



## CHARACTER PROFILE: ALEX

### Academic

- Very independent – needs minimal supervision
- Very intelligent - good problem solving skills
- Good communication skills – charismatic

### Working habits

- 3-5 hours / day
- Always between 9pm and 3am
- Avoids extra responsibilities / opportunities

### Social Life

- Very little contact during day
- Regular nights out with the 'usual crowd'

### Sleep

- 10+ hours between 4am and 2pm

### Personality Traits

- Impatient with less intelligent others (almost everyone)
- Self-confident
- Keeps things bottled up

### Nutrition

- Mainly pot noodles and takeaways
- Regular energy drinks in evening

### Exercise

- Occasional strolls to kitchen and bathroom
- Regular shape-throwing on dance floor

### Leisure Activities

- Watching TV
- Drinking / partying



## **CHARACTER PROFILE: CHARLIE**

### **Academic**

- Extremely productive
- Perfectionist
- Always says yes to extra work

### **Working habits**

- Usually 10 or more hours / day, only 8 on weekends
- Arrives at office around 8am, leaves around 8pm
- Usually answers emails within 5 seconds of receiving

### **Social Life**

- Daily contact with others
- Regular phone calls with friends and family
- Usually talks about work

### **Sleep**

- 4-6 hours between 12am and 6am
- Accidental naps on desk

### **Personality Traits**

- Self-critical
- Highly competitive
- Eager to please others

### **Nutrition**

- Often forgets to eat
- Eats all meals at desk

### **Exercise**

- Brisk walk to uni
- Sprints between lab and office
- Intense gym sessions every evening

### **Leisure Activities**

- Reading others' theses
- Scrolling through social media
- Deep-cleaning flat



## **CHARACTER PROFILE:**

### **SAM**

#### **Academic**

- Good relationship with colleagues
- Well known and liked within the department
- Large network - collaborative

#### **Working habits**

- 7-8 hours / day
- Only works between 9am and 5pm on weekdays
- Only answers emails within working hours

#### **Social Life**

- Daily contact with others
- Regular phone calls with friends and family
- Several close relationships

#### **Sleep**

- 7-8 hours between 11pm – 7am
- Lie-ins on weekends

#### **Personality Traits**

- Self-reflective
- Considerate towards others
- Open with thoughts and emotions

#### **Nutrition**

- Regular meals
- Balanced diet
- Occasional treats

#### **Exercise**

- Brisk walks at least twice a day
- Weekend bike rides or country walks
- Occasional gym classes

#### **Leisure Activities**

- Reading fiction books
- Painting pictures
- Member of amateur dramatics society