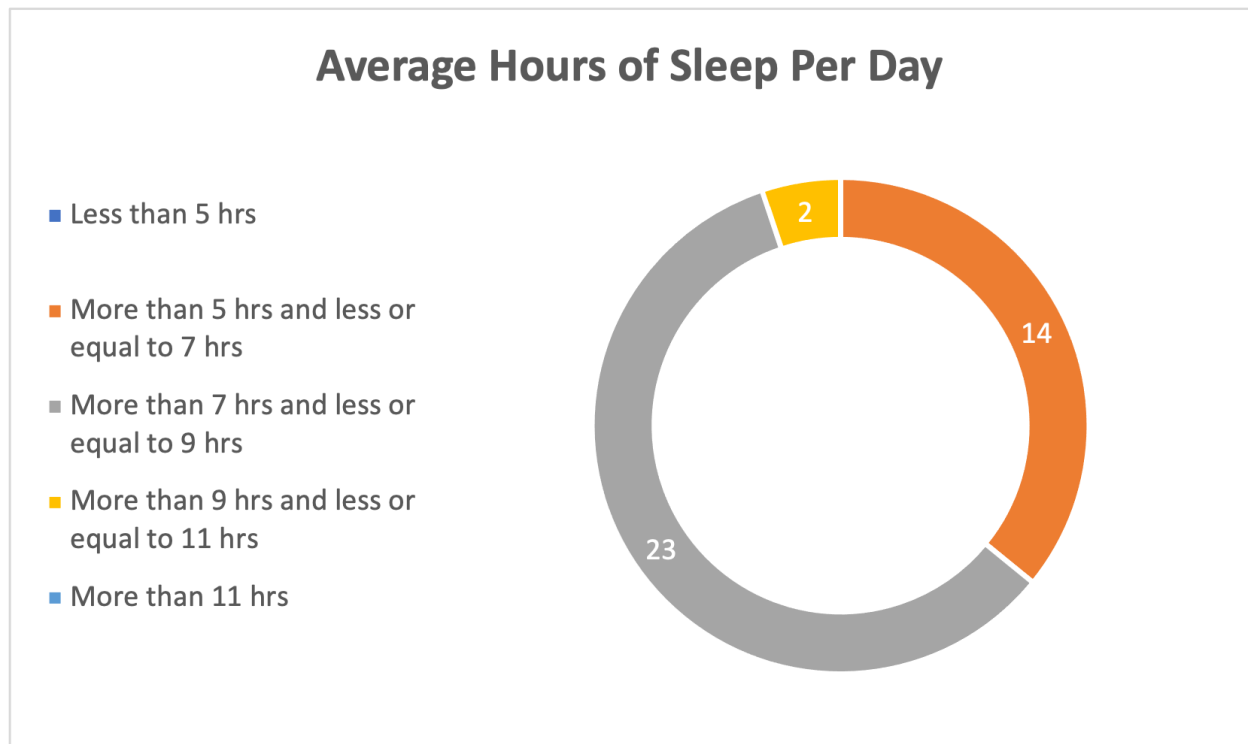- More than 105 mins and less or equal to 120 mins

For the average study break, 16 people (accounting for 41%) state that their study breaks vary between 15 to 30 minutes, which is the optimal interval stated by experts. Meanwhile, 8 participants, (20%) mentioned a shorter break interval of fewer than 15 minutes. There is one participant who accounts for 3% who reported that they take no breaks in a study period. In addition, there are also groups that have a longer break interval at 30 to 45 minutes (7 participants, accounting for 18%), or even more than 45 minutes (7 participants, accounting for 18%).

Average Length of Study Break

- No Break
- More than 0 mins and less or equal to 15 mins
- More than 15 mins and less or equal to 30 mins
- More than 30 mins and less or equal to 45 mins
- More than 45 mins

Sleep:

For the hours of sleep per day, 23 respondents (59%) meet the recommended sleeping duration of 7 to 9 hours per night, while 2 respondents (5%) sleep for longer between 9 to 11 hours. 14 participants (36%) reported sleeping relatively less, ranging from 5 to 7 hours. None of them have extreme responses such as less than 5 hours or more than 11 hours.

Average Hours of Sleep Per Day

- Less than 5 hrs
- More than 5 hrs and less or equal to 7 hrs
- More than 7 hrs and less or equal to 9 hrs
- More than 9 hrs and less or equal to 11 hrs
- More than 11 hrs

2

14

23

Exercise:

In terms of exercise, 7 respondents (18%) have met the recommended standard of 2-3 hours per week. Most participants exercise for a lower time interval either between 1 to 2 hours(10, 26%) or less than 1 hour (15, 38%). 6 respondents (15%) spend more than 4 hours exercising and 1 respondent (3%) exercises for 3 - 4 hours weekly. These findings show that more than half (25, 64%) of the participants did not meet the minimal physical exercise required to maintain good health.

Average Hours of Exercise Per Week

- Less or equal to 1 hr
- More than 1 hr and less or equal to 2 hrs
- More than 2 hrs and less or equal to 3 hrs
- More than 3 hrs and less or equal to 4 hrs
- More than 4 hrs

15

10

7

1

6
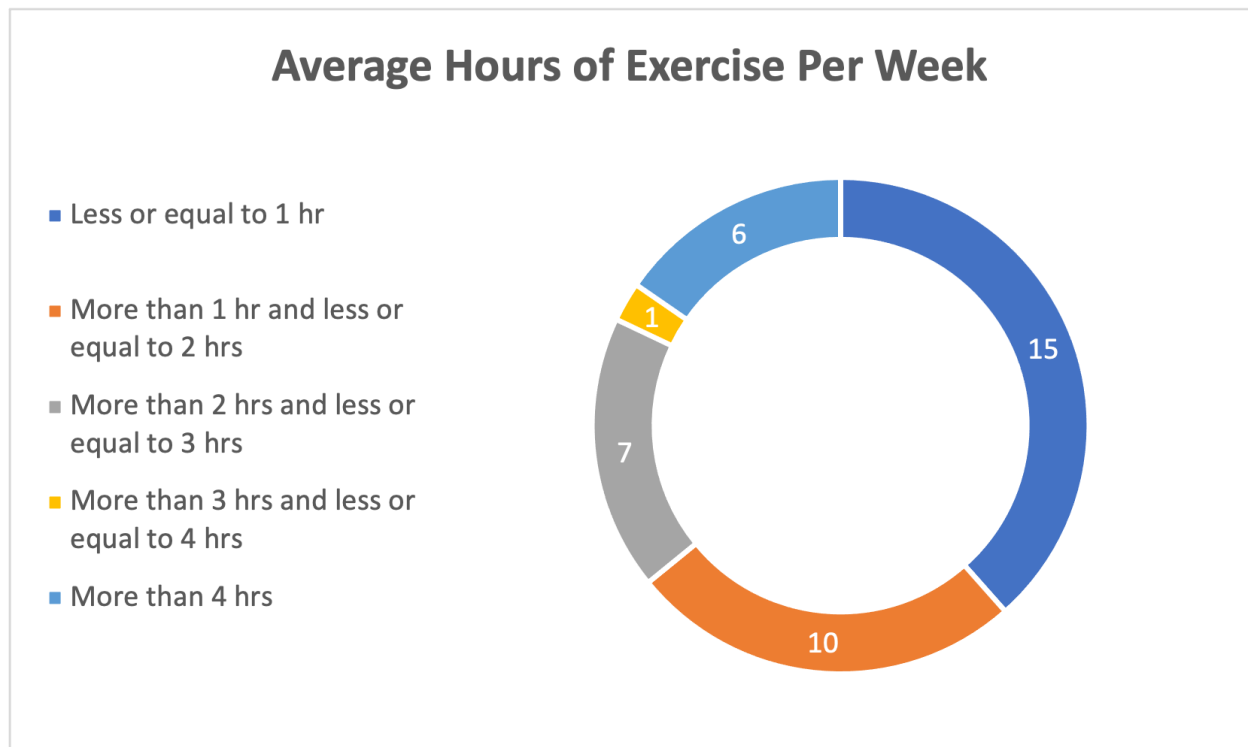
Social Activities:

Next, we will be considering social activities. Most responses show participants taking part in a reasonable amount of social activities. About half of the respondents (19, 49%) responded that they participate in social activities "sometimes," 5 participants (13%) responded that they participate in social activities "often," and 4 respondents (10%) stated that they participate in social activities "always." 10 participants (26%) mentioned socializing rarely and 1 participant (2%) mentioned not socializing at all.

Frequency on Social Activities

■ Never ■ Rarely ■ Sometimes ■ Often ■ Always
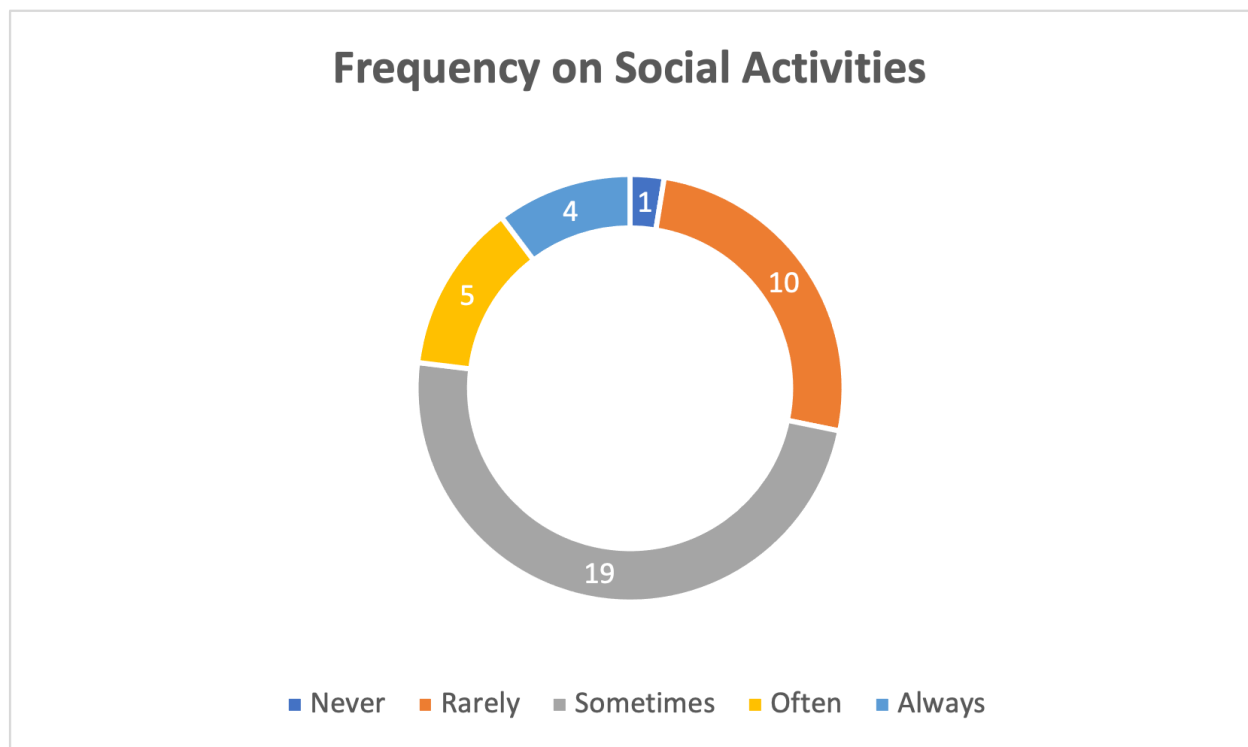
Dropping courses:

We also included a detailed question about the experience of dropping courses due to an overwhelming workload. 23 respondents (59%) have dropped at least one course due to the workload, and 14 respondents (36%) haven't had such experiences. The 'Prefer not to answer' option was selected by 2 participants. This question was posed to help us understand how respondents manage time; Around half of the respondents seem to be struggling with school workload.

Have participants ever dropped a course because it was too overwhelming?

2

14

23

- Yes - No - Prefer not to Answer
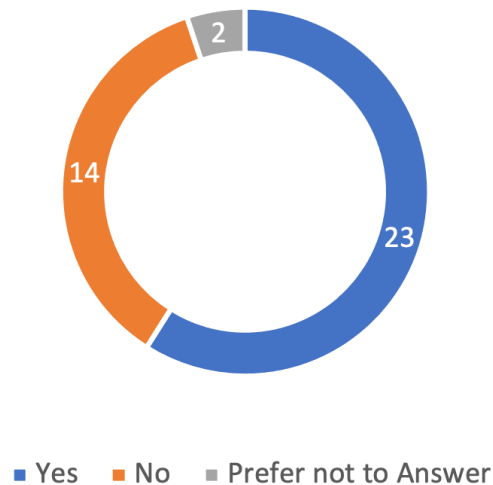
Spare time:

Participants were asked if they had enough spare time to contribute to their interests and hobbies. 26 respondents feel that they don't have enough spare time, and 13 respondents are satisfied with the amount of spare time they have. Based on these numbers, we can conclude that respondents have trouble balancing work and other aspects of life because most of them don't have enough additional time to pursue their personal interests.
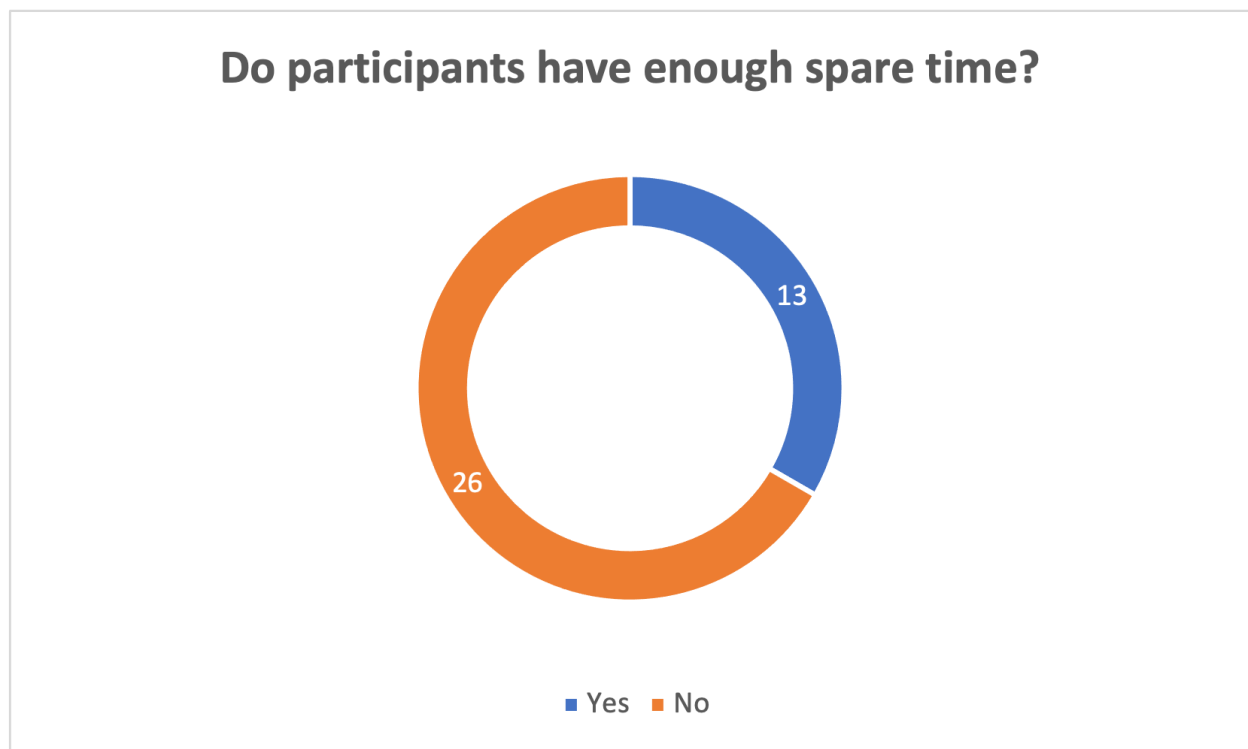
Work-life Balance Rating:

We ask participants to rate their work-life balance from 1 to 5. Their responses were evenly distributed with a mean of 3.21. There are very few extreme values, with the median and mode both sitting at 3 for respondent's work-life balance ratings. The results show that most participants find themselves somewhat satisfied with their current work-life balance. However, this contradicts our previous finding of participants having relatively longer study periods, along with lesser time to exercise and sleep. This might be because participants are not aware of their work-life balance, so this hypothesis needs further verification.
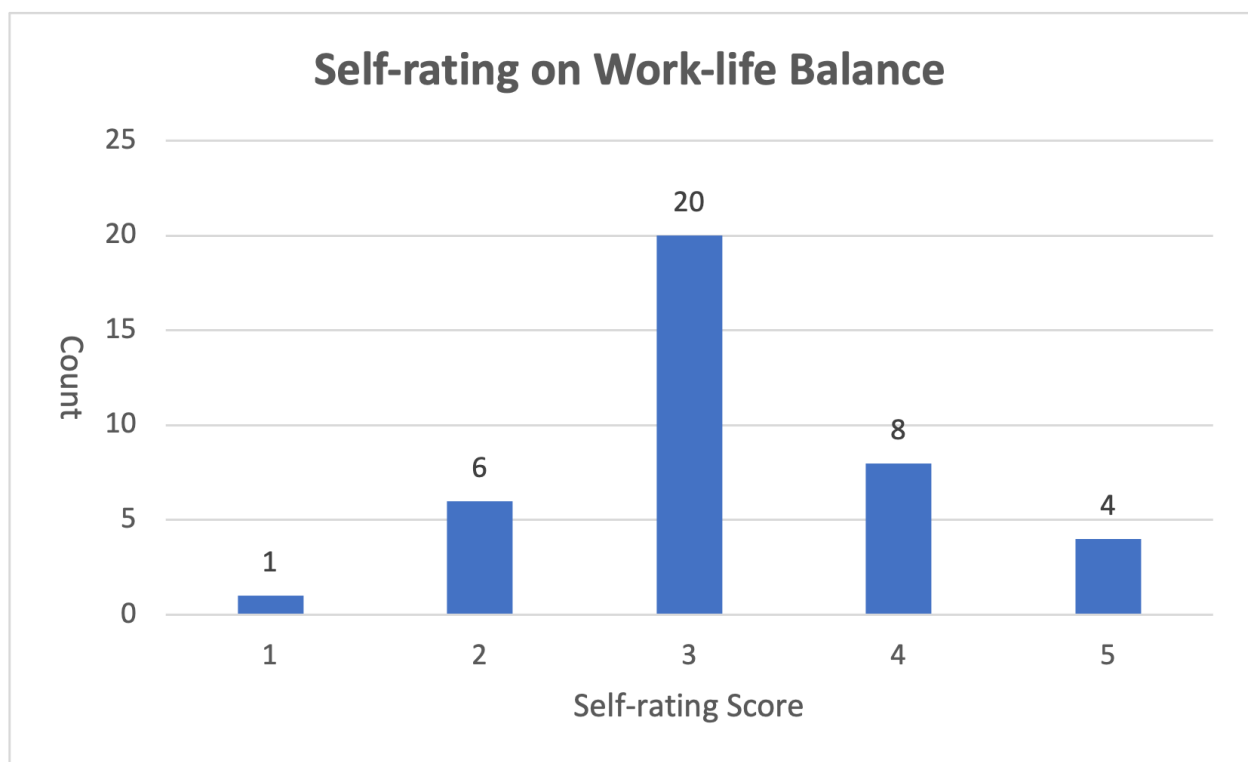
Struggles with Time Management:

      In this question, we ask participants how they feel about their time management. The responses are variable. More than half (21, 54%) of the participants say that they don't have issues with time management while 18 respondents (46%) say that they struggle with time management. Combining the results from this question and the work-life balance ratings, we can conclude that participants who might be giving a work-life balance rating of 3, may still be struggling with time management. After all, 3 is just the median. However, this still doesn't coincide with the responses from participants about having enough spare time. While two-thirds of the respondents lack spare time, more than half have no issues with time management.

Do participants struggle with time management?

Mental Health:

This section addresses questions regarding participants' personal feelings and mental health. For some sensitive questions, we have provided the option of "Prefer not to Answer."

Worrisome:

We ask participants' briefly about how frequently they feel anxious and worrisome. These feelings are normal in daily life, so we are not surprised to find most participants experiencing them "sometimes" (13, 33%) or "often" (18, 46%), meaning that these two groups account for 79%. While 3 respondents (8%) rarely have such feelings, there are still 5 people (13%) who always feel worried or anxious.

Frequency on Anxious or Worrisome Feelings

■ Never ■ Rarely ■ Sometimes ■ Often ■ Always ■ Prefer not to Answer
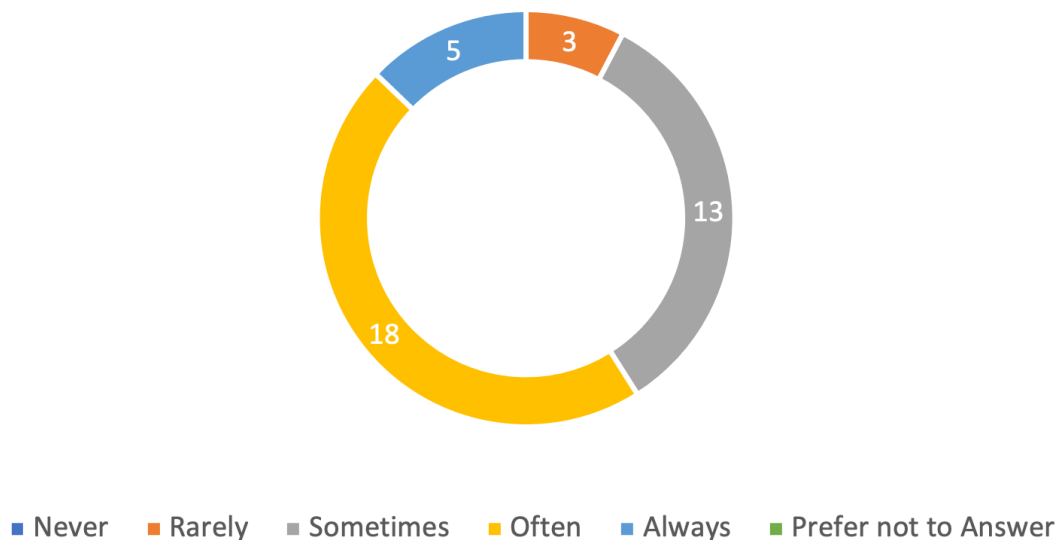
Sadness:

Additionally, we sought to understand deeper emotions such as hopelessness and sadness. To do so, we asked participants how frequently they felt hopeless or sad feelings. As would be expected, most of the participants (20, 51%) experience sadness "sometimes," while 6 people (15%) experience it "rarely," and 3 people (8%) report never having felt this way. A quarter of participants (10, 25%) are on the higher end of the spectrum. This is due to the fact that 8 respondents (21%) report feeling sadness and hopelessness "often," while 2 others (5%) experience these emotions "always."

Frequency on Hopeless or Sadness Feelings

■ Never ■ Rarely ■ Sometimes ■ Often ■ Always ■ Prefer not to Answer
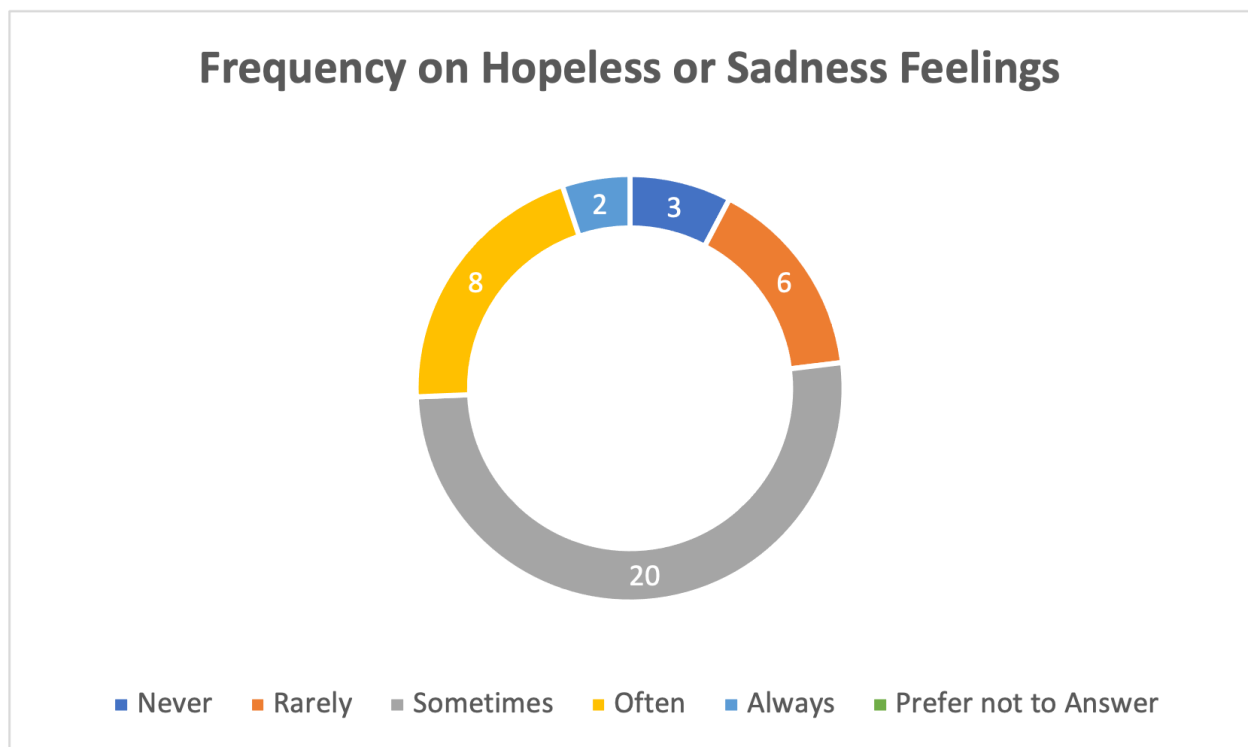
The previous two questions disclose participants' mental states to a certain extent. For the majority of our respondents, they experience negative moments sometimes but are not stuck in it for very long which is normal. However, about a quarter of the respondents are suffering from relatively severe negative emotions, which can highly affect their long-term mental health.

Professional Help:

We tried to understand if participants have sought out professional help for their mental health. 22 out of 39 respondents haven't sought professional help for their mental health. This is reasonable as most of the respondents appear not to be suffering from mental health issues. For the remaining 17 people, they either have considered seeking out professional help (10, 26%) or have already sought out professional help (7, 18%).

Have participants ever sought out professional help for their mental health?
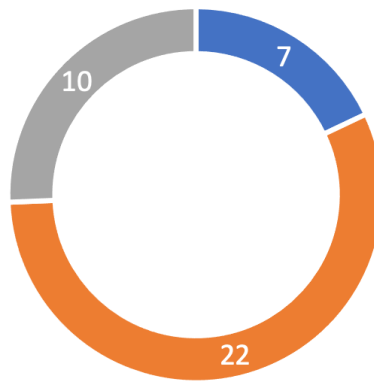
- Yes
- No
- I considered it
- Prefer not to Answer

Mental Health relation with school work or social life:

We asked participants' if their mental health has negatively affected their schoolwork or social life. While a certain number of people (17, 44%) think their mental health has not negatively affected their schoolwork or social life, more than half (22, 56%) think that mental health does have an impact. While 10 people (26%) think poor mental health affects both their schoolwork and social life, 6 people think that it only affects their social life, and another 6 people think it only affects schoolwork.

Has mental health ever negatively affected participants school work or social life?

■ Neither ■ School Work ■ Social Life ■ Both
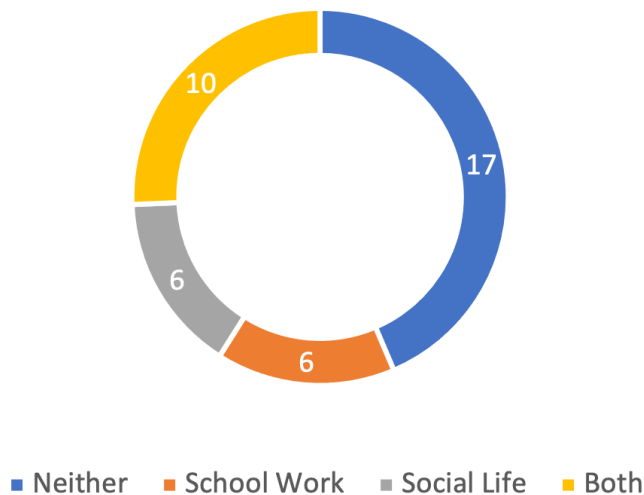
Participants were asked if they use any services/products to manage their time/schedule. Our survey provided various options and counted the frequency that each was selected by participants for our analysis. 9 participants indicated that they "Have never used a time-management product before". The most used is "Handwritten Lists" with a frequency of 18, and the second most used is "Mobile Application Lists" with a frequency of 16. It is evident that participants prefer lists either on paper or a device. "Handwritten Sticky Notes" were selected 10 times and "Handwritten Agendas" were selected 8 times. "Webform Sticky Notes" and "Mobile Application Agenda" were also selected frequently with a count of 7 for both. "Mobile Application Sticky Notes" was selected 6 times and "Webform Agenda" was selected 5 times. "Webform Lists" was the least used product with only 2 mentions. Evidently, around three quarters of respondents used some sort of method to record their tasks.
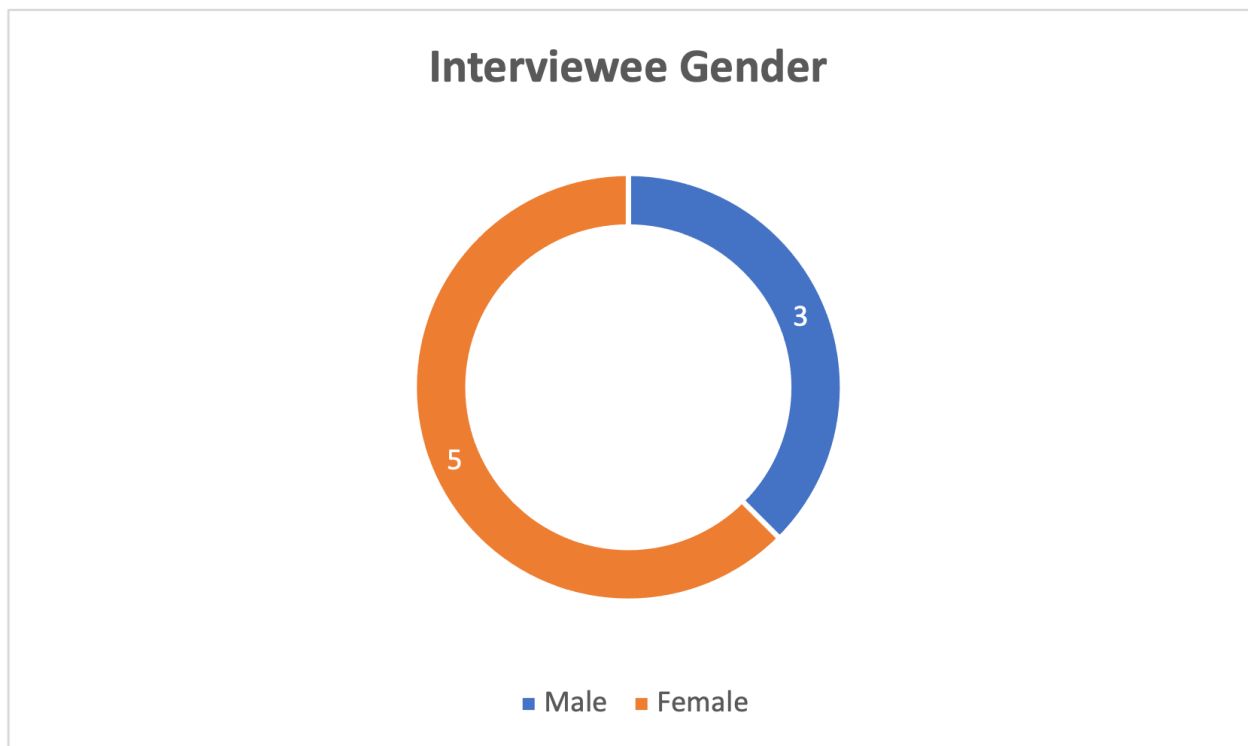
Note:

Our quantitative analysis can be slightly misleading as there are cases where 1 respondent accounts for 2% or 3% of the participants in different questions. While the sample sizes are the same in every question, this issue is caused due to the values being rounded off in Excel. This is nothing more than a technical problem and it has little effect on our analysis.
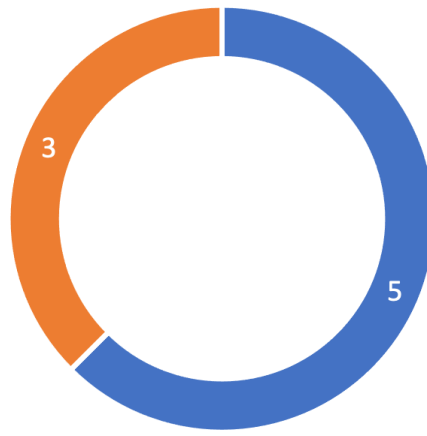
Qualitative Data

Our survey contained one long answer question regarding why the respondents chose to use time management tools such as physical and digital lists, agendas, and sticky notes. Of the 40 survey participants, there were a total of 21 people who responded to this optional open-ended question. Eight people mentioned that they use time management products which are handwritten lists, agendas, mobile application lists and sticky notes, as they are more convenient and easy to use. Three people mentioned that using time management products helps them track things. The advantage of using a digital product is that we can review past events at any time and also check future events. It's evident that the majority of the respondents like visual calendars because it helps them easily organize their time better. All the participants who answered this open-ended question chose to use time management products for improving their efficiency of work and study. One person mentioned that the usage of handwritten lists makes life less stressful and reduces the tension and turmoil of studying.

Interview Results

In the selection of our eight interviewees, we attempted to gather data from a diverse group of students. With 5 females and 3 males, we were able to equally divide our interviews between 4 undergraduates and 4 graduate students. With ages ranging between 18-22 (3 participants) and 23-27 (5 participants), we were able to gather data from current students across 5 faculties. While all participants identified as being full-time making them optimal candidates for our interview, only two reported that they were international students.

Interviewee Gender

3

5

■ Male   ■ Female

Interviewee Age

■ 18-22 ■ 23-27

Faculty Distribution

Count

Architecture, landscape... — 1
Computer Science — 1
Information — 4
CCIT — 1
Mathematics — 1

Faculty

Level of Study

4   4
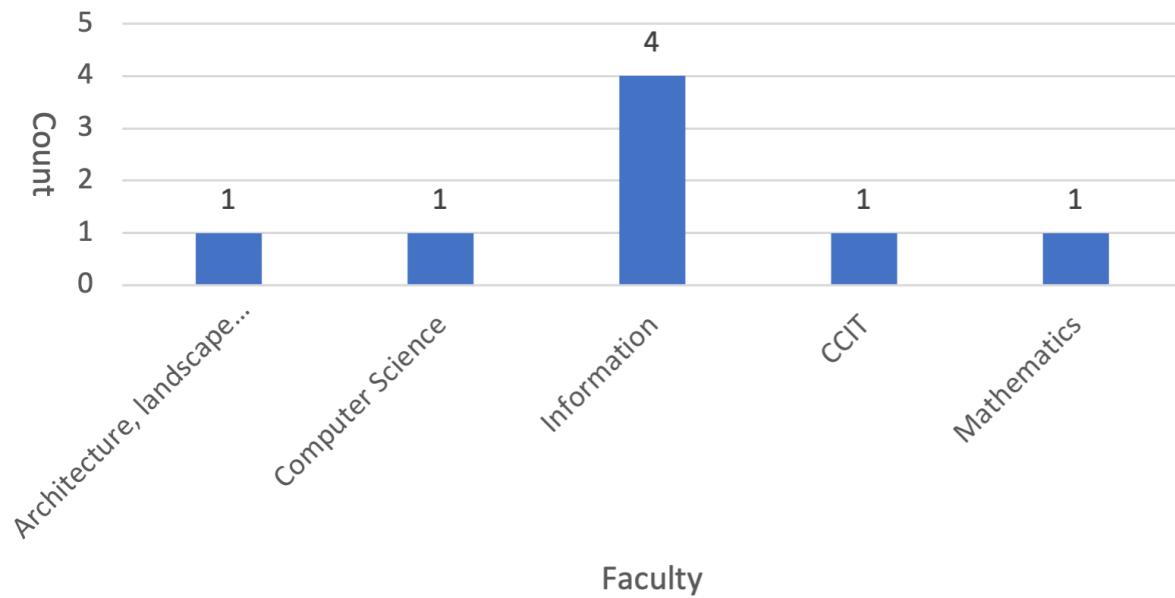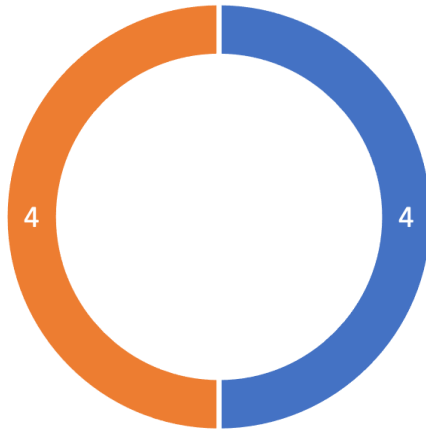
■ Undergraduate ■ Graduate

Full Vs. Part Time Student

8
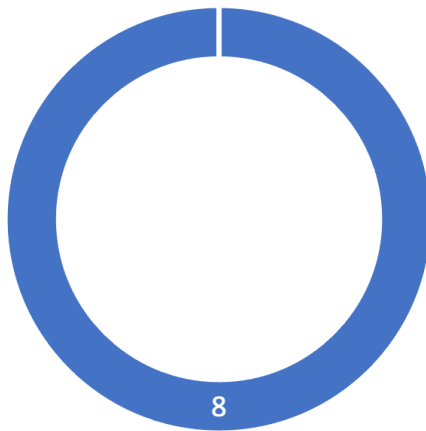
■ Full-time ■ Part-time

Domestic Vs. International Student

2

6

■ Domestic ■ International
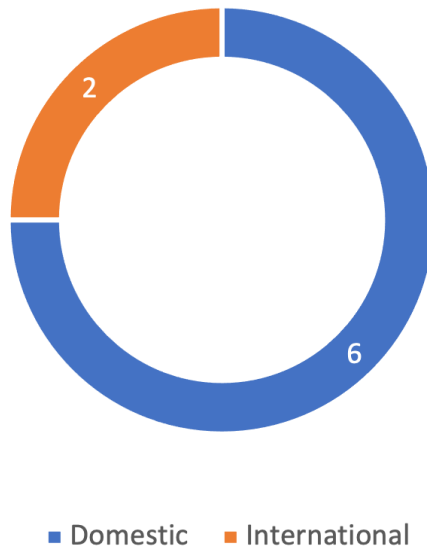
Qualitative Data

Through the creation of an affinity diagram, we evaluated the qualitative data collected during our 8 interviews. Below is a list of the core patterns and themes our analysis uncovered.

Social media is distracting: Five participants have identified that they are easily distracted by social media. It's a major source of procrastination and negatively affects productivity. Some also confirmed that they feel unpleasant or guilty after they have been distracted by social media.

"Sometimes I would study for an hour [productively] and I get one message and it's over" - Participant 7

Use of Scheduling Artifacts: All 8 participants mentioned they plan ahead during their study and will use some sort of artifact, whether digital or handwritten to schedule their days. This shows students do think planning ahead is common among University of Toronto students, and it's an area we can work on in the future.

"I prefer handwritten lists because they feel more liable to follow through. They are bad for spills though." - Participant 4

"I use Google calendar heavily. It's customizable and easy to use." - Participant 6

Overwhelming workload leads to dropping classes: Six participants reported that they have dropped classes due to an unmanageable workload.

"I always get overwhelmed and usually end up dropping a course every semester" - Participant 4

"It was a 4th year philosophy class I tried to take in 2nd year, it wasn't a good idea. The Workload was not what I could handle and I lack the knowledge and experience to succeed in this class" - Participant 7

Peer Pressure is a major source of stress: Six participants reported that they have experienced peer pressure. Some had more serious conditions like insomnia.

"I feel frustrated from the peer pressure. But I try to deal with peer pressure positively." - Participant 2

"Huge! [peer pressure], I have group work every class and I don't want to let them down...I only take breaks when my peers want to, I always push through even I'm tired" - Participant 8

Prioritizing school work over everything: All 8 participants reported that schoolwork comes before anything. Including sleeping, healthy eating, and exercising. This has caused a significant toll on participants' work-life balance. One particular participant reported that he reduced his sleep to a ridiculously unhealthy amount. It's fair to say that the majority of university students value their grades more than anything, and they are willing to reduce every other factor that contributes to a healthy work-life balance to achieve their desired marks.

"Mental health does not have a score but school does." - Participant 3

"Even though I find things outside of school far more fulfilling, I always put school work first." - Participant 4

"If an assignment's deadline is coming up, I probably won't sleep for days." - Participant 8

Sleep is the best coping mechanism: All 8 participants report that sleep is one of their activities to do after a long work session. It's no surprise since the majority of respondents reduce their amount of sleep in order to complete their work.

"After an all day work session I prefer to get food, drinks and sleep" - Participant 5

"After a long work session, I enjoy hanging out with friends, buying some good food and having a nice nap." - Participant 7

Struggling to maintain a healthy mentality: All 8 participants answered that at some point in their university career, they had trouble keeping a healthy mind. The responses vary for various reasons. 3 participants mentioned that the year they began a part time job while studying has been especially difficult on their mindset, while other participants have issues with the new environment when entering a program, balancing applications for higher education, and switching majors.

Quantitative Data

Through our interviews, we sought to explore the current work-life balance trends of current students and recent alumni of the University of Toronto. Therefore, we collected quantitative data to help us understand the participants' study/break period, hours of exercise, socialization patterns and sleep duration.

Study Length/Break Length:

While we did not list out a variety of intervals for participants to choose from during the interview, we found a common pattern among the 8 responses. Almost half of the participants stated that they practiced a study period of 2 hours with a 30 minute break in between (the mode for study length is 2 hrs, and the mode of break length is 30 mins). Referring back to the expert-recommended study/break ratio of work for 75-90 mins accompanied with a 17 mins break, we were surprised to find that generally, participants would like to have a 2-hour study period with a 30-minute break, which is an interesting finding that should be taken into consideration.

Study & Break Period	Count
1-hour study with a 30-minute break	2
1-hour study with a 5-10 minutes' break	1
2-hour study with a 15-minute break	1
2-hour study with a 30-minute break	3

Hours of Exercise per Week:

When asking participants about their average hours of exercise per week, the answers of participants are evenly distributed among "No Exercise", "1-2 hrs", "3-4 hrs", and "5-6 hrs" (the frequency count for each category is 2). Given that the recommendation for exercise is over two hours a week, our interview findings that 4 out of the 8 participants did not meet this frequency corresponds to our survey results where about half of the 39 respondents also reported that they get less than 2 hours of exercise weekly. Moreover, 4/8 interviewees expressed the longing for more time to devote to physical activities.

Average Hours of Exercise Per Week	Count
No Exercise	2
1-2 hours	2
3-4 hours	2
5-6 hours	2

Hours of Socialization per Week:

For hours of socialization per week, most participants' answers fall between 10-20 hrs with 2 outlying values of 5 hours and 28 hours. The mode of interviewee's average socialization hours per week is 10 hours. This finding demonstrates that in general, participants have time to conduct social activities, which is an important aspect to maintain strong mental health. Among interviewees, participants indicated differing needs on time for social activities; hence, the duration of time spent on socialization cannot be an indicator for the quality of socialization. In other words, people who have devoted more time to socialization do not necessarily have a better-socialized life.

Average Hours of Socialization Per Week	Count
5 hours	1
10 hours	3
10 - 15 hours	1
14 - 21 hours	1
28 hours	1

Hours of Sleep:

When asking participants about their average hours of sleep per day, 5 out of 8 interviewees stated they have around 6-8 hours, and 2 of them reported that they get less than 6 hours daily. While the suggested time for sleep is 7-9 hours, our data from interviews show that the actual situations of participants are slightly lower than the expectations. However, combined with our data analysis from the survey, we can draw a pattern that although most participants want to have more time to sleep, they do not lack much sleep; hence, our design could focus more on "what they need," such as improving students' study efficiency and increasing their exercise time to balance their work-life.

Average Hours of Sleep Per Day	Count
6-8 hours	5
less than 6 hours	2

Note:

When we calculated the central tendency (mode) for this interview section, we excluded some of the responses as the participants provided us with open answers that are hard to categorize.

Summary of findings:

To further understand the work-life balance of students at the University of Toronto, we launched a questionnaire and conducted interviews to investigate students studying and living habits including sleeping, exercising, socializing, and relaxing. We analyzed this data in relation to expert-recommended durations for studying, breaks, sleep and exercise to develop a sense of where students currently stand.

Through both mediums of investigation, we determined that the vast majority of participants are not currently meeting the standard of 2-3 hours of weekly exercise, however more than half fall within the recommended threshold of 7-9 hours of sleep per night. According to the survey, respondents report having relatively healthy social lives, yet 2/3rds of participants did not believe that they had enough spare time to engage in their interests. This is consistent with our findings regarding participants' ratings of their work-life balance. On a scale of 1-5, the mean was 3.21. However, when we take into consideration the fact that 23/39 survey respondents reported experiencing anxious or worrisome thoughts "often" or "always" it is interesting to consider that they rank their work-life balance as being above average.

Intriguingly, the qualitative data produced from our interviews paints a slightly more imbalanced picture of students' work-life ratio. All eight of our interviewees stated that they put schoolwork before their mental and physical health, including sleep, exercise, their social life and leisure activities. This is notable given that they resemble the survey participants in the aforementioned categories above, yet they seemed to express more discontent with their work-life balance than the survey participants. Many recalled stories of stressful cramming, procrastination, unhappiness with their mental health and burnout. This divide in views is evident given that all the interview participants stated that their mental health affected their work-life balance, whereas 17 of the 39 survey participants stated that this was not the case.

Regarding time management, both the survey participants and interview participants reported moderate proficiency. They each studied for periods longer than recommended, however the majority of both participant sets took the recommended length of breaks between 15-30 minutes. They also shared the same level of interest in the use of scheduling artifacts to manage their time, which accounted for 6/8 interviews and 30/39 survey respondents.

Moreover, our interviewees drew attention to certain pain points that were not identified through our survey. This includes the competition and pressure of peers to succeed academically and the impact and prevalence of the procrastination some interviewees faced.

Although learning is a very important part of a student's college career, it is paramount that they devote time to balance other aspects of life. Our research suggests that interview participants and survey participants have reported unique insights into their current work-to-life ratio and emotional state, unveiling pain points and making it evident that there is room for improvement throughout many aspects. Going forward, further research may be required to better understand the inconsistent findings between the interviewees and the survey participants.

Problem Statement

Many students at the University of Toronto struggle with mental health issues throughout the school year due to poor work-life balance. Majority neglect their wellbeing in the pursuit to maintain their academic performance. It is important to address this work-life balance problem to reduce the risk of mental health issues and increase academic productivity and success. This can be achieved by encouraging students to prioritize their emotional, physical, and mental wellbeing.

Project Rundown

Our Team / Project is called Equilibrium

The Domain is Student Time Management

The Case Scenario is an anxious student who finds it hard to balance study, work and leisure.

It's kinda like "I need better time management to get things done before I have a serious breakdown."

The users who uses it are University of Toronto Students

Currently, the user struggles because they:

- Are unable to maintain a healthy lifestyle because of a heavy workload
- Prioritize their academics before their mental, emotional and physical health
- Often procrastinates due to stress, distraction, and poor time management.
- Have difficulty in efficiently planning their own schedules and following through with them.

In a perfect world, the user would be able to:

- Have a balanced schedule without prioritizing school over one's mental, emotional and physical wellbeing
- Successfully and efficiently complete their daily tasks without procrastinating
- Precisely plan out their days with the recommended amount of time on each activity to stay on top of tasks without burning out. This includes:
  - Getting at least 7- 8 hours of sleep per night
  - Engaging in physical exercise for at least 2-3 hours per week
  - Studying for no more than 90 consecutive minutes without a break of at least 15 minutes
  - Allocating time for socialization and leisure activities.

This would be awesome for the company because:

- A good time management tool for students can help them to maintain a good mental state, reducing the risk of anxiety, depression and other mental health illnesses. As a result, there may be less stress on the Universities Health and Wellness Services, potentially lowering costs.
- Higher achieving students will heighten the Universities reputation

Appendix

Study Protocol

Project Title: Interviews regarding University of Toronto student's work-life balance and relative mental health issues.

Investigators: Students from group 2 PRA104 in the class INF1602 (Fundamentals of UX) in the Faculty of Information at the University of Toronto.

Purpose: The purpose is to address work-life balance problems to reduce the risk of mental health issues and increase academic productivity.

Process to be followed: We will brief the participants about the purpose of the study, explain the consent form to them, and ensure that they sign the consent form. We will then engage the participants in a 20 minute semi-structured interview.

Participant selection: Participants will be chosen from the University of Toronto, and must be current students. They will be identified via a set of screening questions. In general, they will be characterized by faculty/department, level of study, full-time/part-time, gender, age and domestic/international.

Relationships: Our relationship to the participants may be described as follows: No relationship or friends.

Risk and benefit: Minimum risks are involved in this study. Participants may feel they have wasted their time, and some of the questions may make participants feel unpleasant, but participants are allowed to skip questions or end the interview anytime if they wish. During the study participants have the opportunity to express what has been bothering them in school which may prompt negative feelings or may carry the benefit of reducing stress.

Consent details: We will brief the participants about the purpose of the study, and explain the attached consent form to them, and ensure that they consent to participate and sign the consent form.

Compensation: Participants will receive no compensation.

Information sought: The information to be sought is described in the interview questions list, and is subject to the class protocol for asking questions in a semi-structured interview.

Confidentiality: Information will be kept confidential by the investigators. Names or other identifying or identified information will not be kept with the data. The only other use will be to include excerpts or copies in the assignment submitted, but names and other identifying or identified information will not be submitted.

Consent Form: < Work-life balance and relative mental health >

I hereby consent to participate in a study conducted by Rebecka Ferraro; Karen Yu; Yuxin Xu; Purui Zhang; Yong Yi Chen; Shradha Anand for an assignment at the University of Toronto for INF1602: Fundamentals of UX. I agree to participate in this study whose purpose is to address work-life balance problems to reduce the risk of mental health issues and increase academic productivity.

I understand that

- The procedures to be used are scheduling interviews, conducting screening questions, and conducting interviews via zoom .
- I will receive no compensation for my participation.
- I am free to withdraw before or any time during the study without the need to
- give any explanation.
- all materials and results will be kept confidential, and, in particular, that my
- name and any identifying or identified information will not be associated with
- the data.

Participant Name (please print)

Signature   Place and Date

Investigator(s)

Name (please print)   Signature

Screening Questions:

1. Which university are you studying in?
2. How old are you?
3. What is your level of study?
4. Which faculty/department are you studying in?
5. Are you a domestic or international student?
6. Are you a current student or alumni?
7. When will you be available for an interview?

Survey Questions:

UTSG Work-Life Balance Survey

"Thank you for taking the time to participate in our study about work-life balance and relative mental health issues for students at the University of Toronto.

This is a research study conducted by students from "INF1602 - Fundamentals of User Experience", from the Faculty of Information at the University of Toronto. The goal is to address work-life balance problems to reduce the risk of mental health issues and increase academic productivity.

This survey will approximately take 5-10 minutes to complete."

How would you describe your gender?
Female
Male
Other
Prefer not to answer
Always

How old are you?
Under 18
18 - 22
23 - 27
28 - 32
Over 33

Are you a current student or alumni at the University of Toronto?
Current Student
Alumni

For the majority of your degree, are/were you enrolled full-time or part-time?
Full-time
Part-time

What Faculty are/were you a part of?
Actuarial science

Applied Science and Engineering
Architecture, Landscape and Design
Arts and Science
Dentistry
Education
Information
Kinesiology and Physical Education
Law
Management
Medicine
Music
Nursing
OISE
Pharmacy
Public Health
Rotman
Social Work

What is your most recent/current level of study?
Undergraduate
Graduate
PhD

Are/were you a domestic student or an international student?
Domestic
International

How many hours are/were you involved in school work per day on average? School work here is defined as any activity related to academic study. It may include attending class, doing homework, and having group meetings etc.
Less or equal to 5.5 hrs
More than 5.5 hrs and less or equal to 7 hrs
More than 7 hrs and less or equal to 8.5 hrs
More than 8.5 hrs and less or equal to 10 hrs
More than 10 hrs

How long are/were your average study periods?
Less or equal to 45 mins
More than 45 mins and less or equal to 60 mins

More than 60 mins and less or equal to 75 mins
More than 75 mins and less or equal to 90 mins
More than 90 mins and less or equal to 105 mins
More than 105 mins and less or equal to 120 mins
More than 120 mins

How long are/were your breaks between study periods?
No Break
More than 0 mins and less or equal to 15 mins
More than 15 mins and less or equal to 30 mins
More than 30 mins and less or equal to 45 mins
More than 45 mins

During the school year, how many hours of sleep do/did you get on average?
Less than 5 hrs
More than 5 hrs and less or equal to 7 hrs
More than 7 hrs and less or equal to 9 hrs
More than 9 hrs and less or equal to 11 hrs
More than 11 hrs

During the school year, how many hours do/did you exercise per week on average?
Less or equal to 1 hr
More than 1 hr and less or equal to 2 hrs
More than 2 hrs and less or equal to 3 hrs
More than 3 hrs and less or equal to 4 hrs
More than 4 hrs

During your average week in the school year, do/did you take part in any social activities? This can include hanging out with friends, engaging in clubs, playing sports and other interactive activities.
Never
Rarely
Sometimes
Often
Always

During the school year, do/did you feel that you had enough spare time to pursue your interests and hobbies?
Yes

No

Have you ever dropped a course because it was too overwhelming?
    Yes
    No
    Prefer not to answer

On a scale of 1-5, how would you rate your work-life balance while in school?
    1 (Very Unsatisfied)
    2
    3
    4
    5 (Very Satisfied)

How often do/did you experience anxious or worrisome thoughts during your studies?
    Never
    Rarely
    Sometimes
    Often
    Always
    Prefer not to Answer

How often do/did you experience sadness or hopelessness during your studies?
    Never
    Rarely
    Sometimes
    Often
    Always
    Prefer not to Answer

Have you ever sought out professional help due to your mental health during your studies?
    Yes
    No
    I considered it
    Prefer not to answer

Does/did your mental health negatively interfere with your school work or social life?
    Neither

School Work
Social Life
Both

Do you typically struggle with time management?
Yes
No

Do/did you use any of these products/services listed below during your studies? Please select all that apply to you.
Handwritten Lists
Handwritten Sticky Notes
Handwritten Agenda
Webform Lists
Webform Sticky Notes
Webform Agenda
Mobile Application Lists
Mobile Application Sticky Notes
Mobile Application Agenda
Remember them in my brain
None of Above

Please briefly explain your reason for using the above products/services (optional).

Our research team appreciates your feedback and we thank you for your time. If there is anything else you would like to share, please use the box below (optional).

Ends

Survey Raw Data:

- Link of survey raw data (please copy and paste the complete URL to view): https://docs.google.com/spreadsheets/d/1Cdl5udf_zuUUo1_UWdFVwo1HH9hDpvs8/edit?usp=sharing&ouid=10443127435964057200&rtpof=true&sd=true

Interview Questions

Intro Question:

How have your studies been going recently? It's about ⅓ of the semester, and seemingly everything is getting back to normal, the way it was before covid.

Productivity:

- What is your study mode?(If the interviewee doesn't understand, how long are your study periods and study breaks on average?) How do you like it? Is it at your desirable level? Or do you like to change it somewhat?

- Do you usually procrastinate? (wait until last minute)
  If so, can you give some ideas on reasons that lead you to procrastinate, and how do you feel about it?
  (If not, start the question of schedule)

- Do you have a schedule?
  If so, for how long would you plan in advance?A month, a week or just three days? Do you find it hard to stick to your schedule? And why? How's the feeling of living as planned?
  If not, how's the feeling of living in the current? Can all the things always be done on time? How do you deal with the case if all things just crowd in a short period? The way life always is.
- Do you find yourself easily distracted by social media? What's the feeling after you realize you're distracted?(If the interviewee gives negative feedback, then ask them "Do you take any actions to prevent being distracted". If he/she gives positive feedback, then continue to the next question.)

- Do you have any ideas about being banned from using social media by force for some time?

- Do you have a routine, and if so what is it like?
    - If you do, do you use calendars, daily task lists or any other means to organize your days?

      If you do use them, would you like to share some details or stories? For example, do you find the ways you use it easily to insist? What do you like about using them? What's the most frustrating thing about it? Why do you think they are useful or not to help organize things?
    - If you do not have a routine, why is this? How much would you like to use one if possible?

Mental Health:
- Throughout your university career, have you had any periods where you felt that your mental health was not at the place you would have liked it to be?
    - If so, how do you struggle with it?
    - Have you ever sought professional help? How's that memory? If you are uncomfortable with the question feel free to not answer.

- Do you feel your mental health is affecting your work-life balance? Or Do you feel your work-life balance is affecting your mental health? Which do you think can be the reason, the other as results?

- Do you prioritize your schoolwork over other psychological and physical needs? This can include eating healthy, sleeping, getting exercise, or relaxing.
    - Why's that? How do you feel about it?

- Do you see peer pressure as a factor that affects your work-life balance?

  If so, how do you deal with such things? Do they also affect your emotion? How much? (Feel free if you want to skip.)

- How many hours of exercise do you get per week during the school year?
    - Do you wish that you could change anything about this? why?

- How many hours of sleep do you get on average per night during the school year?
    - Do you wish you could change anything about this? why?

- How many hours do you socialize a week during the school year?
    - Do you wish you could change anything about this? Why?

- Do you try to give yourself a break from school on the weekend? How do you feel when you need this kind of break?

- Have you ever dropped a course because it was too overwhelming? Would you be willing to share the story a little bit more?

- Which school year would you say was the most challenging to keep a healthy mentality? Why?

Coping:
- How do you cope with a large amount of work? Especially when they are mandatory for both quantity and speed? Are you satisfied with your solutions?

- What do you do when you get tired of studying or working on assignments? Do you take a break or do you continue to push yourself and why? Are you comfortable with the way you choose?

- What are the activities you engage in to help you destress? Are they considered the permanent methods to calm you down? Do you prefer indoor or outdoor activities and why?

- If you just finished an all day/all night work session what would you like to do afterwards? Why's that? And how's that feeling?

Closing Questions:
- I appreciate your feedback. Is there anything else you would like to share? Thanks again for your time. If you have any questions that come up feel free to ask.

Interview Data

Participant #1	Interviewee : Female/ Grad/ OISE
What is your study mode? How do you like it? Is it at your desirable level?	Learning-by-doing. This method is very suitable for me. Yes!
Do you usually procrastinate?	Yes, I have serious procrastination. For example, when doing homework, I often finish it at the last minute of the ddl.
Do you have a schedule? How long would you plan in advance?A month, a week or just three days? Do you find it hard to stick to your schedule? And why? How's the feeling of living as planned?	Yes, I usually plan it 3 days in advance. I used to start planning a week in advance, but I couldn't follow it. So it is more reasonable and efficient for me to start the arrangement three days in advance. Living according to plan, I feel very tired, but I feel very fulfilled.
Do you find yourself easily distracted by social media? What's the feeling after you realize you're distracted? Do you take any actions to prevent being distracted?	Yes! I am very susceptible to the influence of the surrounding environment, and then my attention cannot be well focused on learning. Even if I really want to study hard, I just can't concentrate. I might choose to have to take a break every hour. I will drink milk tea to relax.
Do you have a routine, and if so what is it like? If you do, do you use calendars, daily task lists or any other means to organize your days？ If you do use them, would you like to share some details or stories? For example, do you find the ways you use it easily to insist? What do you like about using them? What's the most frustrating thing about it? Why do you think they are useful or not to help organize things?	Yes! I usually use the to-do lists and the google calendar. But it is very difficult to follow the structure. I usually write down the due dates of homework, the time I go out with friends, and some important anniversaries in advance.
Throughout your university career, have you had any periods where you felt that	Yes! I experienced it in my first year. Because when I came to a new environment, I was very

your mental health was not at the place you would have liked it to be? How do you struggle with it?	unaccustomed to it. The pressure from language is also great. I relieve my pressure by making more friends and participating in some social activities.
Do you feel your mental health is affecting your work-life balance? Which do you think can be the reason?	Yes! Excessive pressure will make me insomnia, and I will not be able to focus on the study, which leads to my low learning efficiency. Insufficient sleep will make me unmotivated. There is also anxiety about hair loss.

Do you see peer pressure as a factor that affects your work-life balance? If so, how do you deal with such things? Do they also affect your emotion? How much?	Yes! I will feel frustrated, and then my motivation and initiative in learning will decrease. Sometimes I have self-doubt. I will talk with my friends and seek their advice. I will deal with peer pressure positively.
Do you prioritize your schoolwork over other psychological and physical needs? This can include eating healthy, sleeping, getting exercise, or relaxing. Why's that? How do you feel about it?	It Depends on the situation. But I will not give up my sleep time.
How many hours of exercise do you get per week during the school year? Do you wish that you could change anything about this? why?	No, to be honest, I didn't do any exercises. The main reason is that I don't like sports. I wish I can try to do some exercises in the future, such as jogging.
Have you ever dropped a course because it was too overwhelming? Would you be willing to share the story a little bit more?	I dropped three classes in the first year. And one class in the 4th year. The workload is extremely heavy, and I got a bad grade in the midterm. I don't want it to affect my cGPA.
Which school year would you say was the most challenging to keep a healthy mentality? Why?	When I was a freshman. Difficult to manage the structure. I needed to spend time making new friends and do homework.
How do you cope with a large amount of work? Especially when they are mandatory for both quantity and speed? Are you satisfied with your solutions?	I will try my best not to play computer games. Mainly I will minimize the interference and focus on the task.

What do you do when you get tired of studying or working on assignments? Do you take a break or do you continue to push yourself and why? Are you comfortable with the way you choose?	I will take a break. Usually, I play games and read some novels to relax. If I force myself not to rest, my efficiency will be very low and my concentration will be easily distracted. Yes!
What are the activities you engage in to help you destress? Are they considered the permanent methods to calm you down? Do you prefer indoor or outdoor activities and why?	The main activities are playing games, reading novels, watching TV shows, and going to the supermarket. In contrast, I prefer indoor activities. I don't like doing any sports.
If you just finished an all day/all night work session what would you like to do afterwards? Why's that? And how's that feeling?	I prefer to go to bed first. After getting enough sleep, I will play computer games with my friends. I will feel very relaxed.

Participant #2	Interviewee: Female/Undergrad/Computer science
What is your study mode? How do you like it? Is it at your desirable level?	Learning-by-doing. For some assignments, I tend to get a rough idea and then try to do it. When encountering difficulties in the process, I will use the learning materials to conduct research.
Do you usually procrastinate?	Of course, I have procrastination. If it is the kind of work in which the steps are clear and not very brainy, especially the hands-on work, I can complete it relatively quickly. But if it is those tasks that require brainstorming, it is easier to delay.
Do you have a schedule? How long would you plan in advance? A month, a week, or just three days? Do you find it hard to stick to your schedule? And why? How's the feeling of living as planned?	Yes! I usually plan a week in advance. Because of my procrastination, my schedule is easily disrupted. To be honest, it's tiring to live a day according to the schedule.

Do you find yourself easily distracted by social media? What's the feeling after you realize you're distracted? Do you take any actions to prevent being distracted?	Definitely. I will feel very relaxed at that moment, but I regret it when the deadline comes. I will put the phone far away.
Do you have a routine, and if so what is it like? If you do, do you use calendars, daily task lists or any other means to organize your days？ If you do use them, would you like to share some details or stories? For example, do you find the ways you use it easily to insist? What do you like about using them? What's the most frustrating thing about it? Why do you think they are useful or not to help organize things?	yes! I usually use handwritten calendars. I will mainly write the deadlines of homework and any projects on it, and I like to draw and decorate on it.
Throughout your university career, have you had any periods where you felt that your mental health was not at the place you would have liked it to be? How do you struggle with it?	When I took an F in an exam, I felt desperate. I often couldn't sleep during that time. At that time, I was relaxing by watching drama and let myself forget about it.
Do you feel your mental health is affecting your work-life balance? Which do you think can be the reason, the other as results?	I think it will. Sometimes when my pressure is too great, I can't finish school homework on time, and I don't want to participate in any social activities. I will feel very tired and lack energy.
Do you see peer pressure as a factor that affects your work-life balance? If so, how do you deal with such things? Do they also affect your emotion? How much?	I think it will. Their excellence does make me feel pressured. But peer pressure will make me work harder. But sometimes I feel anxious. For peer pressure, the best way is to be confident.
Do you prioritize your schoolwork over other psychological and physical needs? This can include eating healthy,	Normally, I prioritize my studies. Sometimes I can't eat on time and sleep well because I'm busy. I prioritize my studies, mainly because I don't want to get a grade of F.

sleeping, getting exercise, or relaxing. Why's that? How do you feel about it?	
How many hours of exercise do you get per week during the school year? Do you wish that you could change anything about this? why?	2 hours. I hope that I can arrange 4 hours of exercise per week when planning.
How many hours of sleep do you get on average per night during the school year? Do you wish you could change anything about this? why?	Usually 6-8 hours. I hope I can get more sleep. I am so tired every day. The lack of sleeping will decrease my quality of learning.
Have you ever dropped a course because it was too overwhelming? Would you be willing to share the story a little bit more?	I dropped only one math class in my first year. I am not good at math. The test is really difficult, and there is a lot of homework. I chose 5 courses in my first semester, so I dropped one finally.
Which school year would you say was the most challenging to keep a healthy mentality? Why?	I think it is the 1st year and the last year. As I find it difficult to get used to the new environment. I was not familiar with the study pace which was very fast. Last year, I had to spend lots of time studying to improve my GPA. I am very stressed.
How do you cope with a large amount of work? Especially when they are mandatory for both quantity and speed? Are you satisfied with your solutions?	I will compress some sleep time, and mealtime to complete a lot of work. It is true that this method is very harmful to the body, and maybe I should have some better methods.
What do you do when you get tired of studying or working on assignments? Do you take a break or do you continue to push yourself and why? Are you comfortable with the way you choose?	I will choose to watch some comical TV shows to relax. Mainly because when I am too tired, my learning efficiency and quality are not high. For this kind of break, I feel quite satisfied.
What are the activities you engage in to help you destress? Are they considered the permanent methods to calm you down? Do you prefer indoor or outdoor activities and why?	Sleep, watch dramas, and drink milk tea! Prefer indoor activities. Because outdoor activities will make me more tired.

If you just finished an all day/all night work session what would you like to do afterwards? Why's that? And how's that feeling?	I just want to sleep. After a long sleep, I will become very energetic. After sleeping, everything feels better.

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Participant #3	Interviewee: Female/Graduate/Information
What is your study mode? How do you like it? Is it at your desirable level?	I usually study for 10 hours per day, and I take breaks from 30mins-1hour. I probably do stretches of 3 straight hours of work before breaking though. It works for me.
Do you usually procrastinate?	Not usually. The fear of falling behind makes me not procrastinate
Do you have a schedule? How long would you plan in advance? A month, a week, or just three days? Do you find it hard to stick to your schedule? And why? How's the feeling of living as planned?	Always. It is intense but I have to follow it or everything collapses. I'll plan like a month ahead. I find planning things less stressful.
Do you find yourself easily distracted by social media? What's the feeling after you realize you're distracted? Do you take any actions to prevent being distracted?	Yea, of course, I'll just keep scrolling during the lecture. I use Facebook and Instagram, and then Twitter if there is nothing good.
Throughout your university career, have you had any periods where you felt that your mental health was not at the place you would have liked it to be? how do you struggle with it?	I think I'll skip that question.

Do you feel your mental health is affecting your work-life balance? Which do you think can be the reason, the other as results?	Yea I always have tight deadlines and demanding classes - 6 hour lectures and pre class lectures. Group projects are stressful. It is kind of stressful. I'd rate it a 7/10 for stress.
Do you see peer pressure as a factor that affects your work-life balance? If so, how do you deal with such things? Do they also affect your emotion? How much?	Yes. Because some students are super competitive and you just do not want to be left behind. One type of student does not want to do anything, and one person drives the group forward. The competitive people in your group push you to do things and have tight deadlines
Do you prioritize your schoolwork over other psychological and physical needs? This can include eating healthy, sleeping, getting exercise, or relaxing. Why's that? How do you feel about it?	This is true. On Monday I have 4 classes. One is 3 hours, I sit all day, back hurts. School always comes first. Your mental health and physical health do not have a score, but the school does have a score. Your GPA can change imminently if you do bad in one course
How many hours of exercise do you get per week during the school year? Do you wish that you could change anything about this? why?	None. Of course, I wish I could get more.
How many hours of sleep do you get on average per night during the school year? Do you wish you could change anything about this? why?	I usually get 6 hours a night. Sure I want more, it makes you happier and it makes it easier to concentrate.
Have you ever dropped a course because it was too overwhelming? Would you be willing to share the story a little bit more?	Not in grad school but in undergrad. I was in co-op, we can take one class while doing that, but it was too hard. It was about data mining. I Got a "B" on the midterm so I dropped it.
Which school year would you say was the most challenging to keep a healthy mentality? Why?	Next semester because you have to get everything done for before co-op hand like interviews and preparing a portfolio.

How do you cope with a large amount of work? Especially when they are mandatory for both quantity and speed? Are you satisfied with your solutions?	If it is a lot, and they have different deadlines and I feel overwhelmed, I won't want to do it so I give myself a break at the beginning. Then I rush it after. If the deadlines are scattered I will do it right away because I am not scared.
What do you do when you get tired of studying or working on assignments? Do you take a break or do you continue to push yourself and why? Are you comfortable with the way you choose?	I will take a break, but my brain will keep worrying. Sometimes you cannot function and you become a zombie and sit on the sofa. You keep worrying.
What are the activities you engage in to help you destress? Are they considered the permanent methods to calm you down? Do you prefer indoor or outdoor activities and why?	I would rather be outdoors. I like walking my dog, and watching movies to destress.
If you just finished an all day/all night work session what would you like to do afterwards? Why's that? And how's that feeling?	I like to scroll on my phone and sleep. I don't focus on it though, I'm too tired.

Participant #4	Interviewee: Male/Undergraduate/Architecture
What is your study mode? How do you like it? Is it at your desirable level?	I study at scattered times, whenever there is an opening. Sometimes 2 hours, 8 hours, at night or very very early at like 6am. I take short breaks (every hour) for 5-10 minutes. It depends.
Do you usually procrastinate?	Yea. Stress makes me procrastinate. Also, if I am not stressed enough sometimes I also procrastinate. Then the guilty feelings make me more stressed.

Do you have a schedule? How long would you plan in advance? A month, a week, or just three days? Do you find it hard to stick to your schedule? And why? How's the feeling of living as planned?	Not really, it's subject to change. Only fixed things like work and school are set ahead of time. 1000% yes I want more schedule. It would take the stress away. It takes a lot of the juggling in your head out of the way. It's not about forgetting about it. It;s that organizing things give you a certain time to not worry about it because you have a planned time for it. I like to let things be how they want to be. When I am too structured I am not very happy. I do not like a routine. It is not interesting. There is nothing unexpected. But I am trying to be more structured.
Do you find yourself easily distracted by social media? What's the feeling after you realize you're distracted? Do you take any actions to prevent being distracted?	Sort of. I delete the apps. The blockers don't work for me. I try to keep my phone on the side when I'm doing work.
Throughout your university career, have you had any periods where you felt that your mental health was not at the place you would have liked it to be? how do you struggle with it?	Majority of the time. It's because of stress. Stress and a lack of a sense of fulfillment. It could be grades, awards systems, competitiveness, other students, workload. The lack of you time...
Do you feel your mental health is affecting your work-life balance? Which do you think can be the reason, the other as results?	It did. You have to sacrifice. You never feel fulfilled in either category - either at school or work. You can never be happy 24/7.
Do you see peer pressure as a factor that affects your work-life balance? If so, how do you deal with such things? Do they also affect your emotion? How much?	Personally no. It adds a sense of urgency. But I am not jealous.
Do you prioritize your schoolwork over other psychological and physical needs? This can include eating healthy,	100%. It's because of pressure - pressure on myself, also pressure from my parents. Middle eastern parents are different like that. I feel like it

sleeping, getting exercise, or relaxing. Why's that? How do you feel about it?	is toxic. Because when I do stuff outside of school I feel way more rewarded even if I am not getting good grades. I feel happy. Fulfilled. I want to be more balanced. I do not want it to be all about school.
How many hours of exercise do you get per week during the school year? Do you wish that you could change anything about this? why?	1 or 2. Hell ya I want more. Way more. Because i think a belly is not that nice.
How many hours of sleep do you get on average per night during the school year? Do you wish you could change anything about this? why?	5-6 hours. I get headaches when I do not sleep. I think 6 hours is good. 7 is not bad too, sometimes but 6 is better.
Have you ever dropped a course because it was too overwhelming? Would you be willing to share the story a little bit more?	Just did yesterday. It was a lot of work and required studying every day. The Midterm did not go well. Quite often. Like every semester.
Which school year would you say was the most challenging to keep a healthy mentality? Why?	Second-year and this year. I'm stressing about my GPA for grad school this year.
How do you cope with a large amount of work? Especially when they are mandatory for both quantity and speed? Are you satisfied with your solutions?	I stress and start smoking. Not taking care of myself, eating unhealthy, drinking lots of coffee.
What do you do when you get tired of studying or working on assignments? Do you take a break or do you continue to push yourself and why? Are you comfortable with the way you choose?	I try to force myself until I just can't anymore.

What are the activities you engage in to help you destress? Are they considered the permanent methods to calm you down? Do you prefer indoor or outdoor activities and why?	I Smoke a lot. I prefer outdoor activities.
If you just finished an all day/all night work session what would you like to do afterwards? Why's that? And how's that feeling?	I would smoke and then sleep. It's relaxing.

Participant #5	*Interviewee: Female/ Graduate student/ Faculty of Information*
What is your study mode? How do you like it? Is it at your desirable level?	If I have a full day, then I will probably work for maybe an hour or two and then take like half an hour off by just lying in my bed and taking a break. It really depends on if I get into a groove or not. If I'm having a day where I'm not focusing then I'll take more breaks just to try to get into a better mindset, but if I'm having a productive day then I could work in the morning and then take like a long lunch kind of thing and then get back into it. So it definitely depends on the day because I know that for myself. When I'm focused, I can be really productive and then I don't necessarily feel like I need a break. But I'm really struggling with the work and then I take more breaks just because I'm not accomplishing anything anyway, so I might as well rest.
Do you usually procrastinate?	Yes, I do. I am trying to be good about that, because my schedule is pretty packed this semester with work and school, but I'm definitely a procrastinator.

Do you have a schedule? How long would you plan in advance? A month, a week, or just three days? Do you find it hard to stick to your schedule? And why? How's the feeling of living as planned?	I kind of tried to have a schedule, but I kind of gave up on it really quickly so basically like the main structure that I have is that I work during the day, like 8 to 4 or 8:30 to 5. On Monday and Thursday, I have my classes, so I'm trying to work during the day as much as possible. I tried Notion when I started this semester to basically plan my days out in 15 minute increments. And I just think that it takes up unnecessary time trying to plan things on such a granular level. Also, you never know what's going to happen or how you're going to feel on a certain day. I would just be like you know I really need to get a little bit extra sleep today so I'm not going to do my plan of getting up at seven o'clock . I have a loose schedule, I guess. I create a loose schedule in the beginning of the week and I use daily to do lists based on how I feel.
Do you find yourself easily distracted by social media? What's the feeling after you realize you're distracted? Do you take any actions to prevent being distracted?	Yes, especially if I'm in that place where my mind is having a really hard time focusing. I definitely think that it's so easy to just pick up your phone and all of that entertainment is going to be there, especially, just like checking you know the social media. It can be a little repetitive, at times, if I'm looking at Instagram or Facebook it's kind of like all the same old things that I've seen. But Tik tok is like a constant stream of new content and it's so easy to just get sucked into it. So I definitely get distracted by that.
Do you have a routine, and if so what is it like? If you do, do you use calendars, daily task lists or any other means to organize your days? If you do use them, would you like to share some details or stories? For example, do you find the	I'm trying to do this semester, which I don't think I did previously but I'm specifically planning out time for things like physical activity and yoga so I can kind of remember to breathe and that kind of stuff. So I would say the routine varies day to day, just because my schedule varies day to day but I have certain days where I'll try to get up around

ways you use it easily to insist? What do you like about using them? What's the most frustrating thing about it? Why do you think they are useful or not to help organize things? If you do not have a routine, why is this? How much would you like to use one if possible?	the same time, every day. For a couple of days I'll try to do a little bit of physical activity in the morning, have my shower and then get started on working, whether that's my job or school stuff. Then, if I'm going to campus it's all different, so I don't want to work out in the morning before I go to a 9am class. Yeah it definitely changes, based on the day and the task in a lot of my days look very different and then it changes, based on my mood as well. Like, I don't necessarily force myself to do things that I have in my plan.If I'm not feeling up to it because I'm kind of like what's the point. So I have a monthly/weekly planner where I put all of my things like deadlines or meetings or specific things like I need to be here at this time on this certain day, all of that kind of stuff. In the back of that planner there's a note section, where I will write like a big to-do list for the week. And then kind of keep adding to it as things come in and just kind of cross everything off as it gets done. I tried using something like planning my day app called notion, but I think I was just going a little too crazy with that. And I haven't been using it, the last week or so. And one thing I'll say about Notion is that I don't really know how to use it on my own. Basically, I found someone else's template for organizing their schoolwork. I just input all of my information there. So it's pretty easy to use, it's going to be user generated and it's not like it's just right there for you and the tool plans all your stuff. The problem that I have with calendar apps like the calendar app in my computer is What am I going to put in there, like it's just kind of a tiny box and I have the monthly view. I don't find it very useful.
Throughout your university career, have you had any periods where you felt that your mental health was not at the place	Yes, last week. Last week I was completely like there's no way I'm going to ever be able to do any of this stuff. I had started back at work after

you would have liked it to be? How do you struggle with it? Have you ever sought professional help? How's that memory? If you are uncomfortable with the question feel free to not answer.	being off. And I was just like there is no way I can do any of this stuff. I couldn't focus and I couldn't process any information. I was a complete mess up, so I just had a week where I was like this is terrible. I feel a little bit better this week. I actually haven't. It's something that I think about sometimes but it's one of those things where you don't really know how I would go about something like that. And when you're not feeling well you don't want to go through the effort to find resources. Then by the time you feel better you're like well now I'm better. So I never have.
Do you feel your mental health is affecting your work-life balance? Which do you think can be the reason, the other as results?	Yeah, I kind of feel like it does because it's like when you can't effectively manage your tasks and because you're not feeling well, then you don't have as much free time and you can't relax because you're putting things off and then you can't get into a good schedule, so you feel poorly. Yeah I can definitely say it's a vicious cycle. Like if you feel like you're off track it's really hard to get on track and find time for yourself to relax.
Do you see peer pressure as a factor that affects your work-life balance? If so, how do you deal with such things? Do they also affect your emotion? How much?	I mean I feel like with things being so online I don't really feel like that influenced by peers. I am not in contact with peers to know how they're doing on a day to day basis like you kind of miss out on some of those conversations, where you talk about things like what you're accomplishing or what you're not accomplishing. But I don't really feel peer pressure as such a factor. Usually peer pressure does not affect me either.
Do you prioritize your schoolwork over other psychological and physical needs? This can include eating healthy, sleeping, getting exercise, or relaxing. Why's that? How do you feel about it?	I'm really trying not to. I don't think I've relaxed very much in the past. But sleeping is one thing that I know I really feel like I can't compromise on because when I do. I just became completely useless the next day. Like I've never been able to

	ignore when I'm hungry I always feel like I need to eat. So those ones I feel like I'm pretty good about balancing and taking care of. Relaxing one it's hard to find time and it's hard to make time for relaxing except for when you're lying in bed just about to go to sleep sometimes.
How many hours of exercise do you get per week during the school year? Do you wish that you could change anything about this? why?	I guess it depends on what you consider exercise. I go on campus twice a week so that's like some walking because I walked to the subway when I went to campus from the subway. But that's probably 10 minutes each way so let's say that's 40 minutes of walking per week. I pretty much don't go outside other than that. And I tried to do maybe 30 to 45 minutes of cardio per week, which is not that much. Maybe if I had more time I would do more. Then, with yoga I tried to do like 20 to 30 minute yoga practice, maybe once or twice a week as well. So it's like a couple hours a week of exercise. I feel like optimally people are supposed to do more than that, but it's what I can build into my schedule at this time. And I'm okay with it, because I'm making the effort which I think is important.
How many hours of sleep do you get on average per night during the school year? Do you wish you could change anything about this? why?	Right now it's probably like 7 which is pretty good. I like to get eight but before school started I would be probably getting about 8. And then in the first couple weeks, I was really trying to. I still get 8 but now I feel like 7 is the average. Yes, I really like sleeping and I do think that I function better, if I get a little bit more, but still I feel like 7 is doable.
How many hours do you socialize a week during the school year? Do you wish you could change anything about this? Why?	For like 10 minutes I don't feel like I socialize that much apart from talking before class and talking on the break. I talk occasionally with some friends from my hometown. I live with my boyfriend and I socialize with him. Then you know

	we socialize all day because he works from home so we're always talking to each other, but. Anyone outside the home it's probably less like maybe an hour or two a week.
Do you try to give yourself a break from school on the weekend? How do you feel when you need this kind of break?	Yeah, so The one thing that I'm trying to keep is Friday night for a time to not be doing schoolwork. Usually, we will have some kind of take out on Friday night and then watch some TV, or like a movie or something, and maybe have a drink just at home and I'm trying to keep that as not school time. Originally in my ideal vision, I would like to do less work on the weekends, but right now, like last weekend I basically worked 12 hours both days on schoolwork. But I did get to keep my Friday night. I think I'm going to insist on that one because I feel I just feel like it's necessary. Also, when you live with someone you cannot completely ignore them you need to spend time with them as well.
Have you ever dropped a course because it was too overwhelming? Would you be willing to share the story a little bit more?	I don't think I actually have ever dropped a course, because it was too overwhelming.
Which school year would you say was the most challenging to keep a healthy mentality? Why?	Well I'm just doing my first year of masters, but I feel like this one has been more challenging than my undergrad. And my undergrad I felt like there was time to balance things a little more. But I also didn't work back then, I also wasn't doing a job really at that time so that could be a factor. I feel like this year has definitely been the hardest to balance everything.
How do you cope with a large amount of work? Especially when they are mandatory for both quantity and speed? Are you satisfied with your solutions?	Cry and then make a to-do list. So, usually my process if I'm feeling overwhelmed is just writing everything down and trying to check it off. Basically, just like facing the reality of what I have to do by certain dates. So I have to start with it

	and just try to come to terms with everything and then just do it.
What do you do when you get tired of studying or working on assignments? Do you take a break or do you continue to push yourself and why? Are you comfortable with the way you choose?	It depends on what the situation is like a lot of times I'm trying to be really proactive with my work. So I might be working on something where I know if I can't finish it now. Then it's okay, because I could finish it tomorrow. In that case I won't push myself but if I'm feeling like i'm not getting anywhere, because then my quality of work is not going to be good anyway. So I would just flop over onto my bed. The one problem is I like to just do stuff on my phone or watch netflix which is a lot of screen time though. So I don't really know what I could do.That wouldn't be screen time because I do feel like my eyes are starting to get sore. But that's my general process. If I have the time to give myself, then I will take it if i'm not like getting anywhere with my work. I like a few TV shows that I'm watching so I'll just watch an episode of that or a YouTube video or just go bother my boyfriend at work as well. And yeah sometimes I really do feel like I can push myself through and then just promise myself that I'm going to rest after I am done. .
What are the activities you engage in to help you destress? Are they considered the permanent methods to calm you down? Do you prefer indoor or outdoor activities and why?	I definitely prefer indoor activities. I don't know there's something about living in an apartment that makes me feel like going outside is a lot of effort.And you have to get dressed and all that kind of stuff so I like to watch shows that i've seen before. That always helps me destress. It's like I already know what's going to happen so it's just like something that I think it's funny that I've seen before then I'll watch that. I find yoga helpful. I like being able to breathe, then stretch from the terrible computer posture that kind of thing. I feel like those are my main two. Or, just like talking to my boyfriend or my mom.

If you just finished an all day/all night work session what would you like to do afterwards? Why's that? And how's that feeling?	Eat something tasty and then sleep.

Participant #6	Interviewee: Female/ Graduate student/ Faculty of Information
What is your study mode? How do you like it? Is it at your desirable level?	Primarily study for 2 hrs at a time and take half hour breaks.
Do you usually procrastinate?	Occasionally, not usually. Outside of school I will be doing work stuff that is procrastinating in my terms.
Do you have a schedule? How long would you plan in advance? A month, a week, or just three days? Do you find it hard to stick to your schedule? And why? How's the feeling of living as planned?	I usually plan at the beginning of the week for the week. It is hard to stick to a schedule but I try to stick to it and with good ability to multitask and prioritize I am able to keep up.
Do you find yourself easily distracted by social media? What's the feeling after you realize you're distracted? Do you take any actions to prevent being distracted?	Yes, for sure, especially with TikTok. It doesn't feel that great especially when I get screen time notifications on my phone. On my laptop I also have a social media blocker, I don't use it often though only during a busy week
Do you have a routine, and if so what is it like? If you do, do you use calendars, daily task lists or any other means to organize your days? If you do use them, would you like to share some details or stories? For example, do you find the ways you use it easily to insist? What do you like about using them? What's the most frustrating thing about it? Why do you think they are useful or not to help organize things? If you do not have a routine, why is this? How much would you like to use one if possible?	Depends on my work schedule and it changes on a weekly basis. I wake up at 7 or 8. I heavily use google calendar, weekly and daily to do lists. It is frustrating that UofT uses Outlook which is not compatible with Google calendar. However, I prefer Google calendar because it is easy to navigate and customize.

Throughout your university career, have you had any periods where you felt that your mental health was not at the place you would have liked it to be? How do you struggle with it? Have you ever sought professional help? How's that memory? If you are uncomfortable with the question feel free to not answer.	I am uncomfortable with answering this question.
Do you feel your mental health is affecting your work-life balance? Which do you think can be the reason, the other as results?	I think work life balance affects mental health.
Do you see peer pressure as a factor that affects your work-life balance? If so, how do you deal with such things? Do they also affect your emotion? How much?	Yes, it does affect me when other students or peers are pursuing more opportunities. I feel that I am not doing enough.
Do you prioritize your schoolwork over other psychological and physical needs? This can include eating healthy, sleeping, getting exercise, or relaxing. Why's that? How do you feel about it?	On chaotic weeks I prioritize school work over other needs. Otherwise, I try to strike a balance as much as possible.
How many hours of exercise do you get per week during the school year? Do you wish that you could change anything about this? why?	6 hrs a week in general and 1 hr walks. I definitely wish I got more.
How many hours of sleep do you get on average per night during the school year? Do you wish you could change anything about this? why?	6 to 8hrs of sleep. If I got 6 I wish I got more but if I got 8 then I am fine.
How many hours do you socialize a week during the school year? Do you wish you could change anything about this? Why?	I socialize 3 to 4 hrs a day so 28 hrs a week. I wish it was spread out on a daily basis rather than just being on the weekend.

Do you try to give yourself a break from school on the weekend? How do you feel when you need this kind of break?	Yes, 8 hrs over the weekend. I am tired by Friday so I am fine with taking a break.
Have you ever dropped a course because it was too overwhelming? Would you be willing to share the story a little bit more?	Yes, I didn't know the content so I dropped it.
Which school year would you say was the most challenging to keep a healthy mentality? Why?	Fourth year of undergraduate studies during the pandemic. Most of my friends were not there so it was hard.
How do you cope with a large amount of work? Especially when they are mandatory for both quantity and speed? Are you satisfied with your solutions?	I break things down into smaller tasks and try to do daily to do lists.
What do you do when you get tired of studying or working on assignments? Do you take a break or do you continue to push yourself and why? Are you comfortable with the way you choose?	When I get tired I take a break and I am comfortable with it as it's more efficient.
What are the activities you engage in to help you destress? Are they considered the permanent methods to calm you down? Do you prefer indoor or outdoor activities and why?	I prefer outdoor activities like jogging or hiking to destress.
If you just finished an all day/all night work session what would you like to do afterwards? Why's that? And how's that feeling?	Go for food or drinks with friends or just watch a show at home.

Participant #7	***Interviewee: Male/Undergrad/Institute of CCIT***

What is your study mode? How do you like it? Is it at your desirable level?	2 hours max and take 15minutes. Its at a desirable level
Do you usually procrastinate?	Participant does experience procrastination a lot due to bad time management and workload doesn't help either.
Do you have a schedule? How long would you plan in advance? A month, a week, or just three days? Do you find it hard to stick to your schedule? And why? How's the feeling of living as planned?	Not really, because days are so different so it's hard to keep a routine. but will plan during busy times and plan a week ahead. Participants still get work done but even don't plan ahead.
Do you find yourself easily distracted by social media? What's the feeling after you realize you're distracted? Do you take any actions to prevent being distracted?	Easily distracted, the participant feels annoyed whenever this happens, and he tries to close social media tabs.
Throughout your university career, have you had any periods where you felt that your mental health was not at the place you would have liked it to be? how do you struggle with it?	In 2nd year before exam week, the participant felt depressed due to work. But sought help from professionals to keep mental health in control.
Do you feel your mental health is affecting your work-life balance? Which do you think can be the reason, the other as results?	No, because had a lot of support from family, friends and professional helps
Do you see peer pressure as a factor that affects your work-life balance? If so, how do you deal with such things?	Not really, user focus on themselves.

Do they also affect your emotion? How much?	
Do you prioritize your schoolwork over other psychological and physical needs? This can include eating healthy, sleeping, getting exercise, or relaxing. Why's that? How do you feel about it?	Yes, if participant has a deadline, then he will prioritize over anything
How many hours of exercise do you get per week during the school year? Do you wish that you could change anything about this? why?	Not as much as participant likes, around 3h per week, would like more to time to keep in shape
How many hours do you socialize a week during the school year? Do you wish you could change anything about this? Why	2 hours per day, possibly a little longer during off days. Roughly around 15 hours per week.
How many hours of sleep do you get on average per night during the school year? Do you wish you could change anything about this? why?	Try to get 6 at minimum, participant thinks it's good enough to function
Have you ever dropped a course because it was too overwhelming? Would you be willing to share the story a little bit more?	Yes, it's a 4th year class that participants tried to take in 2nd year. Due to both workload and inexperience user decide to drop
Which school year would you say was the most challenging to keep a healthy mentality? Why?	First year, coming from high school, it's a huge difference for participants. They have to make new friends, how to live without parents, and have to adjust to the university study style.

How do you cope with a large amount of work? Especially when they are mandatory for both quantity and speed? Are you satisfied with your solutions?	Break stuff down, make a schedule if it's a large workload.
What do you do when you get tired of studying or working on assignments? Do you take a break or do you continue to push yourself and why? Are you comfortable with the way you choose?	Watch tv and YouTube. If there's a deadline in play no breaks allowed until the participant finishes.
What are the activities you engage in to help you destress? Are they considered the permanent methods to calm you down? Do you prefer indoor or outdoor activities and why?	Write lyrics, create stuff, playing video. Users prefer indoor but do attend outdoor activities.
If you just finished an all day/all night work session what would you like to do afterwards? Why's that? And how's that feeling?	Go out buy some nice food, relax, and a really long sleep

Participant #8	Interviewee: Male/Undergrad/Department of Math
What is your study mode? How do you like it? Is it at your desirable level?	2h study and 30min break. Enough to get the job done.
Do you usually procrastinate?	Participant procrastinate all the time and he feel very unaccomplished
Do you have a schedule? How long would you plan in advance? A month, a week, or just three days? Do you find it	Yes, usually weekly, and uses a custom calendar app to schedule. But no routine since participants

hard to stick to your schedule? And why? How's the feeling of living as planned?	enjoys the routine and don't want to lose flexibility.
Do you find yourself easily distracted by social media? What's the feeling after you realize you're distracted? Do you take any actions to prevent being distracted?	very easily because the participant has to communicate with group members frequently, and feels guilty and stressed about not answering people and leaving them hanging.
Throughout your university career, have you had any periods where you felt that your mental health was not at the place you would have liked it to be? How do you struggle with it?	The pressure to do well causes stress and leads to bad mental health, parents pushing him to do well. Obsessed about getting questions wrong on quizzes. Feel like I'm not able to breathe, so I might be having a panic attack.
Do you feel your mental health is affecting your work-life balance? Which do you think can be the reason, the other as results?	balance affects mental health, taking 6 courses online last semester. It was stressful and the expectation of not doing well negatively impacted mental health. But also have positive because of user had good group and enjoyed working in groups
Do you see peer pressure as a factor that affects your work-life balance? If so, how do you deal with such things? Do they also affect your emotion? How much?	Huge, user would not do as well as if it weren't for his peer. His peers gave him motivation, and didn't want to let them down. So the participant works extra hard in groups.
Do you prioritize your schoolwork over other psychological and physical needs? This can include eating healthy, sleeping, getting exercise, or relaxing. Why's that? How do you feel about it?	School work > everything. And sleep takes the hardest hit. Sometimes participants don't sleep for days.

How many hours of exercise do you get per week during the school year? Do you wish that you could change anything about this? why?	5h, biking to school, volleyball. Participant feels this length is good enough
How many hours of sleep do you get on average per night during the school year? Do you wish you could change anything about this? why?	3h on the hardest days, which happens very frequently. Wish for more sleep
Have you ever dropped a course because it was too overwhelming? Would you be willing to share the story a little bit more?	Yes, feels good afterwards, but usually early on during the semester. But afterwards the participant pushes through and if he fails, he fails.
Which school year would you say was the most challenging to keep a healthy mentality? Why?	Second year. You're stuck, no more first year excitement. Not sure where to go. Also have to deal with POST, involving switching majors.
How do you cope with a large amount of work? Especially when they are mandatory for both quantity and speed? Are you satisfied with your solutions?	Plan ahead, do the work that's due sooner. But usually procrastinate until the deadline is near. It's working but it could be better.
What do you do when you get tired of studying or working on assignments? Do you take a break or do you continue to push yourself and why? Are you comfortable with the way you choose?	Push yourself through in groups and take breaks when working solo.
What are the activities you engage in to help you destress? Are they considered the permanent methods to calm you down? Do you prefer indoor or outdoor activities and why?	Play games, walk, bike, see friends and sleep. Participant enjoys both indoor and outdoor activities

If you just finished an all day/all night work session what would you like to do afterwards? Why's that? And how's that feeling?	Do anything but work. But sleep is probably the first thing coming into mind