# Getting started
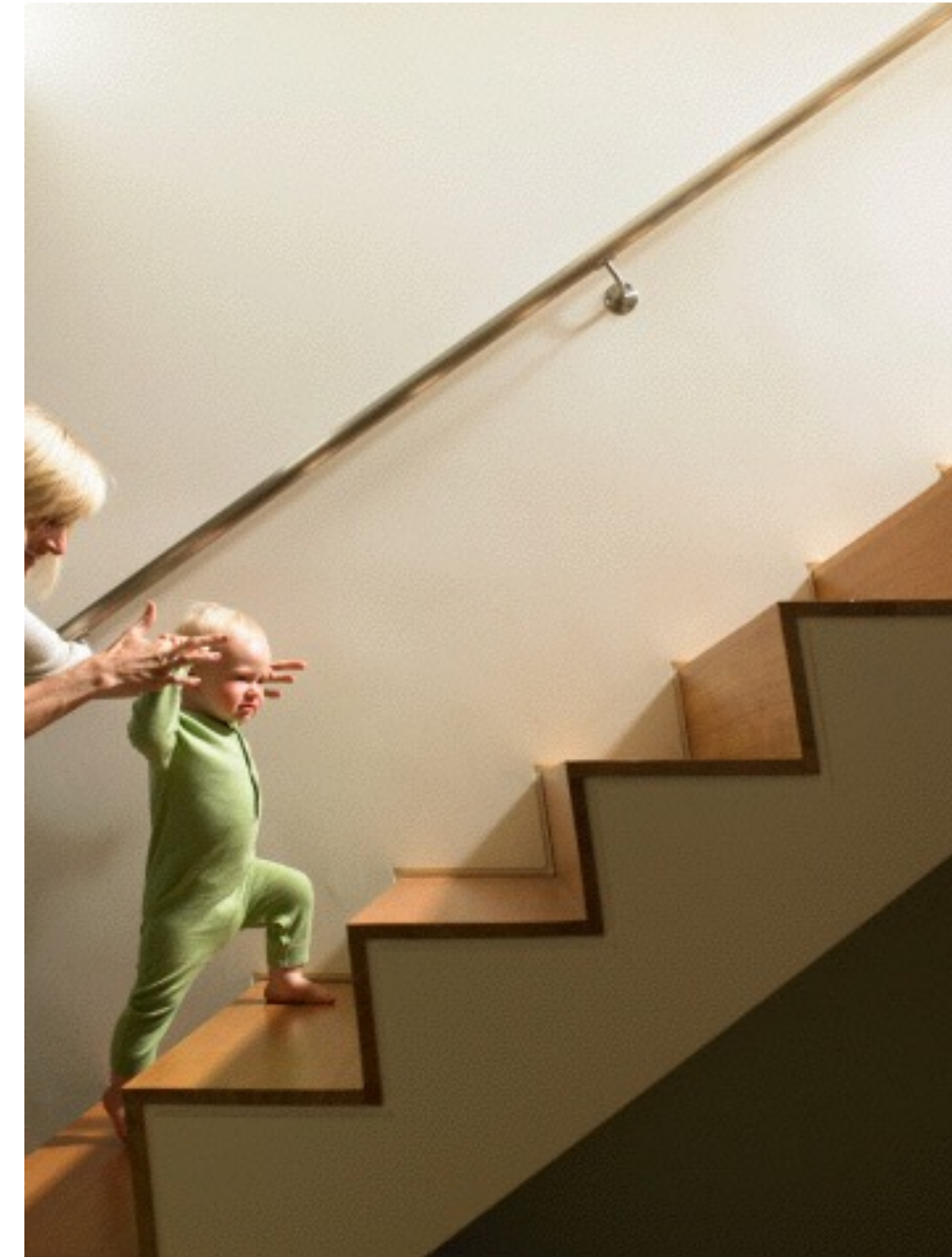
Heleen Bouma

To get MOOC students to start right away with their assignment, instead of procrastinating

Stimulated
&
Secured

# Movie
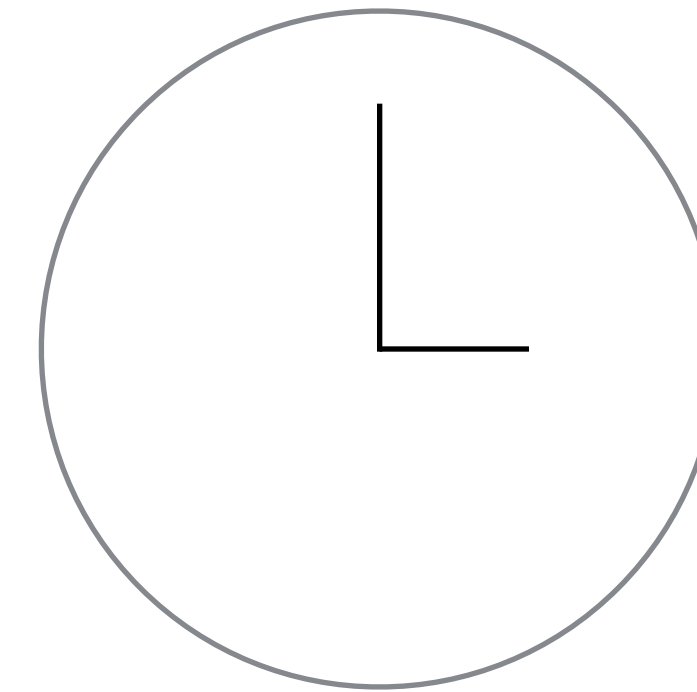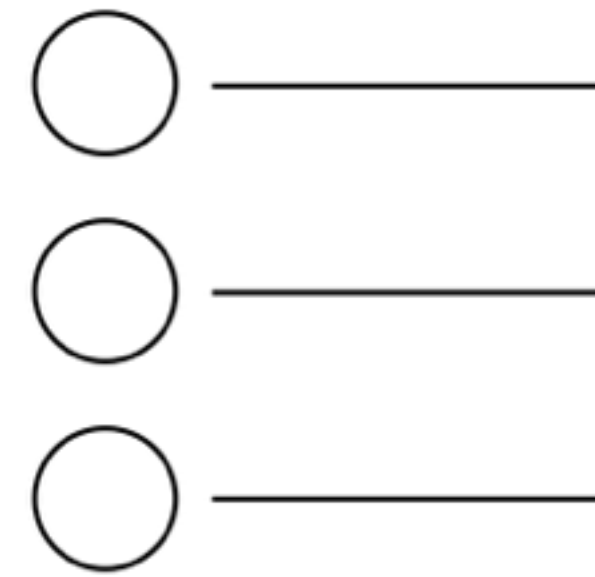
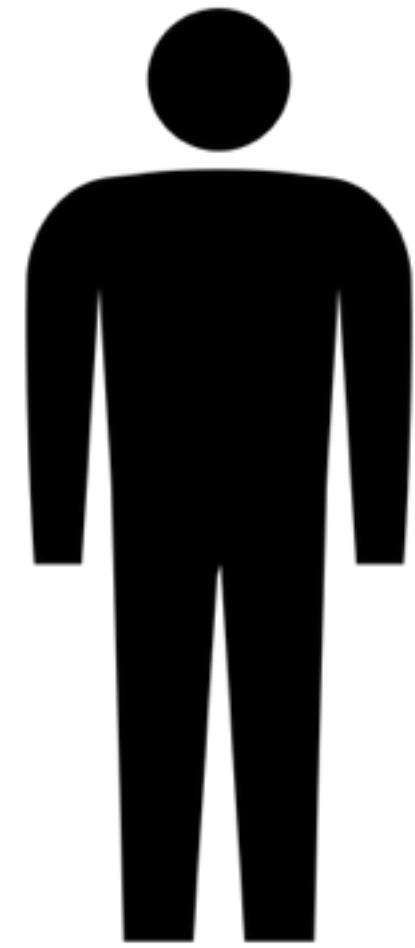› to keep delaying something that must be done, often because it is unpleasant or boring.

# Focus
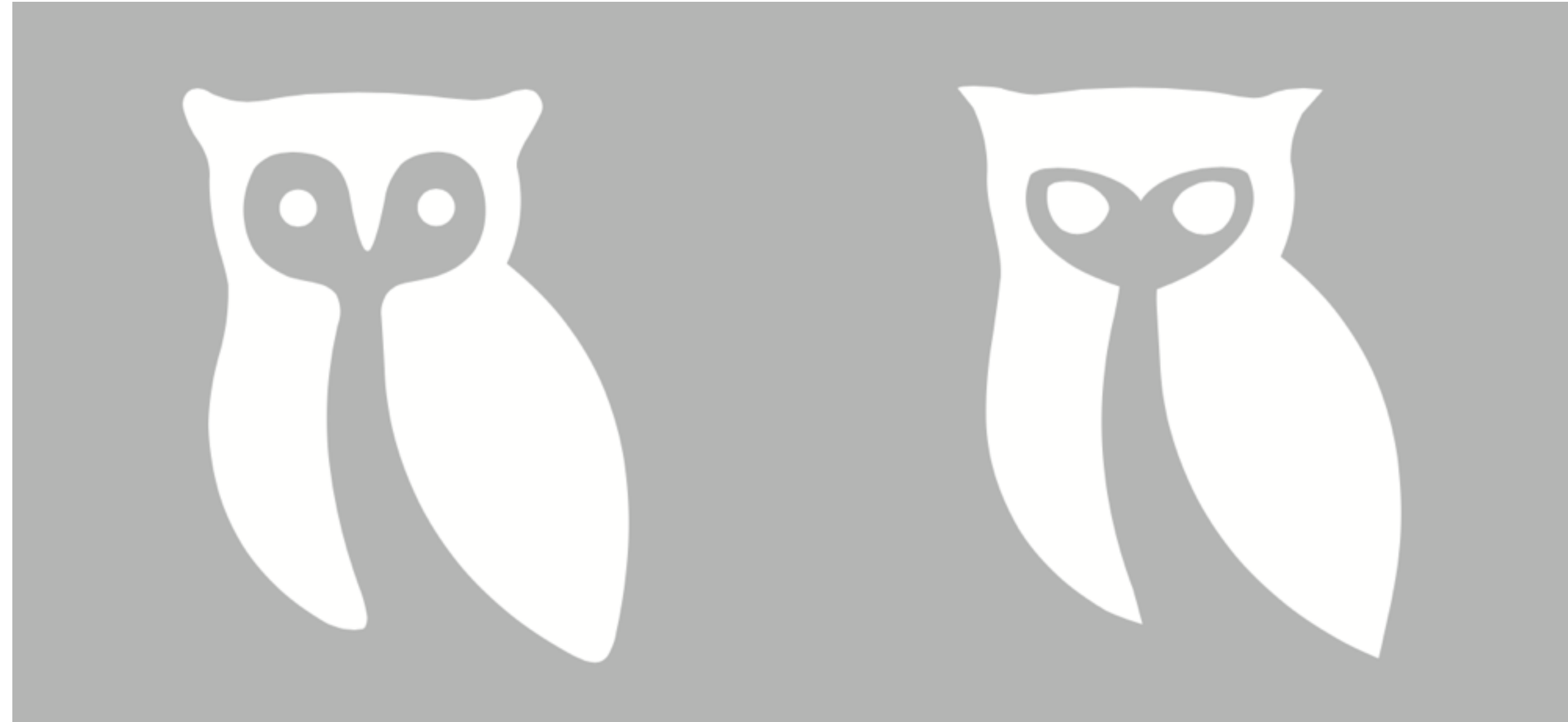
Stressed                               Confident

# Coach and time tracker



Stressed

Confident

Stressed

Confident