DisTrack

"Refocus Yourself"

Graeme Britz - Project Manager
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Maria Angela Suhardi - Designer
Jackie Chui - Designer
Bryan Djunaedi - Designer
Kayla Keller
English
Enriquez
February 6, 2014

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

Upcoming Events

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

See 1 more

LET'S PLAY HOUSE
George Fitzgerald, "Thinking Of You"

mugpie.

Like - Comment - Share - 2

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
Enriquez
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
PROTOYPE
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

Reflect mode with overall view

Friday: October 31, 2014

3:00 AM

Productive

Distracted

27%

13%

Total Logged:
13 h
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

☐ Productive
☐ Distracted

Total Logged:
13 h
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

Friday, October 31, 2014

- Recommended Tools:
  - Kill News Feed
  - Facebook Blocker

- 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

- Kill News Feed
- Facebook Blocker

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
TASK 2: SETTING UP WORK MODE TOOLS

Work mode settings

- Take breaks every 60 minutes for 15 minutes
- Distraction Notifications
  - Notification Methods
    - Vibrate
    - Sound

SAVE | CANCEL
TASK 2: SETTING UP WORK MODE TOOLS

Work mode settings

- Take breaks every 60 minutes for 15 minutes
- Distraction Notifications
  - Notification Methods:
    - Vibrate (checked)
    - Sound (unchecked)

[Image of DisTrack interface showing work mode settings]
TASK 2: SETTING UP WORK MODE TOOLS

Work mode settings
TASK 2: USING TOOLS IN WORK MODE

Start work mode in menu

- Start work mode
- Reflect
- Work mode tools
- Quit
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

A. Unclear relationships with time
POOR DATA VISUALIZATION

A. Unclear relationships with time

Friday, October 31, 2014

- Productive
- Distracted

Total Logged:
13 h
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

Distracted Productive

Session 1 Session 2

80% 40%

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

2 h 10 m Facebook

20 m Conversations

1 h 50 m MatLab

Click on activity for more actions.
IMPROVED DESIGN

Sunday, November 2nd, 2014

Overall

Sessions

Distracted  Productive

Session 1  Session 2

80% 40%

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

2h 10 m

Facebook

20 m

Conversations

1h 50 m

MatLab

Click on activity for more actions.
IMPROVED DESIGN

Sunday, November 2nd, 2014

Overall Sessions

- Distracted
- Productive

Session 1: 2h 10m Facebook
Session 2: 20m Conversations
1h 50m MatLab

Click on activity for more actions.
IMPROVED DESIGN

Sunday, November 2nd, 2014

Overall Sessions

Distracted Productive

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

2h 10m facebook

Session 2

20m conversations

1h 50m MatLab

Click on activity for more actions.
IMPROVED DESIGN

Sunday, November 2nd, 2014

Overall Sessions

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Session 1  Session 2

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

2h 10m

facebook

20 m conversations

1h 50m

MatLab

Click on activity for more actions.
IMPROVED DESIGN

Sunday, November 2nd, 2014

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

2 h 10 m
Facebook

20 m
Conversations

1 h 50 m
MatLab

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

Overall

Sessions

- Distracted
- Productive

Total Time: 8 h 39 m

2 h 57 m Facebook
2 h 01 m Conversations
2 h 20 m Matlab
1 h 21 m Wait from Alpha

Click on activity for more actions.
IMPROVEMENT

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

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

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

Distraction Notification

Enable

Notification methods:
- Visual
- Sound
- Vibration

© Remove From Work Mode
WORK MODE CONCEPT WAS UNCLEAR
WORK MODE CONCEPT WAS UNCLEAR
MORE IMPROVED WORK MODE CONTROLS

Work Mode Tools

**Equipped Tools**
- Take Breaks
- Distraction Alerts

**Unequipped Tools**

Distraction Alerts Notification Methods:
- Visual
- Sound
- Vibration
MORE IMPROVED WORK MODE CONTROLS

Distraction Alerts
Notification Methods:
- Visual
- Sound
- Vibration

- Take Breaks
- Distraction Alerts

Work Mode Tools

DistTrack
Work mode is...
ON
MORE IMPROVED WORK MODE CONTROLS
MORE IMPROVED WORK MODE CONTROLS

- Equipped Tools
  - Take Breaks
  - Distraction Alerts

- Unequipped Tools

Distraction Alerts
Notification Methods:
- Visual
- Sound
- Vibration
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 2nd, 2014

Overall Sessions

Distracted  Productive
63% 37%

Total Time: 8 h 39 m

2 h 57 m  2 h 01 m  2 h 20 m  1 h 21 m
facebook conversations Matlab Wolfram Alpha

Click on an activity for more actions.
Sunday, November 2nd, 2014

Total Time: 8h 39m

Overall Sessions
- Distracted 39%
- Productive 37%

2h 57m Facebook
2h 01m Conversations
2h 20m Matlab
1h 21m Wolfram Alpha

Recommend:
- Non-productive
- Productive

Tools:
- Kill Newsfeed
- Facebook Blocker

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

Overall Sessions
- Distracted: 60%
- Productive: 37%

Total Time: 8h 39m

2h 57m Facebook
2h 01m Conversations
2h 20m Matlab
1h 21m Wolfram Alpha

Reclassify:
- Non-productive
- Productive

Recommend:
- Kill Newsfeed
- Facebook Blocker

Kill Newsfeed

Hides the newsfeed on Facebook. Does not affect other functionalities.

ADDITIONAL

ADD TO WORK MODE
WORK MODE TOOLS

Equipped Tools
- Take Breaks
- Distraction Alerts

Unequipped Tools

Distraction Alerts
Notification Methods:
- Visual
- Sound
- Vibration
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 >

Work Mode: On

Hours by Day

<table>
<thead>
<tr>
<th>Date</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov 2nd</td>
<td>3h</td>
</tr>
<tr>
<td>Nov 3rd</td>
<td>4.1h</td>
</tr>
<tr>
<td>Nov 4th</td>
<td>3.6h</td>
</tr>
<tr>
<td>Nov 5th</td>
<td>0.5h</td>
</tr>
<tr>
<td>Nov 6th</td>
<td>3h</td>
</tr>
<tr>
<td>Nov 7th</td>
<td>3.6h</td>
</tr>
<tr>
<td>Nov 8th</td>
<td>2.7h</td>
</tr>
</tbody>
</table>

View: Weekly

Hours (blue) = Productive

Distracted (red)
TASK 1: REFLECT ON PAST STUDY SESSIONS

Weekly View

DisTrack

Hours by Day

Work Mode: On

< Nov 2nd - Nov 8th, 2014 >
TASK 1: REFLECT ON PAST STUDY SESSIONS

Weekly View

DisTrack

< Nov 2nd - Nov 8th, 2014 >

Hours by Day

- Nov 2nd: 3h
- Nov 3rd: 4.1h
- Nov 4th: 3.6h
- Nov 5th: .4h
- Nov 6th: 3h
- Nov 7th: 3.6h
- Nov 8th: .3h

- Nov 2nd: 5.5h
- Nov 3rd: 5.2h
- Nov 4th: .5h
- Nov 5th: 2h
- Nov 6th: 2.4h
- Nov 7th: 2.7h

Work Mode: On

View: Weekly
TASK 1: REFLECT ON PAST STUDY SESSIONS

Weekly View

DisTrack

Nov 2nd - Nov 8th, 2014

Hours by Day

<table>
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<th>Date</th>
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TASK 1: REFLECT ON PAST STUDY SESSIONS

Weekly View

DisTrack

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View: Weekly

Hours by Day

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TASK 1: REFLECT ON PAST STUDY SESSIONS

Overall View

DisTrack

Work Mode: On

November 3, 2014
Monday

Total Time: 9 hours 21 minutes

Distracted: 56%
Productive: 44%

Apps:
- Youtube: 2h 36m
- Facebook: 1h 29m
- Reddit: 30m
- Conversations: 28m
- Microsoft Word: 2h 47m
- uw.edu/eng1131: 1h 31m
TASK 1: REFLECT ON PAST STUDY SESSIONS

Sessions View

DisTrack

Work Mode: On

Overall

Sessions

Session 1 (10am - 12pm)
- Distracted: 56%
- Productive: 44%

Session 2 (3pm - 6:30pm)
- Distracted: 28%
- Productive: 72%

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

DisTrack

Work Mode: On

Session 1 (10am - 12pm)

56% Distracted 44% Productive

Session 2 (3pm - 6:30pm)

Facebook
2h 10m

Facebook

Classification

Distracted

Recommended Tools

Kill News Feed
Facebook Blocker

This tool hides the news feed on Facebook. This does not affect other functionalities on the site.

Add to My Tools
TASK 2: USING TOOLS TO STAY FOCUSED

Work Mode Tools

Equipped Tools
- Take Breaks
- Distraction Alerts

Unequipped Tools
- Facebook Blocker
- Kill News Feed

Take Breaks
- every 60 minutes
- for 10 minutes
- Remind me when break begins
- Remind me when break ends
TASK 2: USING TOOLS TO STAY FOCUSED

![Work Mode Tools interface](image)

- **Equipped Tools**
  - Take Breaks
  - Distraction Alerts

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

- **Take Breaks Settings**
  - Every: 60 minutes
  - For: 10 minutes
  - Remind me when break begins
  - Remind me when break ends

- **Controls**
  - Move up/down
  - Remove from My Tools
LESSONS LEARNED

• Iteration is an effective design technique

• Rapid iteration benefits from discipline, time, and practice

• Designing two systems in parallel is difficult
THANKYOU!

DisTrack

"Refocus Yourself"