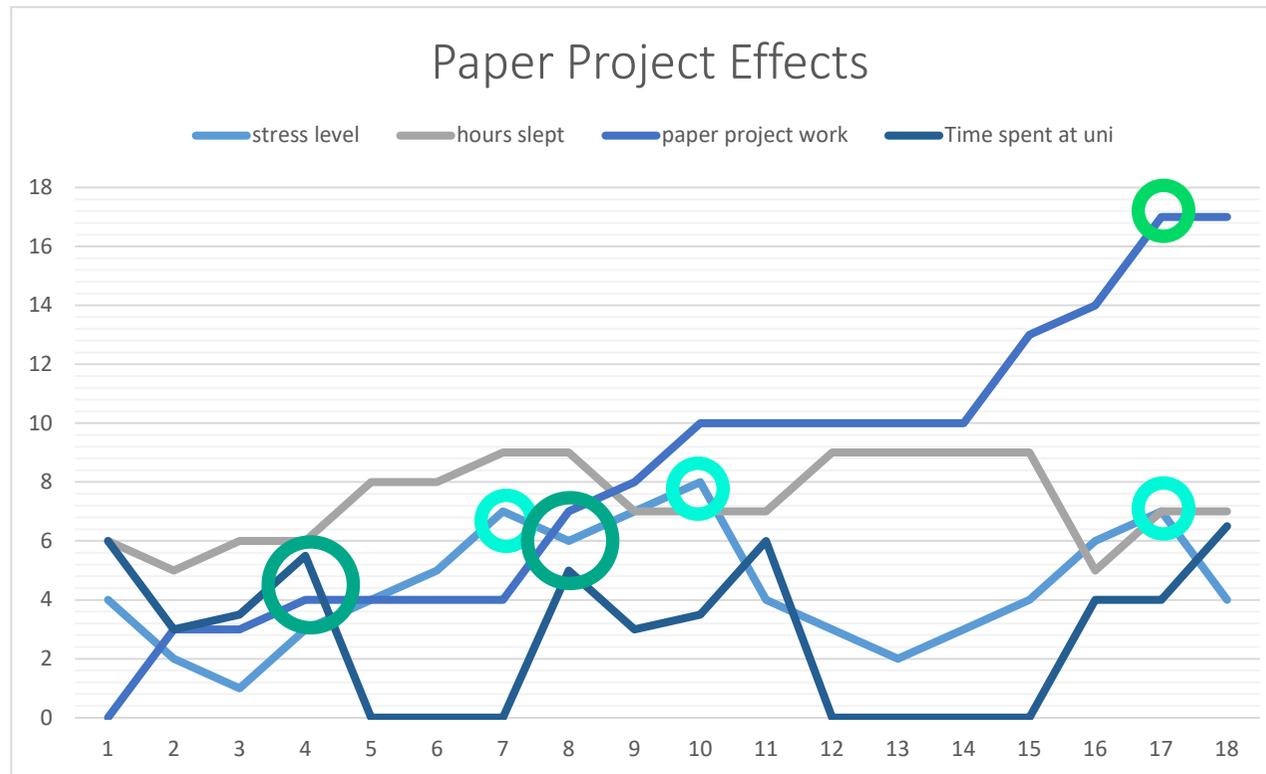


Paper Project Effects

Over the course of 18 days I recorded My stress levels (1-10), Hours spent sleeping, Hours spent on the paper project and time spent at Unitec.

These were the peaks in my stress levels. They are mainly due to a presentations I had to do and were either the night before or the day of the presentation. I get very nervous about doing presentation but i never max out my stress levels because I know i get very stressed about it and prepare well in advance to combat this as best as possible.



Here is the where I completed my individual paper project. On day 10 we had to produce a presentation on our idea's and what we will do afterwards. After a 4 day break i continued with the work and went hard on it and completed it.

Here is where on two occasions I peaked at both time spent at Unitec and hours worked on the paper project. This is due to my decision to leave a distraction filled house and come into Unitec early to get the necessary work done in an academic environment. Without the extra time spent at Unitec my stress levels would have sky rocketed and I would have had a lot of late nights frantically trying to get work done in the worse possible environment.

Paper Project Effects

stress level hours slept paper project work Time spent at uni

