Observing, Mapping and Reflecting
ICIB5401
These are my graphs documenting my 10-day journey throughout my paper project assignment. Beginning from June 6th, I recorded 4 variables from when I first wake up (8am) to when I went to bed (variable times). I looked at my stress, productivity, leisurely and sleep patterns, then assigned each day’s data into an overall value out of 10.
Overview of recoded days:

June 9: Late night/Working on Paper project presentation for Introduction to story.
- Stress: 8
- Productivity: 10
- Leisurely: 1
- Sleep: 1

June 10: Finishing Paper Project presentation along with a 6-minute speech.
- Stress: 10
- Productivity: 9
- Leisurely: 1
- Sleep: 8

- Stress: 10
- Productivity: 1
- Leisurely: 7
- Sleep: 4

June 13: Meeting with group to discuss on group paper project.
- Stress: 2
- Productivity: 10
- Leisurely: 3
- Sleep: 8

June 14: Relaxing/Free day
- Stress: 1
- Productivity: 1
- Leisurely: 10
- Sleep: 10

- Stress: 8
- Productivity: 9
- Leisurely: 1
- Sleep: 2

June 16: Late night/finishing tasks for Creativity and Design Project e-portfolio.
- Stress: 9
- Productivity: 10
- Leisurely: 1
- Sleep: 1

June 19: Sorting out groups Exhibition space, Creativity and Design due.
- Stress: 10
- Productivity: 6
- Leisurely: 5
- Sleep: 8

June 20: Working on group Paper Project in studio space.
- Stress: 1
- Productivity: 10
- Leisurely: 10
- Sleep: 10

June 21: Late night/finishing Mapping assessment for Professional Practice.
- Stress: 9
- Productivity: 10
- Leisurely: 2
- Sleep: 2

1 = Lowest/ 10 = Highest
Here’s a side by side view and a pie chart of all the variables.

What I learnt:

With this Observing, Mapping and Reflecting assignment I was able to learn about data collecting and the importance of it. Because I am visually presented with what I both physically and emotionally go through during assessments, I can see I do keep productive but also, I am stressing throughout the weeks which then disturbs my sleep. This has given me an insight into what I could improve on for future projects, insure I work on and balance stress, productivity, Leisure and sleep evenly.