DisTrack

"Refocus Yourself"

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PROBLEM
Kayla Keller
English
Enriquez
February 6, 2014

Such Beautiful Shirts: The Great Gatsby and American Materialism
What's on your mind?

Upcoming Events

JACQUES RENALUT & JUSTIN MILLER + CALE PARKS
March 9 at 10:00pm
Bossa Nova Civic Club in Brooklyn, New York
Join - 81 people are going

LET'S PLAY HOUSE
George Fitzgerald, “Thinking Of You”

mugpie.

Jennifer Caitlin Welsh
Oh good morning cats!! Are you telling me to get off my phone and feed you? Do you promise not to jump on me if I do?
Kayla Keller
English
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February 6, 2014

Such Beautiful Shirts: The Great Gatsby and American Materialism
ONE DOES NOT SIMPLY

STUDY WITHOUT TAKING 2 HOURS
BREAK EVERY 5 MINUTES
FIRST PAPER
PROTOTYPE
PRIMARIES TASKS

1. Reflecting on past study sessions
2. Finding and using tools to help stay focused when work mode is on
TASK 1: REFLECT ON PAST STUDY SESSIONS

Reflect mode with overall view

Diagram:
- Reflect mode:
  - 30%
  - 70%
- Distraction:
  - 27%
- Total Logged: 13 h
TASK 1: REFLECT ON PAST STUDY SESSIONS

Reflect mode with overall view

Friday, October 31, 2014

[Checkboxes: Productive, Distracted]

Total Logged:
13 h

[Diagram with percentages and time intervals]
TASK 1: REFLECT ON PAST STUDY SESSIONS

Reflect mode with overall view
TASK 1: REFLECT ON PAST STUDY SESSIONS

Reflect mode with overall view

Friday, October 31, 2014

Total Logged: 13 h
TASK 2: FINDING TOOLS TO STAY FOCUSED

Recommended tools for a specific activity

- Kill News Feed
- Facebook Blocker

Example: 70% Facebook - 3h 3m

- Kill News Feed has been added to work mode.
TASK 2: FINDING TOOLS TO STAY FOCUSED

Recommended tools for a specific activity
TASK 2: FINDING TOOLS TO STAY FOCUSED

Recommended tools for a specific activity

- Kill News Feed
- Facebook Blocker

Example tracking: 70% Facebook, 3h 3m
TASK 2: FINDING TOOLS TO STAY FOCUSED

Recommended tools for a specific activity

![Image showing a diagram with a time tracking chart and recommended tools list]
TASK 2: SETTING UP WORK MODE TOOLS

Work mode settings
TASK 2: SETTING UP WORK MODE TOOLS

Work mode settings

- Take breaks every 60 minutes for 10 minutes
- Distraction Notifications
  - Notification Methods:
    - Vibrate
    - Sound

SAVE | CANCEL
TASK 2: SETTING UP WORK MODE TOOLS

Work mode settings
TASK 2: USING TOOLS IN WORK MODE

Start work mode in menu
TESTING
PROCESS
TESTING PROCESS

• 1 Heuristic Evaluation

• 3 Usability Tests
USABILITY TEST PROCESS

• Scenario 1:
  - Focused on reflection and finding tools

• Scenario 2:
  - Focused on using tools through the watch
USABILITY TEST PARTICIPANTS

- 3 undergraduate students
- Odegaard Library & Mercer Court Great Room
RESULTS:
USABILITY TEST I & HEURISTIC EVALUATION
POOR DATA VISUALIZATION

A. Unclear relationships with time
POOR DATA VISUALIZATION

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POOR DATA VISUALIZATION

A. Unclear relationships with time
POOR DATA VISUALIZATION

B. Hard to understand activity information
RECOMMENDED TOOLS HARD TO FIND

Circles are not obviously clickable
IMPROVED DESIGN

Sunday, November 2nd, 2014

Overall
Sessions

Session 1
Session 2

Session 1 (9 am - 1:20 pm) - 44.20 m

2h 10m
Facebook

2h
Conversation

1h 50m
MatLab

Click on activity for more actions.
IMPROVED DESIGN

Sunday, November 2nd, 2014

Overall

Sessions

- Distracted
- Productive

Session 1
- Session 1 (9 am - 1:20 pm) - 44.20 min
  - 2h 10 min
  - Facebook

Session 2
- 20 min
- Telemarketing

Session 3
- 1h 50 min
- MatLab

Click on activity for more actions.
IMPROVED DESIGN

Sunday, November 2nd, 2014

Overall: Sessions

Distracted  Productive

Session 1  Session 2

Session 1 (9 am - 1:20 pm) - 2h 10m
Read PDF

2h 10m  Facebook

Session 2 (1:30 pm - 4:30 pm) - 3h 30m
Read Presentation

1h 30m  MatLab

Click on activity for more actions.
IMPROVED DESIGN

Sunday, November 2nd, 2014

Overall: Sessions

- Distracted
- Productive

Session 1: 2h 10m
Facebook

Session 2: 1h 30m
Research

session: 44.20m

Click on activity for more actions.
IMPROVED DESIGN

Sunday, November 2nd, 2014

Overall: Sessions
- Distracted
- Productive

Session 1: (9 am - 1:20 pm) - 4h 20 m

2h 10 m
Facebook

78 m
Simulation

1h 50 m
MatLab

Click on activity for more actions.
RESULTS:
USABILITY TEST II & III
RECOMMENDED TOOLS STILL HARD TO FIND

Click on activity for more actions.
IMPROVEMENT

Click on an activity for more actions.
WORK MODE CONCEPT WAS UNCLEAR

Work Mode Tools

- Take Breaks
- Distraction Notification
- Kill News Feed
- Facebook Blocker

Click on a tile to view the details and add it to work mode.
WORK MODE CONCEPT WAS UNCLEAR

Click on a tile to view the details and add it to work mode.
WORK MODE CONCEPT WAS UNCLEAR
Work mode concept was unclear.
WORK MODE CONCEPT WAS UNCLEAR
MORE IMPROVED WORK MODE CONTROLS
MORE IMPROVED WORK MODE CONTROLS
MORE IMPROVED WORK MODE CONTROLS
MORE IMPROVED WORK MODE CONTROLS
FINAL PAPER
PROTOTYPE
PRIMARY TASKS

1. Reflecting on past study sessions

2. Finding and using tools to help stay focused when work mode is on
Sunday, November 2\textsuperscript{nd}, 2014

Overall

Sessions

Distracted

Productive

Total Time: 8h 39m

2 h 57 m
Facebook

2 h 01 m
Conversations

2 h 20 m
Matlab

1 h 41 m
WebResearch

Alpha

Click on an activity for more actions.
REFLECTION

Sunday, November 2nd, 2014

Overall

Sessions

Distracted  Productive

63% 37%

Total Time: 8h 39m

2h 51m

Facebook

2h 31m

Conversations

2h 20m

Matlab

1h 23m

Webcam Alpha

Recency

Productive

Tools

Facebook blocker

Recommendations

Kill Newsfeed

Kill Newsfeed

Hides the newsfeed on Facebook. Does not affect other functionalities.
Sunday, November 2nd, 2014

Overall:
- Distracted: 63%
- Productive: 37%

Sessions:
- 2 h 51 m: Facebook
- 2 h 31 m: Conversations
- 2 h 20 m: Matlab
- 1 h 30 m: Writing, Alpha

Total Time: 8 h 39 m

Recommendations:
- Kill Newsfeed
- Block Facebook

Tools:
- Facebook blocker

Hides the newsfeed on Facebook. Does not affect other functionalities.
WORK MODE TOOLS
DIGITAL MOCKUP
Desktop application
PRIMARY TASKS

1. Reflecting on past study sessions

2. Finding and using tools to help stay focused when work mode is on
TASK 1: REFLECT ON PAST STUDY SESSIONS

Weekly View

DisTrack  
< Nov 2nd - Nov 8th, 2014 >  
View: Weekly

Hours by Day

<table>
<thead>
<tr>
<th>Day</th>
<th>Productive</th>
<th>Distracted</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov 2nd</td>
<td>3h</td>
<td>5.5h</td>
</tr>
<tr>
<td>Nov 3rd</td>
<td>4.1h</td>
<td>5.2h</td>
</tr>
<tr>
<td>Nov 4th</td>
<td>3.6h</td>
<td>.4h</td>
</tr>
<tr>
<td>Nov 5th</td>
<td>.5h</td>
<td></td>
</tr>
<tr>
<td>Nov 6th</td>
<td>3h</td>
<td>2h</td>
</tr>
<tr>
<td>Nov 7th</td>
<td>3.6h</td>
<td>2.4h</td>
</tr>
<tr>
<td>Nov 8th</td>
<td>2.7h</td>
<td></td>
</tr>
</tbody>
</table>
TASK 1: REFLECT ON PAST STUDY SESSIONS

Weekly View

Hours by Day

<table>
<thead>
<tr>
<th>Date</th>
<th>Productive</th>
<th>Distracted</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov 2nd</td>
<td>3h</td>
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TASK 1: REFLECT ON PAST STUDY SESSIONS

Weekly View

DisTrack

Hours by Day
TASK 1: REFLECT ON PAST STUDY SESSIONS

Weekly View

[Graph showing hours by day for each day from Nov 2nd to Nov 8th, 2014]
TASK 1: REFLECT ON PAST STUDY SESSIONS

Weekly View

DisTrack

Work Mode: On

Hours by Day

- Nov 2nd: 3h, Distracted
- Nov 3rd: 4.1h, Productive
- Nov 4th: 3.6h, Productive
- Nov 5th: 0.4h, Distracted
- Nov 6th: 3h, Productive
- Nov 7th: 3.6h, Productive
- Nov 8th: 2.7h, Productive
TASK 1: REFLECT ON PAST STUDY SESSIONS

Overall View

![DisTrack Reflection Interface](image-url)
TASK 1: REFLECT ON PAST STUDY SESSIONS

Sessions View

DisTrack

November 2, 2014
Sunday

Work Mode: On

Distracted: 52%
Productive: 48%

Session 2 (3 pm - 6:30 pm) - 3 hours 30 minutes

Facebook: 2h 10m
Conversations: 20m
MatLab: 1h 50m
TASK 2: FINDING TOOLS TO STAY FOCUSED

Adding a recommended tool for an activity
TASK 2: FINDING TOOLS TO STAY FOCUSED

Adding a recommended tool for an activity
TASK 2: USING TOOLS TO STAY FOCUSED

![Image of work mode tools interface]

- **Work Mode** can be toggled on or off.
- **Equipped Tools** include:
  - Take Breaks
  - Distraction Alerts

- **Unequipped Tools** include:
  - Facebook Blocker
  - Kill News Feed

- **Take Breaks** can be set to occur every 60 minutes for 10 minutes, with options to be reminded when the break begins and when it ends.

- Options to **Remove from My Tools**.
TASK 2: USING TOOLS TO STAY FOCUSED
LESSONS LEARNED

• Iteration is an effective design technique

• Rapid iteration benefits from discipline, time, and practice

• Designing two systems in parallel is difficult
THANK YOU!

DisTrack

"Refocus Yourself"