

DisTrack

Refocus yourself

Graeme Britz

Max Suffel

Angela Suhardi

Jackie Chui

Bryan Djunaedi

- Project Manager

- **Writer/User Researcher**

- Writer/Designer

- Writer/Designer

- **Writer/Designer**

The Problem



Contextual Inquiry

4 Locations

- Odegaard Library
- CSE Undergraduate Labs
- Mercer Court
- Yunnie Bubble Tea (Ave)



3+1 Approaches

- Observation + Interview (3x)
- Interview-only (2x)
- In-group Interview (1x4)
- + Online Survey (16x)



Contextual Inquiry - Insights

Johnson (20, undergraduate, CSE 006 Lab)

- Perception ≠ Observation
- Distracted by people talking and noise
- More focused at CSE Labs than at home

Steve (25, graduate, Mercer Court)

- Motivated by seeing people working
- Distracted by people and social media
- Takes breaks often

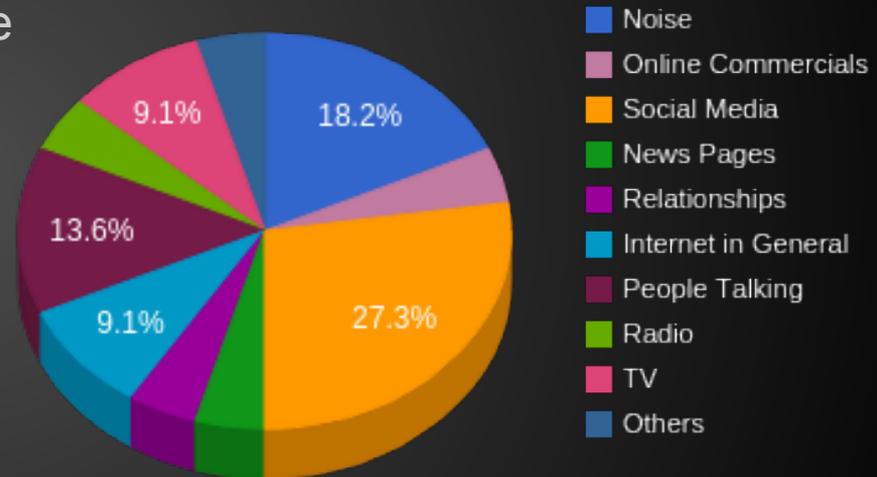
George (25, graduate, Odegaard Library)

- Turns notifications off while studying

Group (4 undergraduates, Yunnie Bubble Tea)

- Distracted by each other and apps
- Used headphones (music) to focus

Distraction Sources



Tasks

1

Engage
work session

2

Record digital and
non-digital behavior

3

Prompt for
taking breaks

4

Reflect on recorded
data relative to
time and location

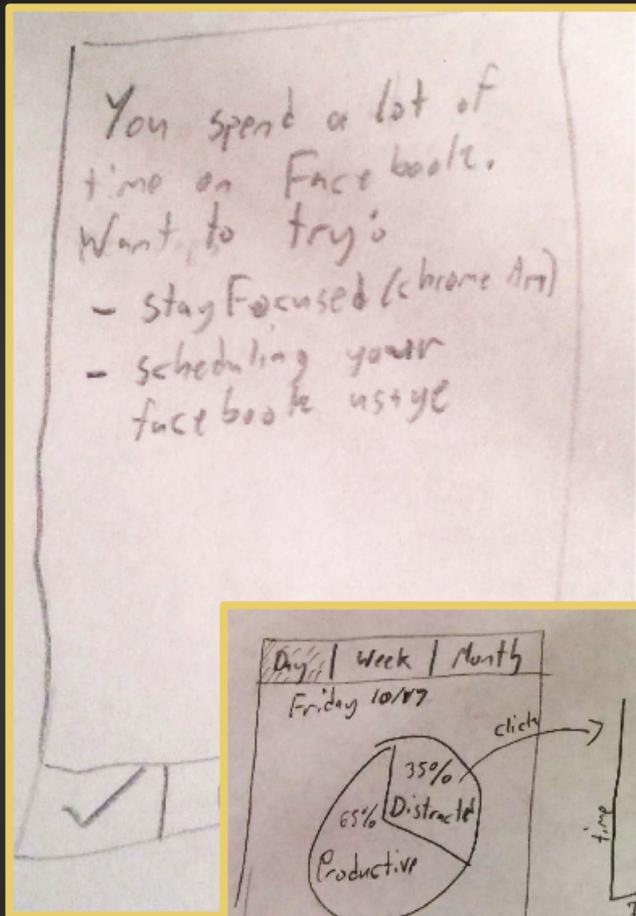
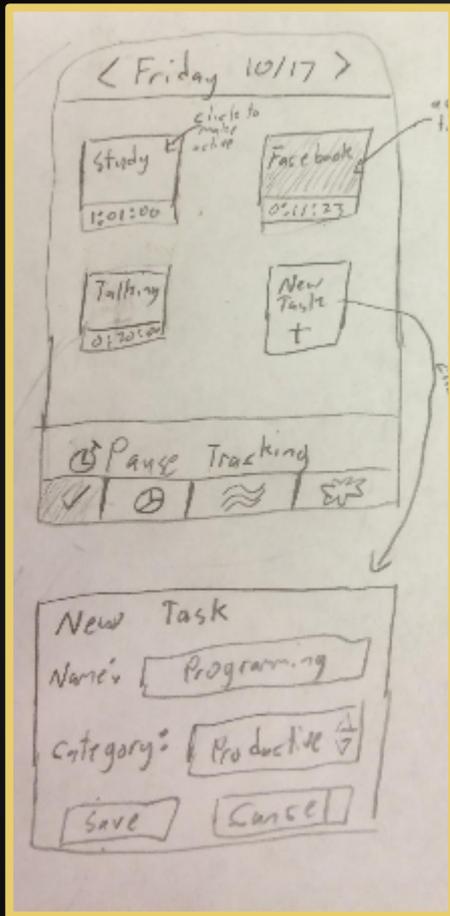
5

Find a productive
work place

6

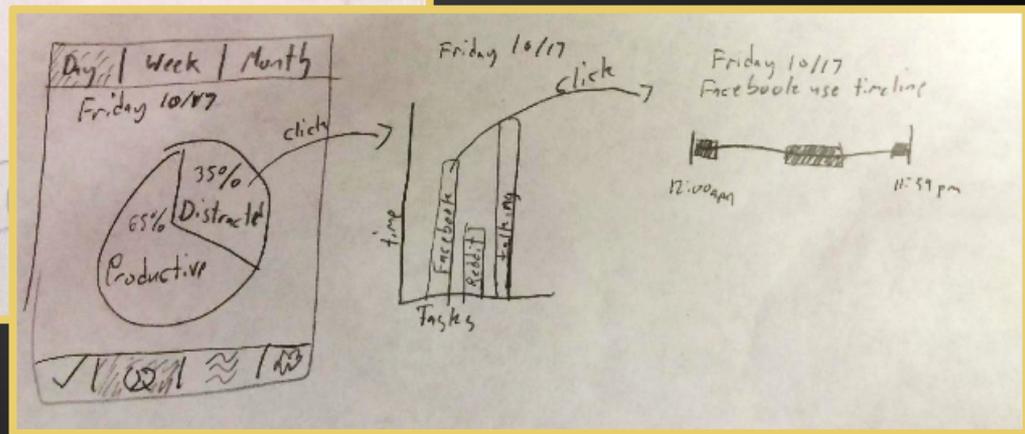
Find and implement
methods/strategies to
stay focused

Design 1

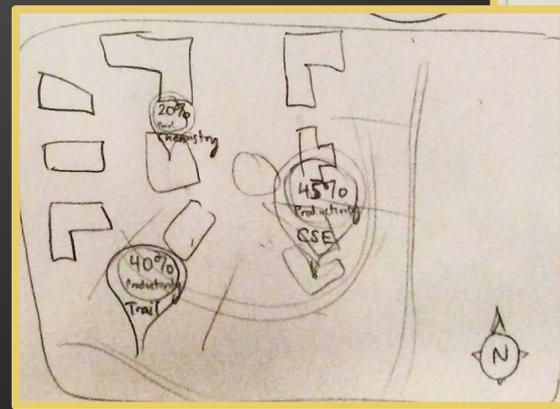
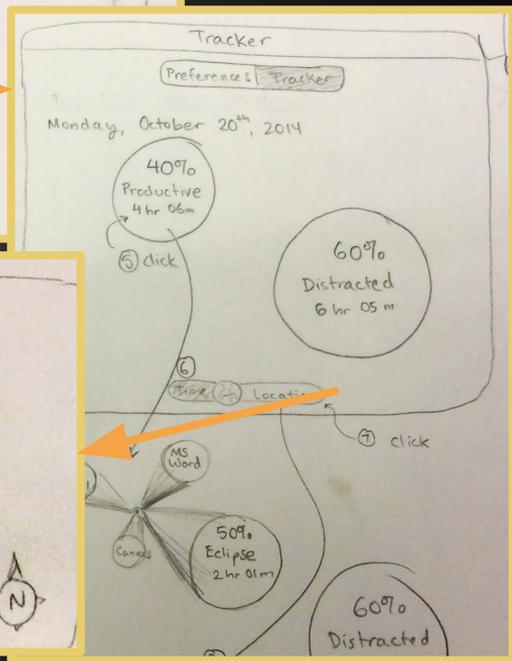
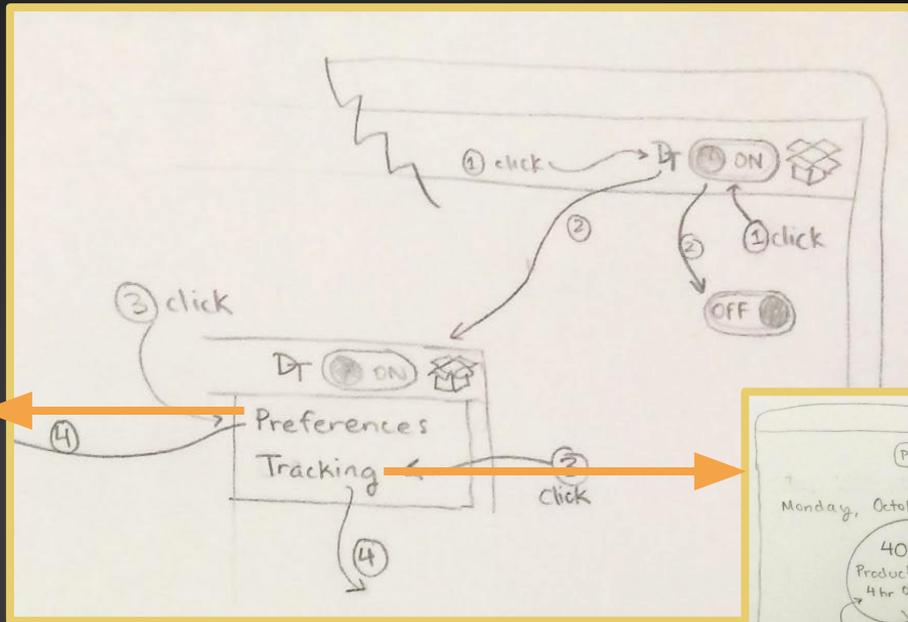
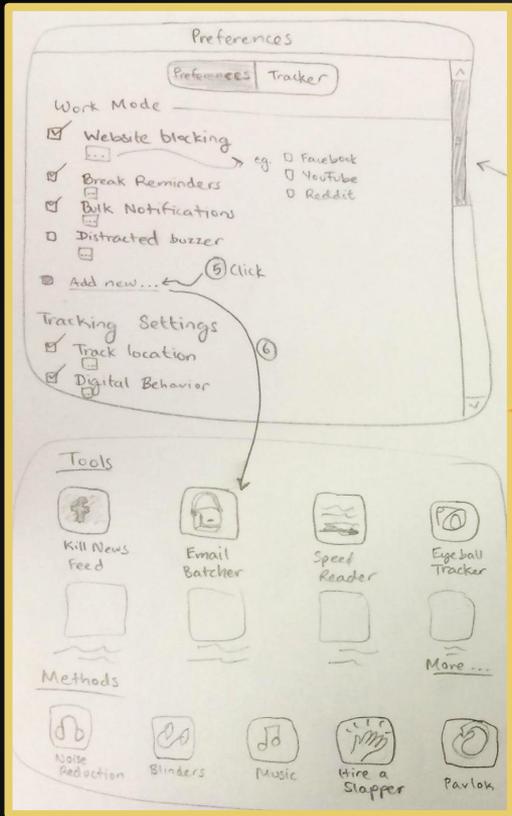


You spend a lot of time on Face book.
Want to try:

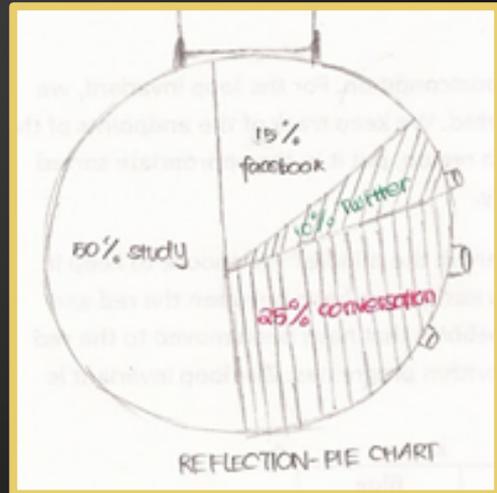
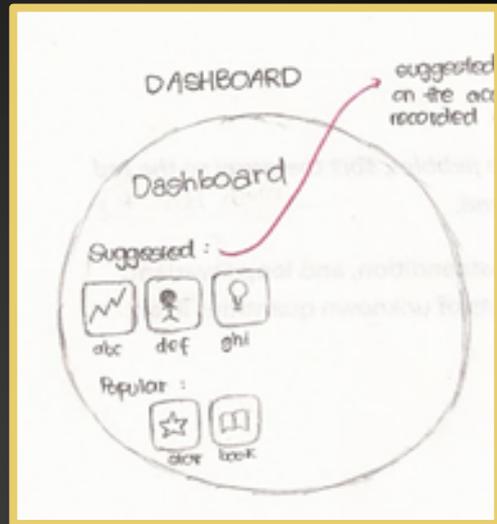
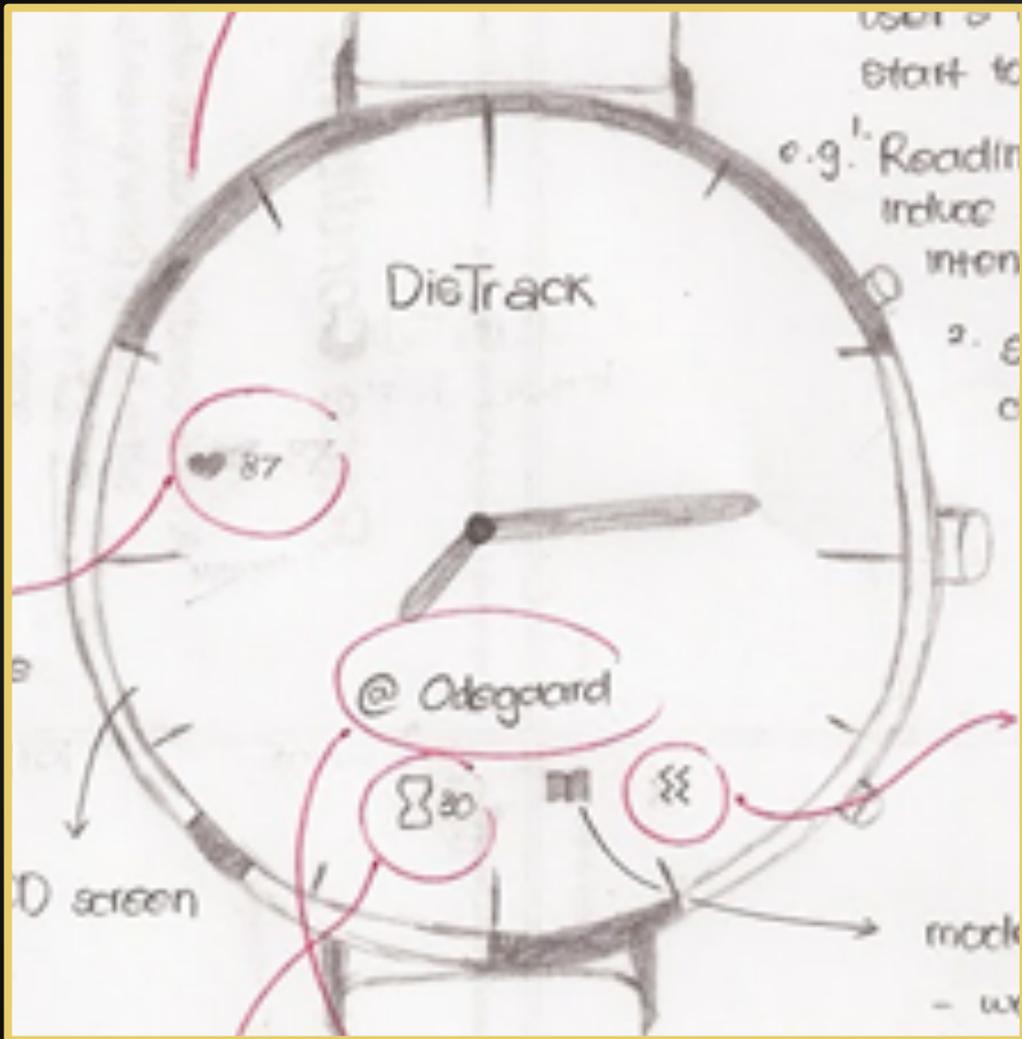
- stay Focused (chrome App)
- scheduling your face book usage



Design 2

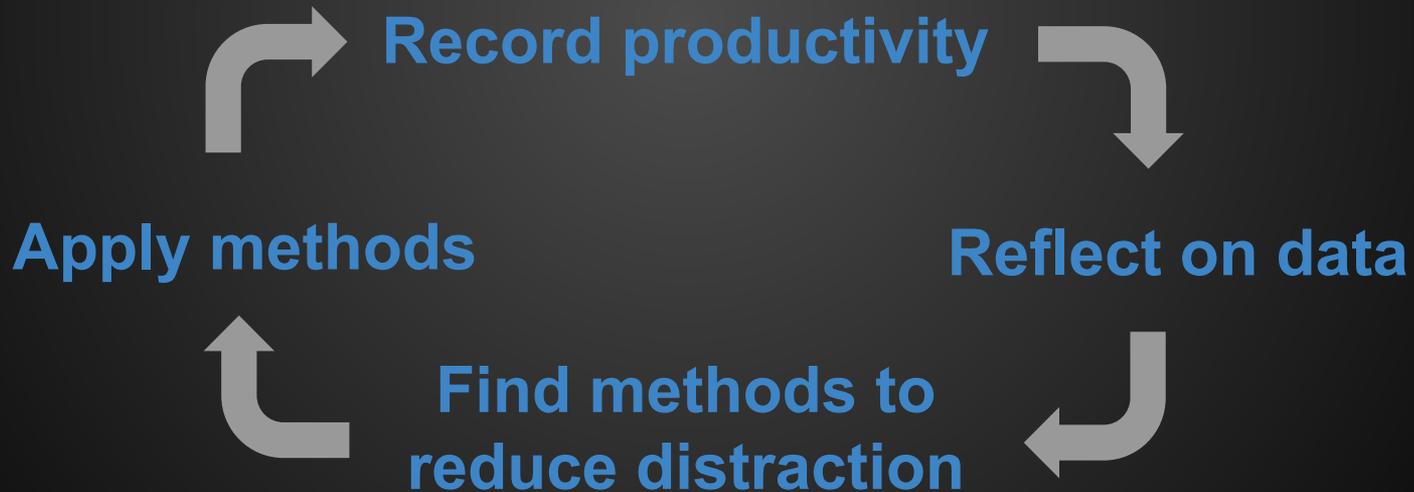


Design 3

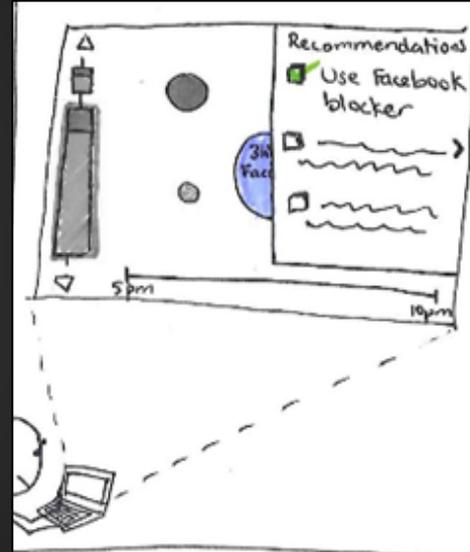
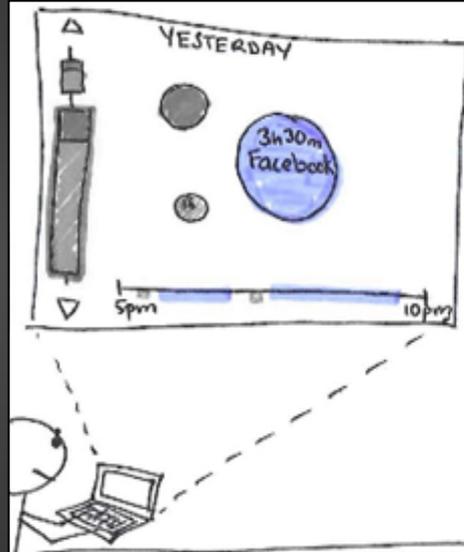
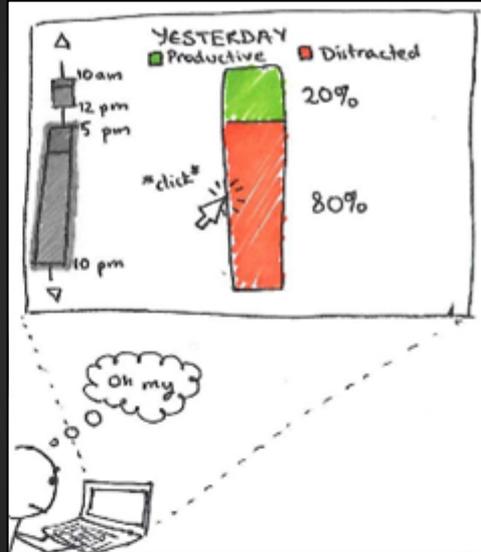


Design Rationale

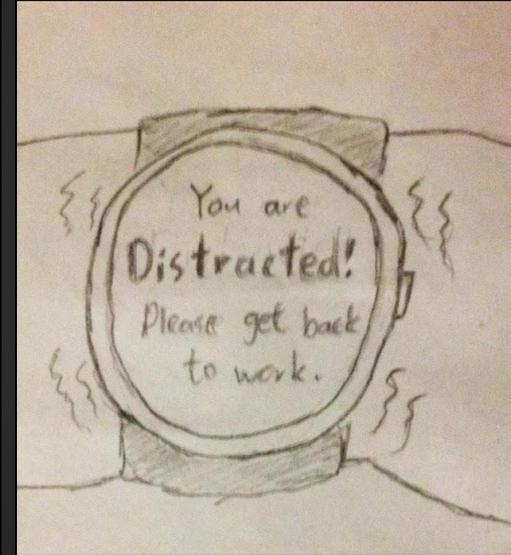
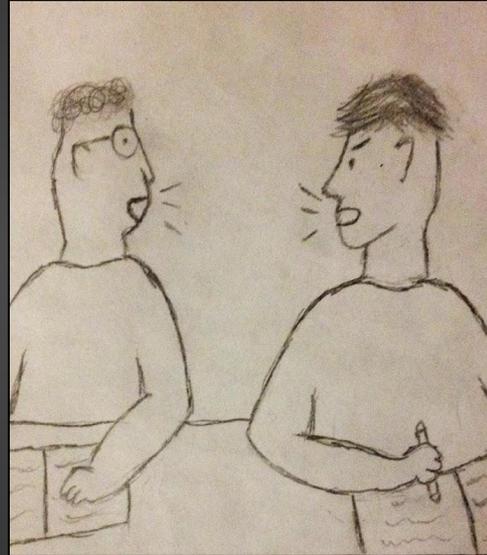
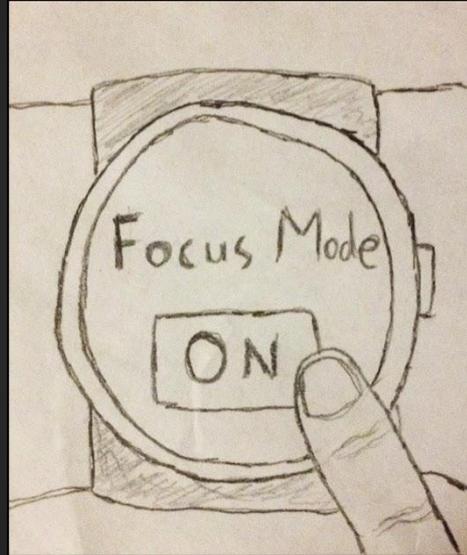
- Combination of **Desktop** and **Smartwatch**
--> Visual real estate + immediate monitoring/feedback
- **Feedback loop** to assist the user



Task: Reflect on recorded data relative to time and location



Task: Find and implement methods/strategies to reduce distractions and increase focus



DisTrack

Refocus yourself

A comprehensive distraction tracker:

- Digital + non-digital behavior
- Immediate + long-term reflection
- Self-motivated + data-driven recommendation

Lessons learned:

- Anonymous observation is difficult
- Participant perception \neq observed behavior
- Participants had contradicting focus strategies