Dis Track

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
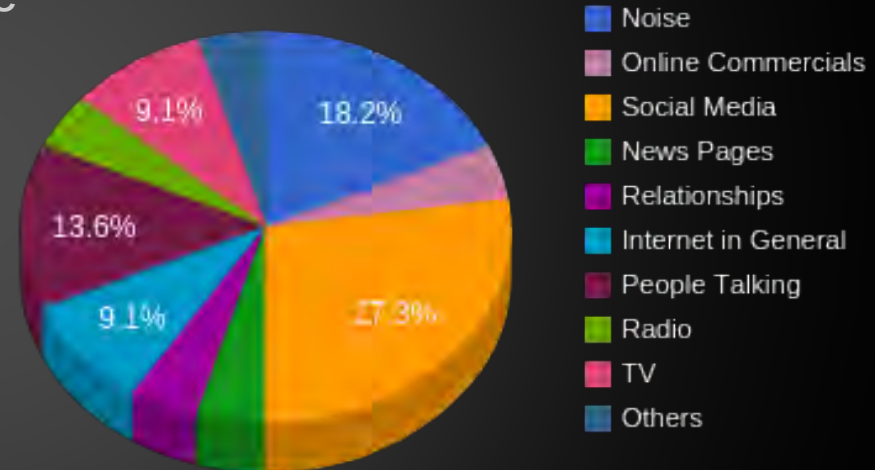- Distracted by people and social media
- Takes breaks often

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 — 18.2%
- Online Commercials
- Social Media — 27.3%
- News Pages
- Relationships
- Internet in General — 9.1%
- People Talking — 13.6%
- Radio
- TV — 9.1%
- Others

Tasks

1 Engage a work session.

2 Record digital and non-digital behavior.
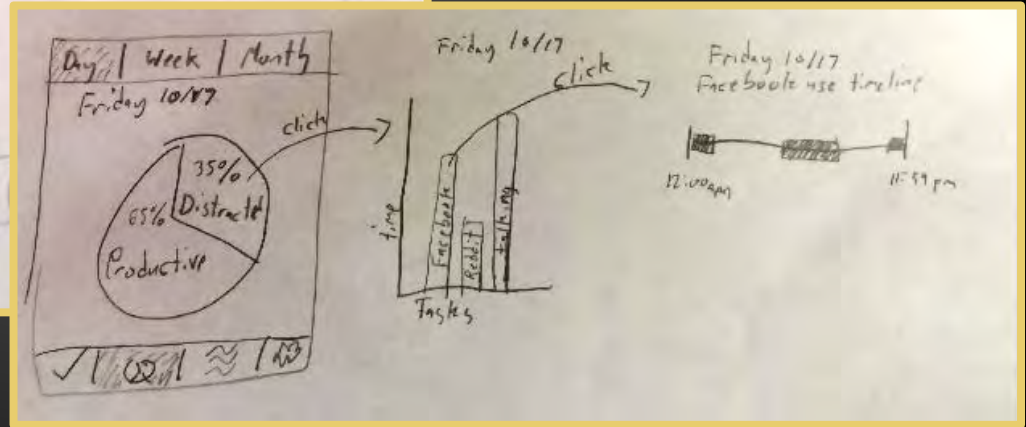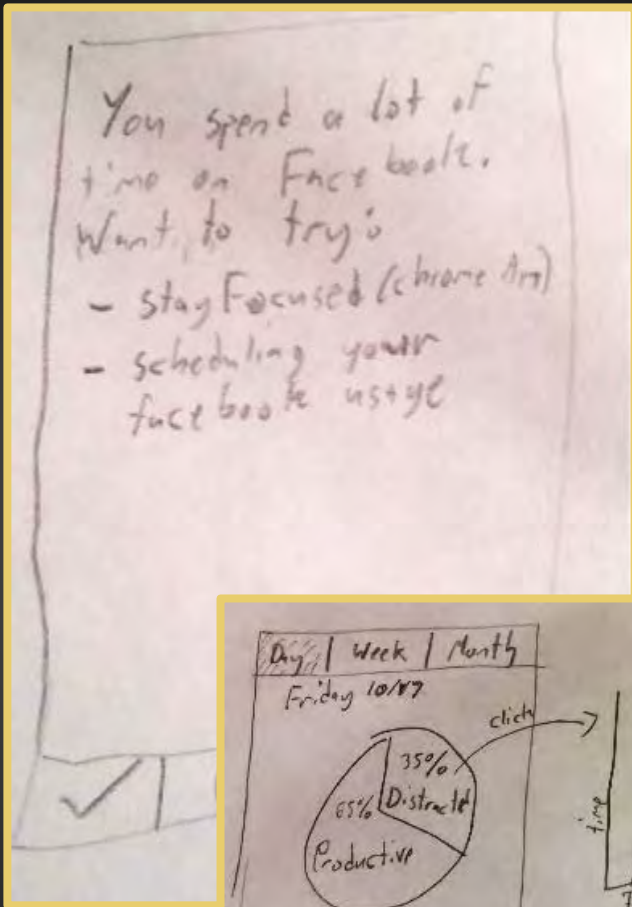
3 Prompt for taking breaks.

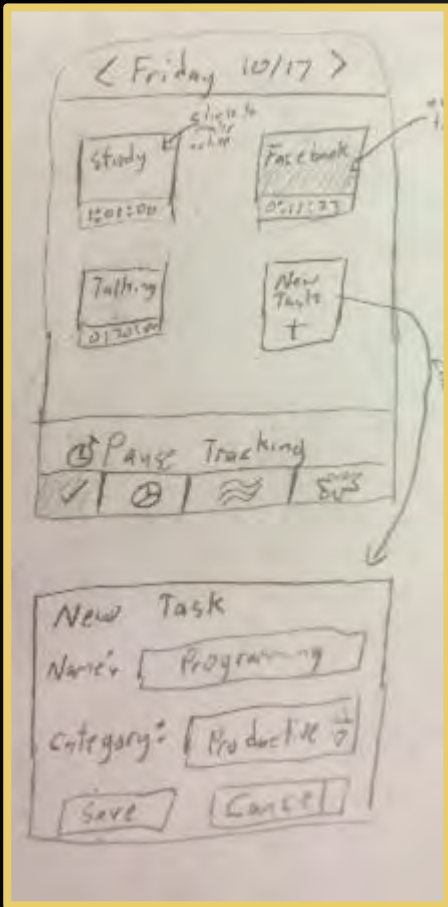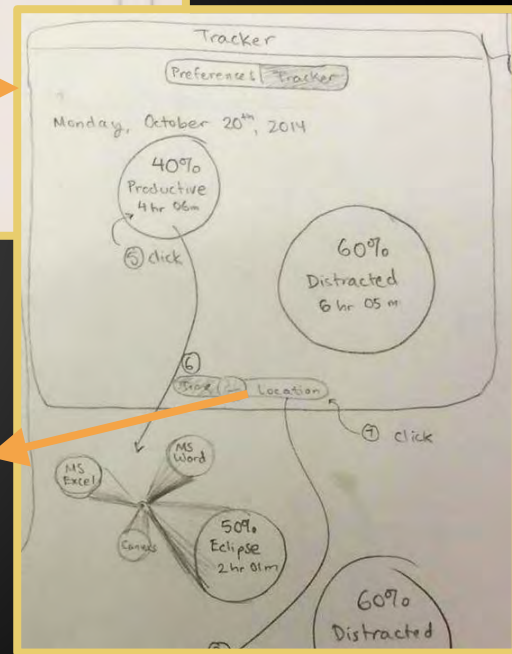**4** Reflect on recorded data relative to time and location.
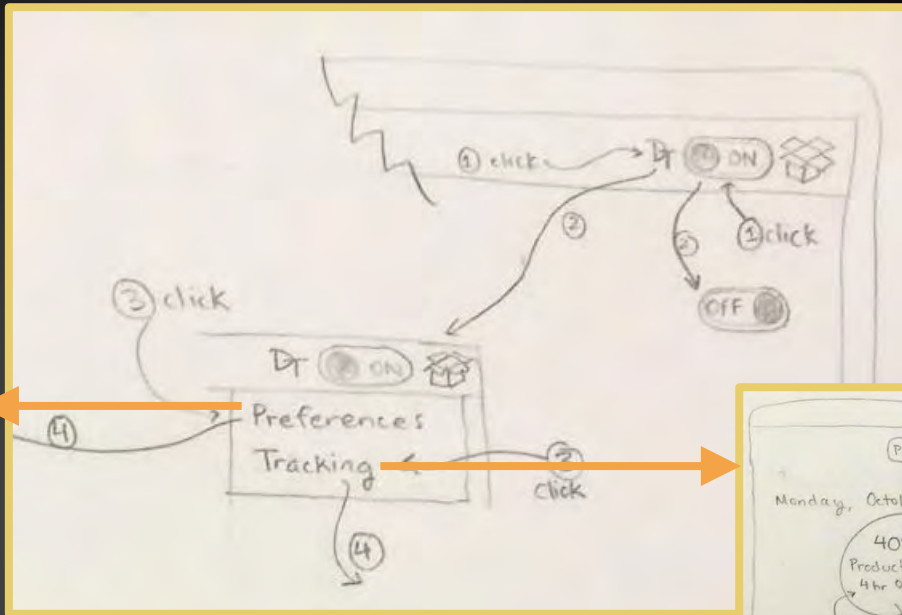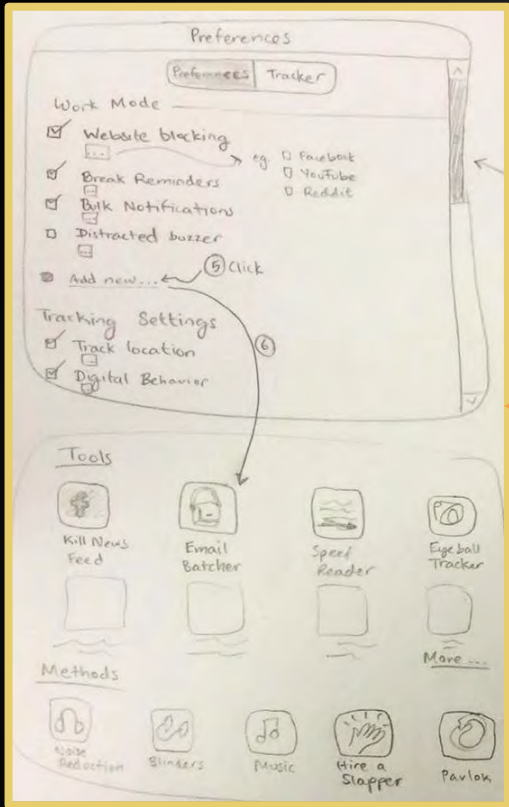
5 Find a productive work place.
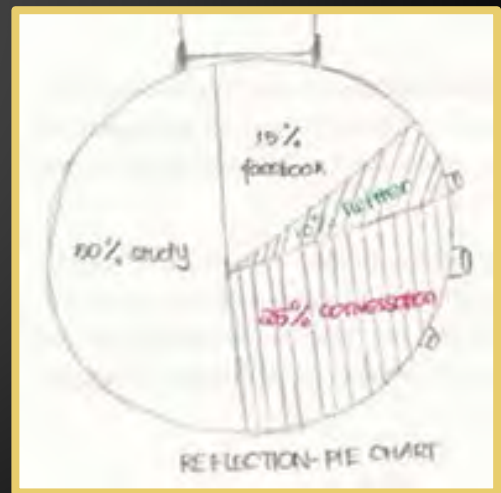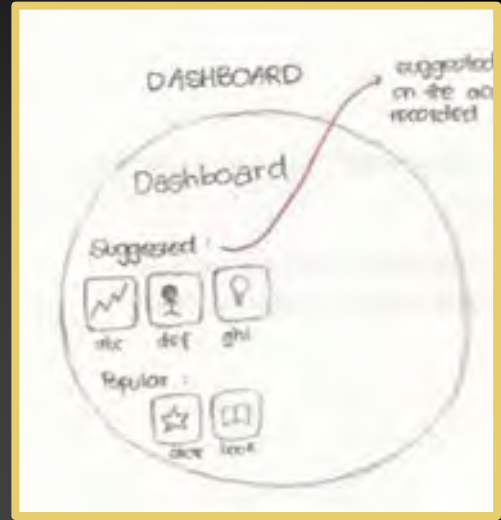
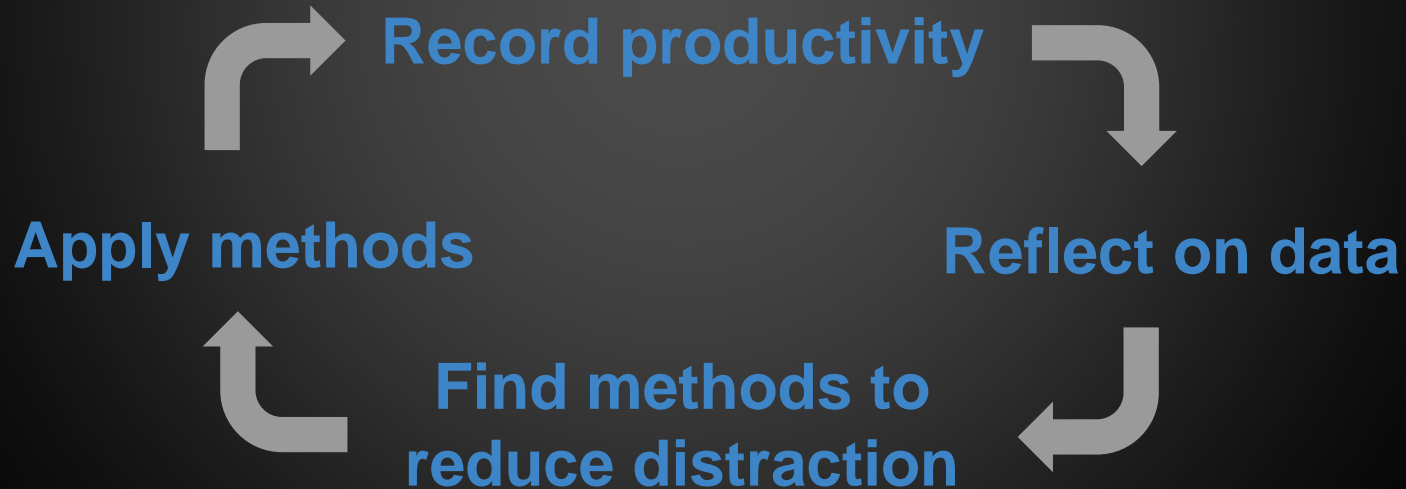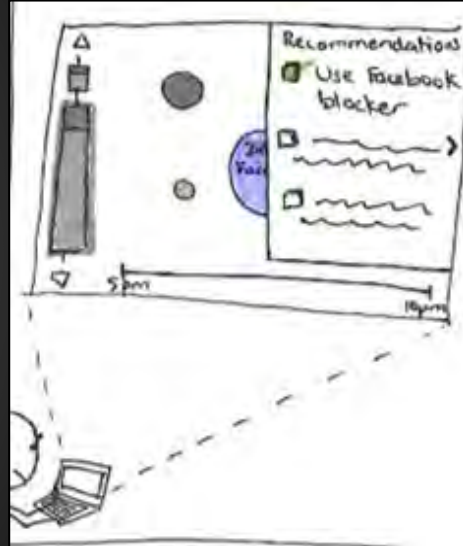**6** Find and implement methods/strategies to stay focused.
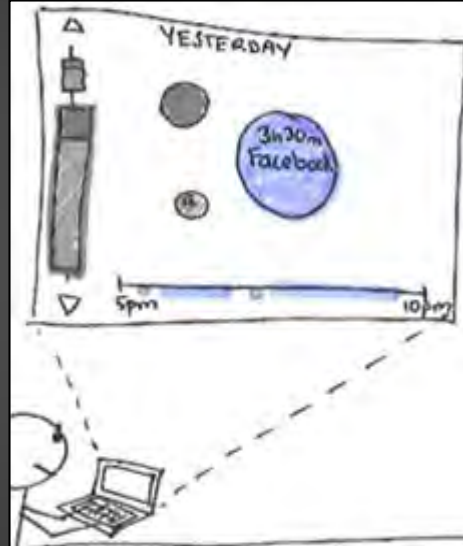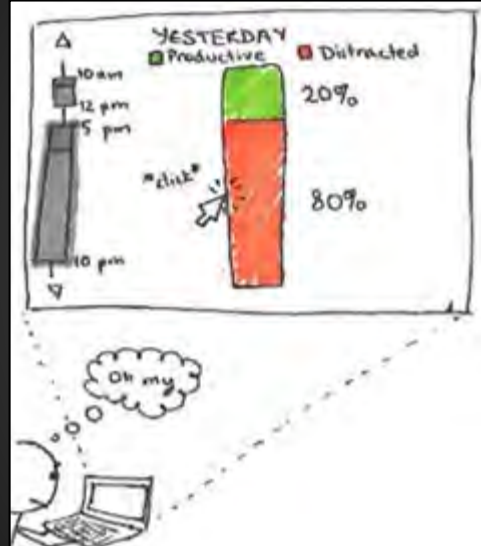
Design 1

Design 2

Design 3

Design Rationale

- Combination of **Desktop** and **Smartwatch**
  - ⤳ Visual real estate + immediate monitoring/feedback

- **Feedback loop** to assist the user

Record productivity → **Reflect on data** → **Find methods to reduce distraction** → **Apply methods** → **Record productivity**

Task: **Reflect** on recorded data relative to time and location

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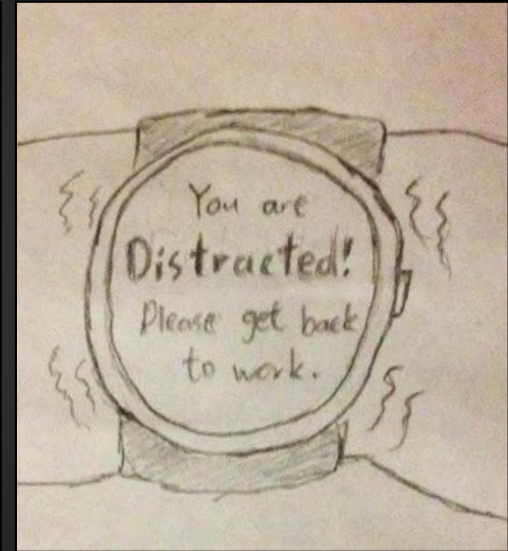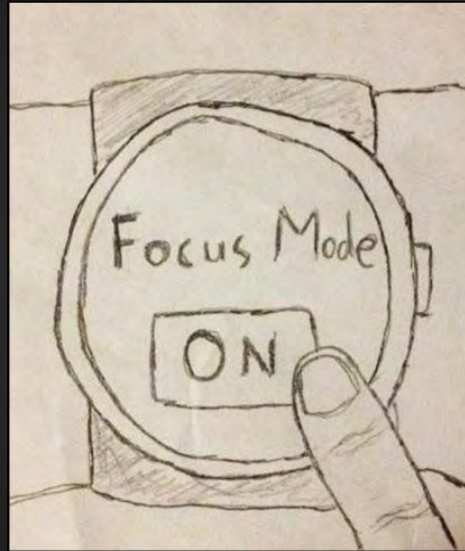
*Dis**Track***

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