DisTrack
Refocus yourself

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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
- Use headphones (music) to focus

Distraction Sources
- Noise
- Online Commercials
- Social Media
- News Pages
- Relationships
- Internet in General
- People Talking
- Radio
- TV
- Others
Tasks

1. Engage a 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.
You spend a lot of time on Facebook. Want to try:
- staying focused (chrome add)
- scheduling your Facebook usage

Design 1
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.
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 ≠ observed behavior
● Participants had contradicting focus strategies