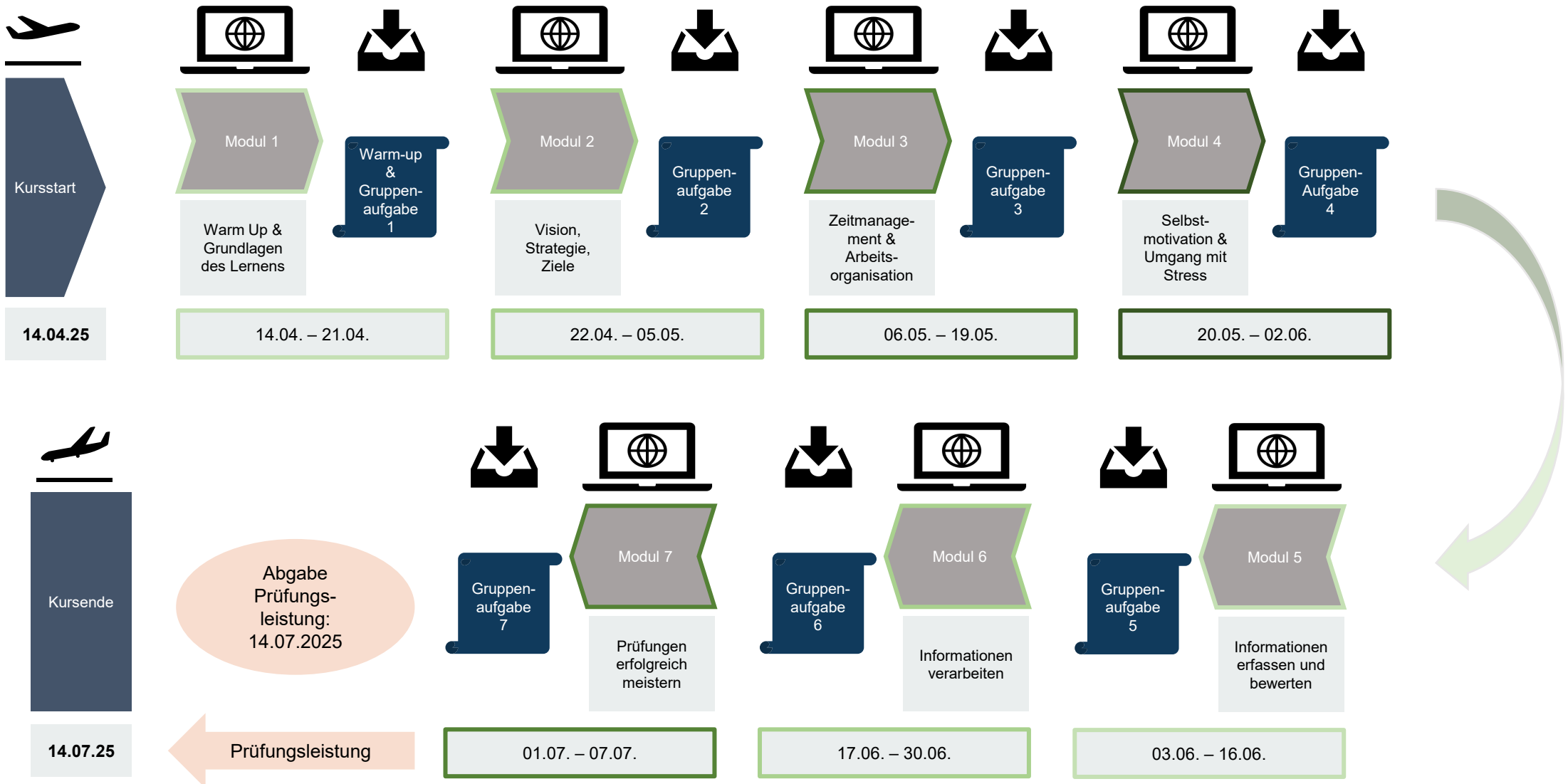# Ablaufplan Selbstmanagement im Studium