DisTrack

Refocus yourself

Graeme Britz - Project Manager
Max Suffel - Writer/User Researcher
Angela Suhardi - Writer/Designer
Jackie Chui - Writer/Designer
Bryan Djunaedi - 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
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 Facebook. Want to try:
- stay focused (chrome app)
- scheduling your Facebook usage

New Task
Name: Programming
Category: Productive
Save Cancel
Design 3

DieTrack

@ Outboard

Dashboard

Suggested:

abc  def  ghi

Popular:

@, @, @

0 screen

mock

User's start to e.g. Read

Influence

2. g

15% facebook

15%burner

35% convosation

50% study
Design Rationale

- **Combination of Desktop and Smartwatch**
  - Visual real estate + immediate monitoring/feedback
- **Feedback loop** to assist the user
  - Record productivity
  - Apply methods
  - Reflect on data
  - Find methods to reduce distraction
  - Apply methods
Task: Reflect on recorded data relative to time and location
Task: Find and implement methods/strategies to reduce distractions and increase focus.
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 ≠ observed behavior
- Participants had contradicting focus strategies