

DisTrack

"Refocus Yourself"

Graeme Britz

Max Suffel

Maria Angela Suhardi

Jackie Chui

Bryan Djunaedi

- **Project Manager**

- User Researcher

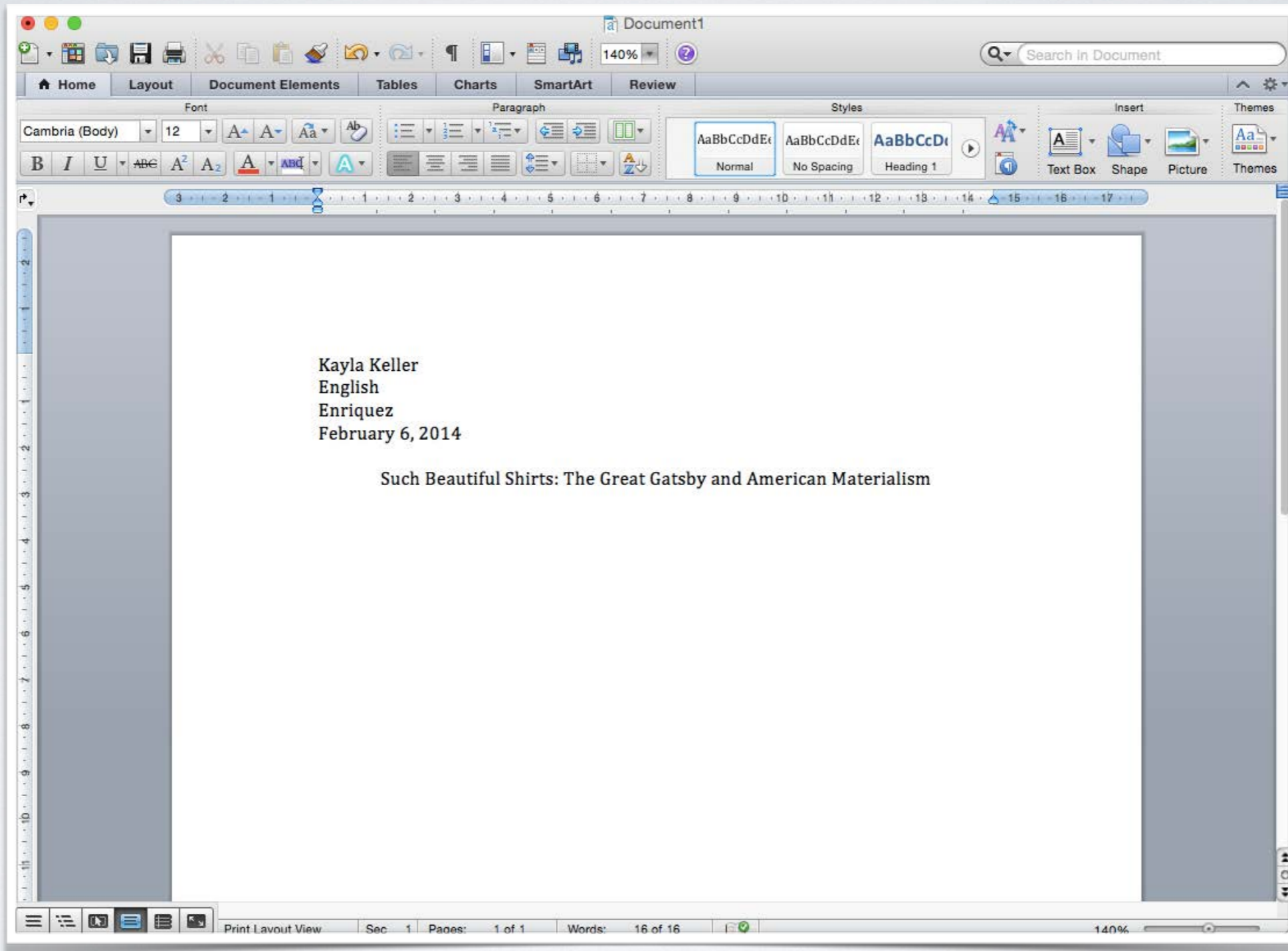
- **Designer**

- Designer

- Designer

PROBLEM







Kevin L. Smith
Edit Profile

FAVORITES

- News Feed
- Messages 1
- Events 6
- Photos
- Browse

ADS

Ads Manager

PAGES

- DC Business Solutions
- Pages Feed 20+
- Like Pages 20+

APPS

- App Center 3
- Gifts
- Pipe
- Flu Tool
- VEVO
- McAfee Social Protection
- Games Feed 20+

GROUPS

- Class of 2010 4
- DC CAP Temple Universi...
- Add Group...

MORE

Friends on Chat



Update Status Add Photos/Video

What's on your mind?

SORT: MOST RECENT

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"

George Fitzgerald, "Thinking Of You"
www.lphnyc.com
George Fitzgerald, "Thinking Of You"

Like · Comment · Share · 2 · View post · 20 minutes ago



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?



Like · Comment · Share · 48 minutes ago via mobile

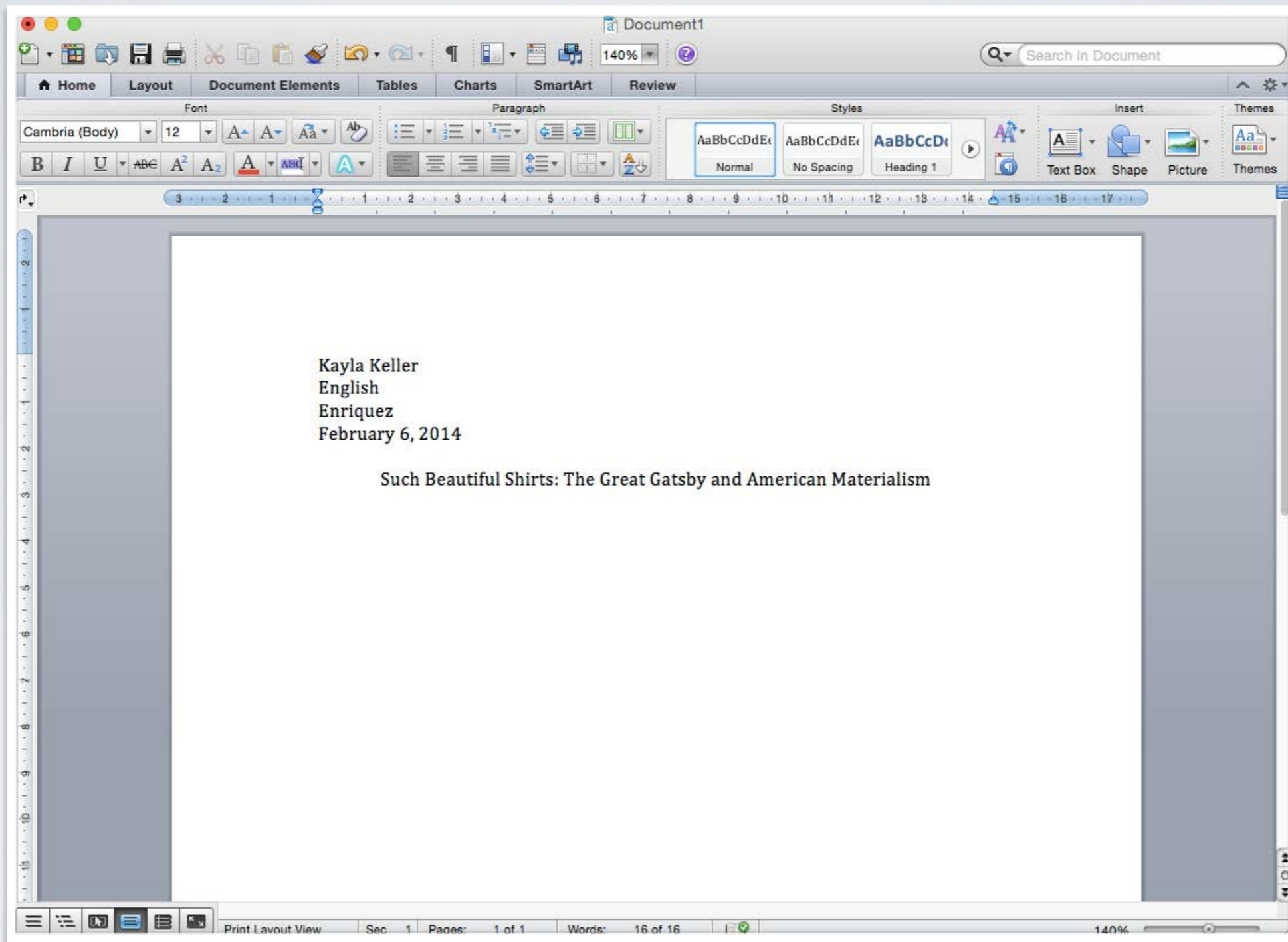
- Iman Jordan and 1 other
- Create Event
- 3 requests from Lo Marie

Games You May Like

Zombie Lane
1,000,000 people play Zombie Lane.
Play Now

Facebook © 2013

English (US) · Privacy · Terms · Cookies · More



Kayla Keller
English
Enriquez
February 6, 2014

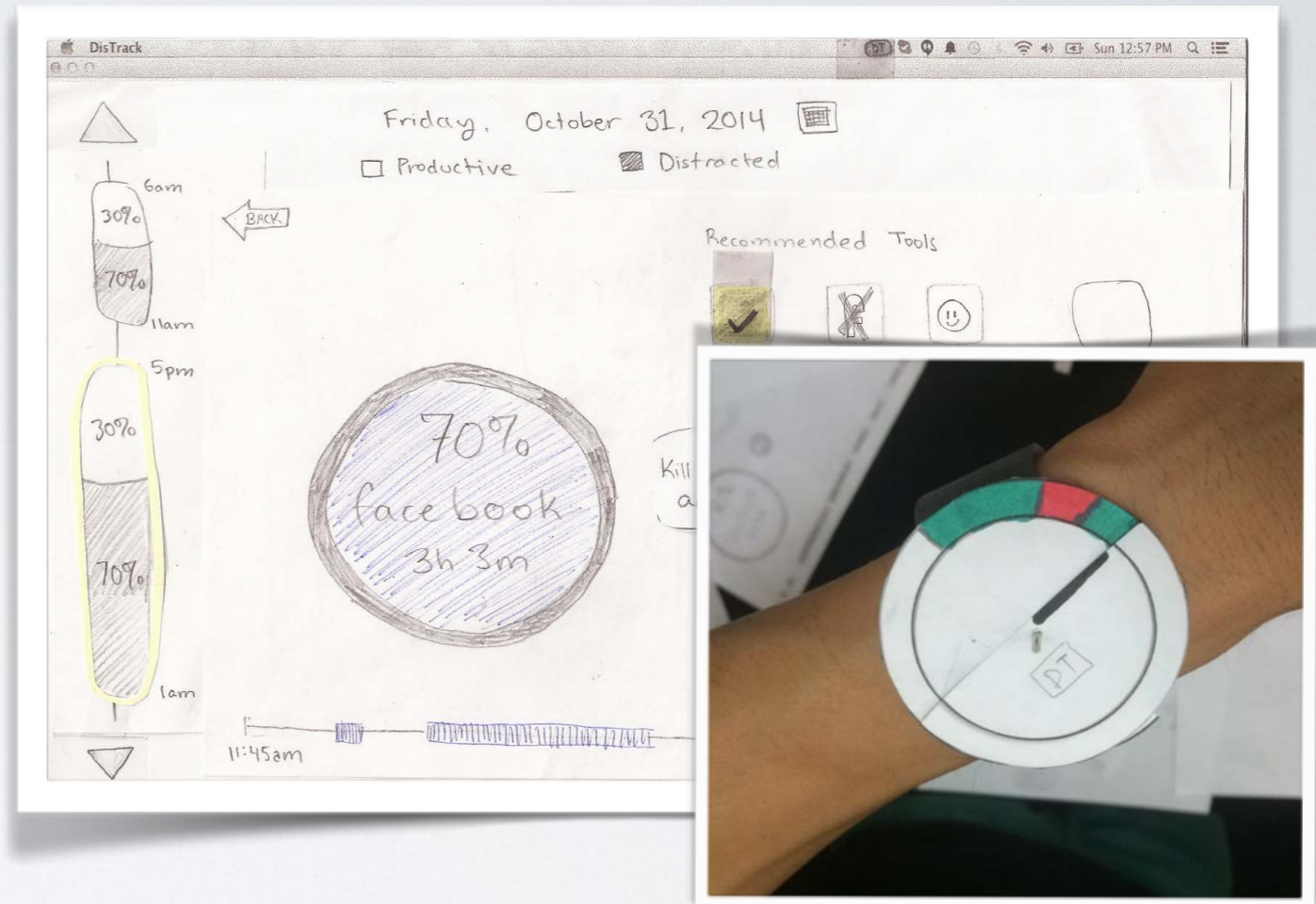
Such Beautiful Shirts: The Great Gatsby and American Materialism



ONE DOES NOT SIMPLY

**STUDY WITHOUT TAKING 2 HOURS
BREAK EVERY 5 MINUTES**

FIRST PAPER PROTOTYPE

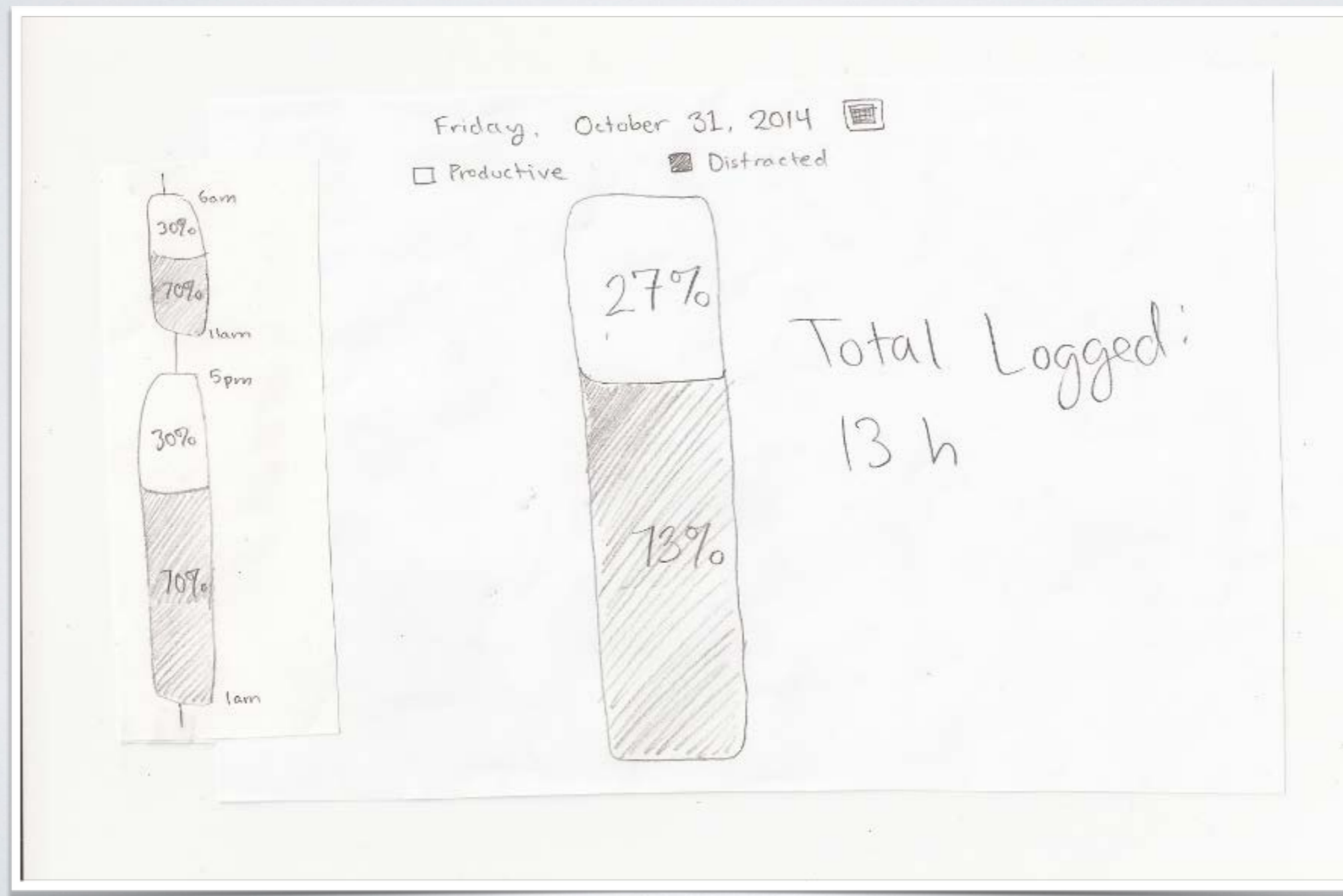


PRIMARY TASKS

1. Reflecting on past study sessions
2. Finding and using tools to help stay focused when work mode is on

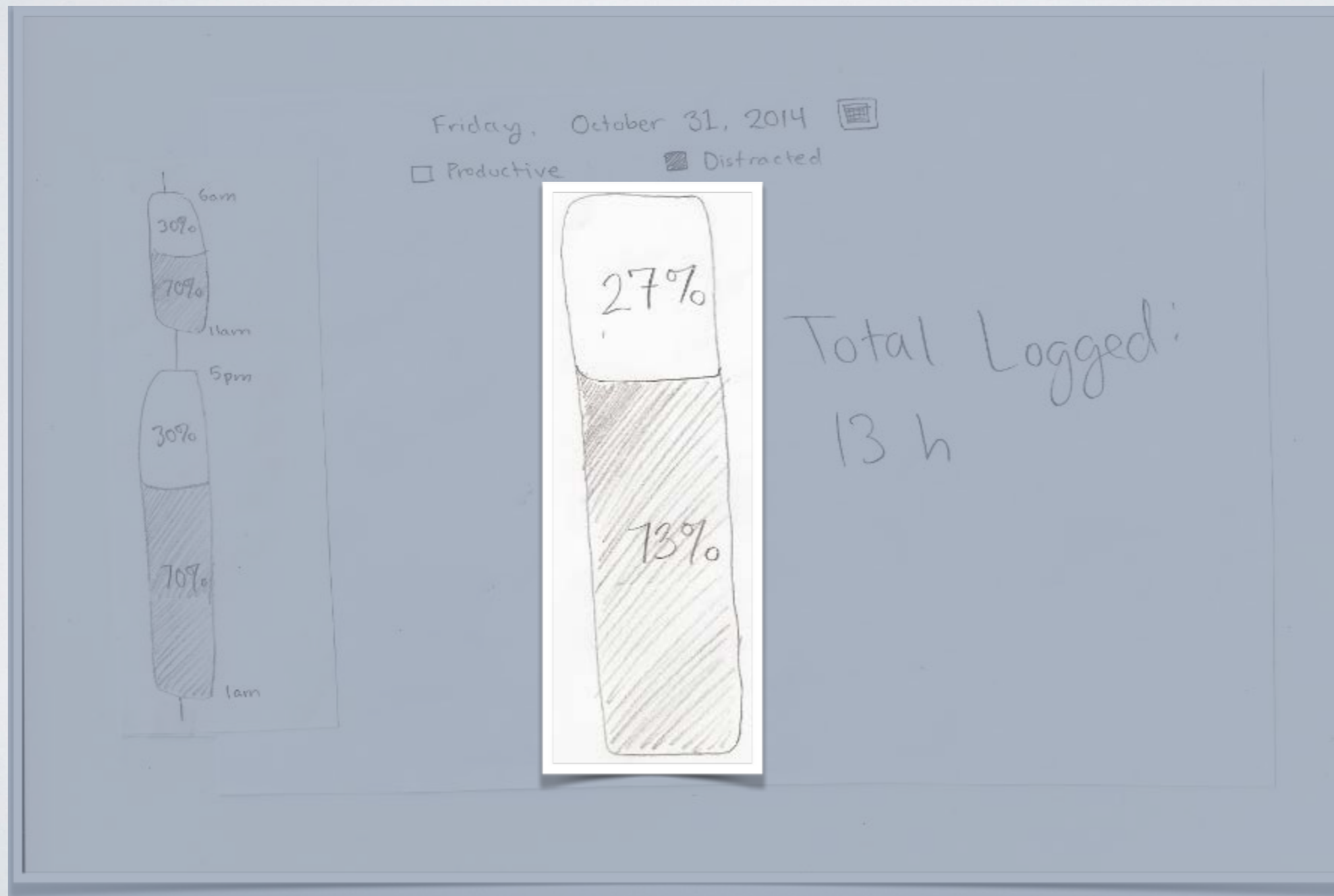
TASK I: REFLECT ON PAST STUDY SESSIONS

Reflect mode with overall view



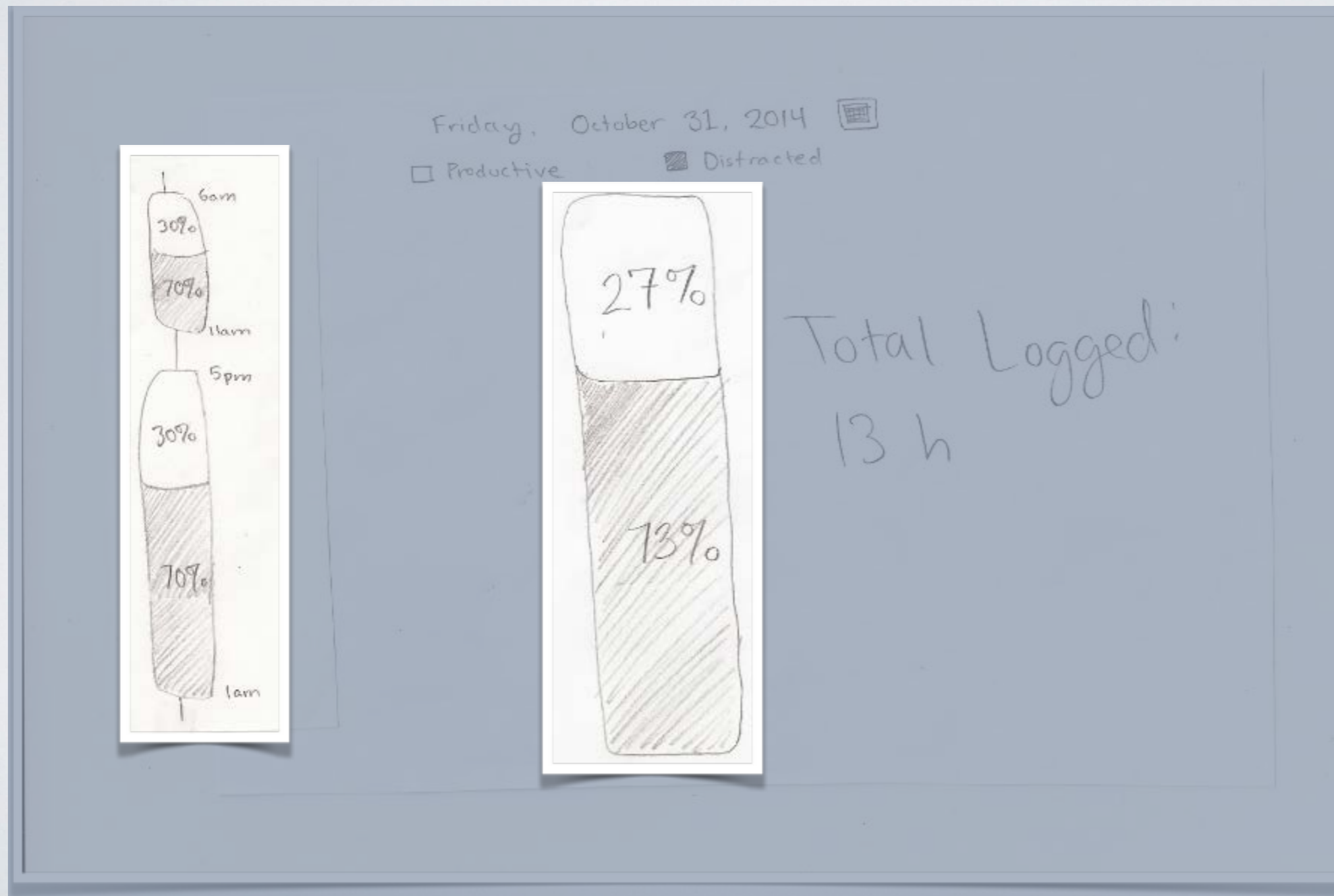
TASK I: REFLECT ON PAST STUDY SESSIONS

Reflect mode with overall view



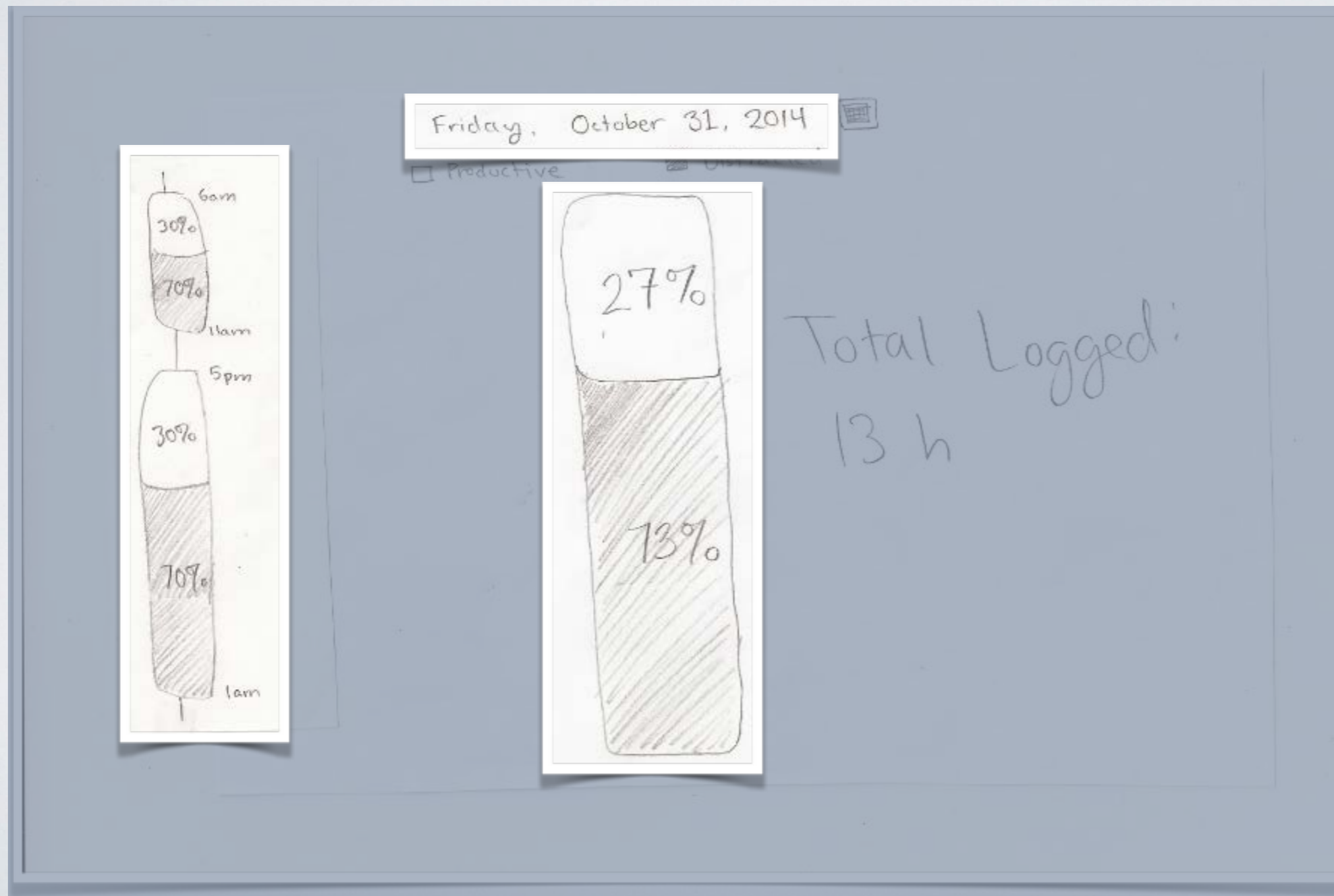
TASK I: REFLECT ON PAST STUDY SESSIONS

Reflect mode with overall view



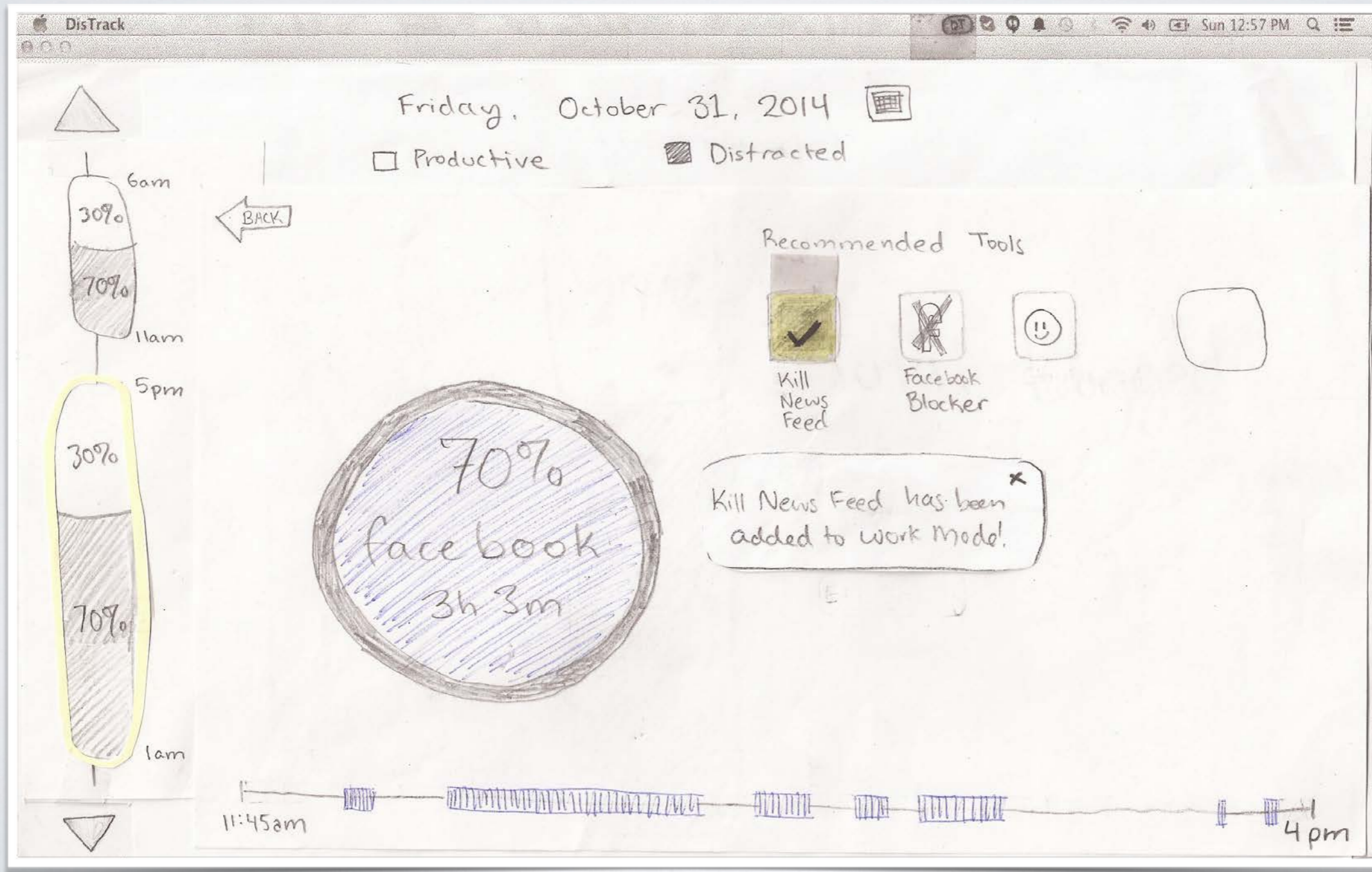
TASK I: REFLECT ON PAST STUDY SESSIONS

Reflect mode with overall view



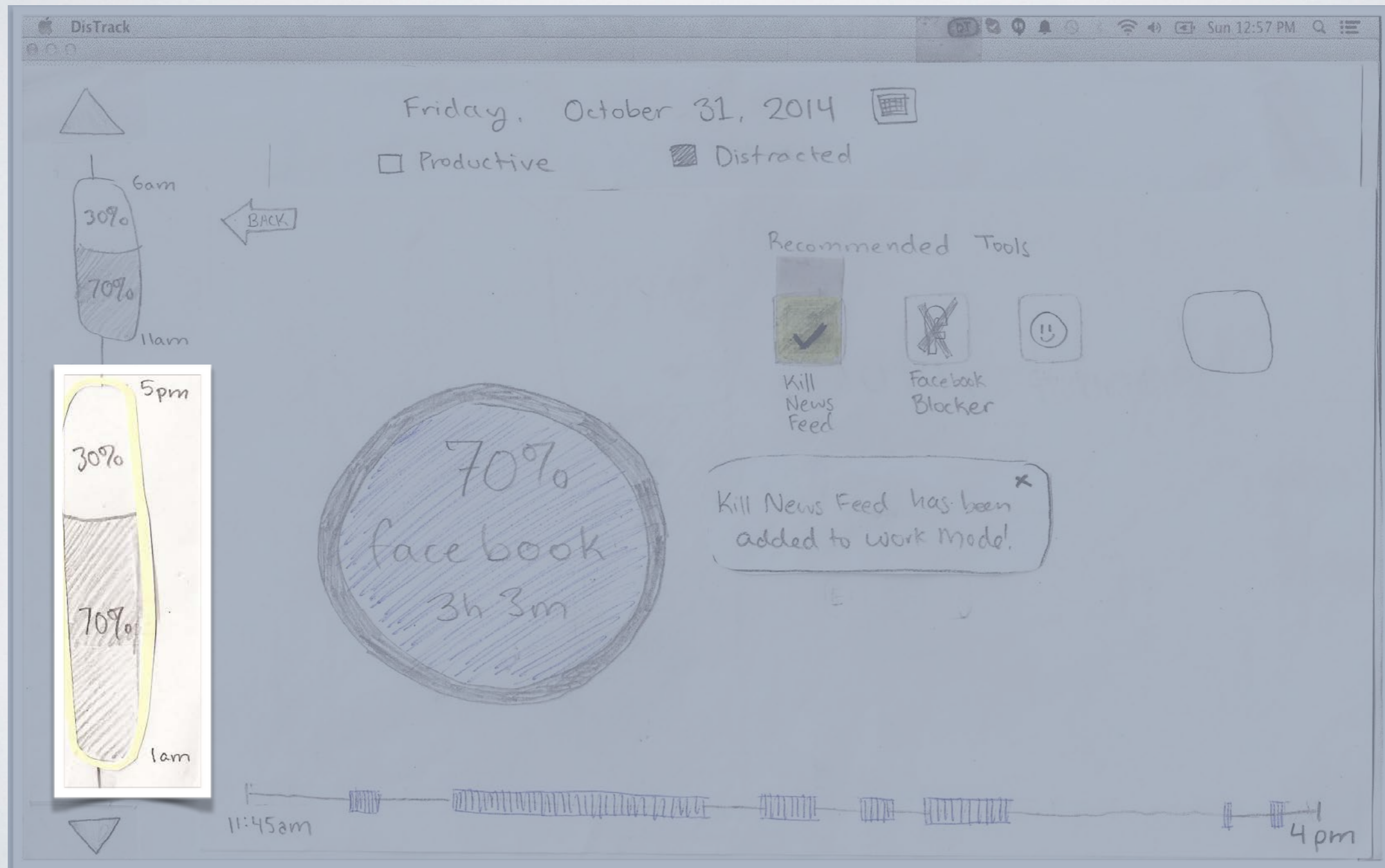
TASK 2: FINDING TOOLS TO STAY FOCUSED

Recommended tools for a specific activity



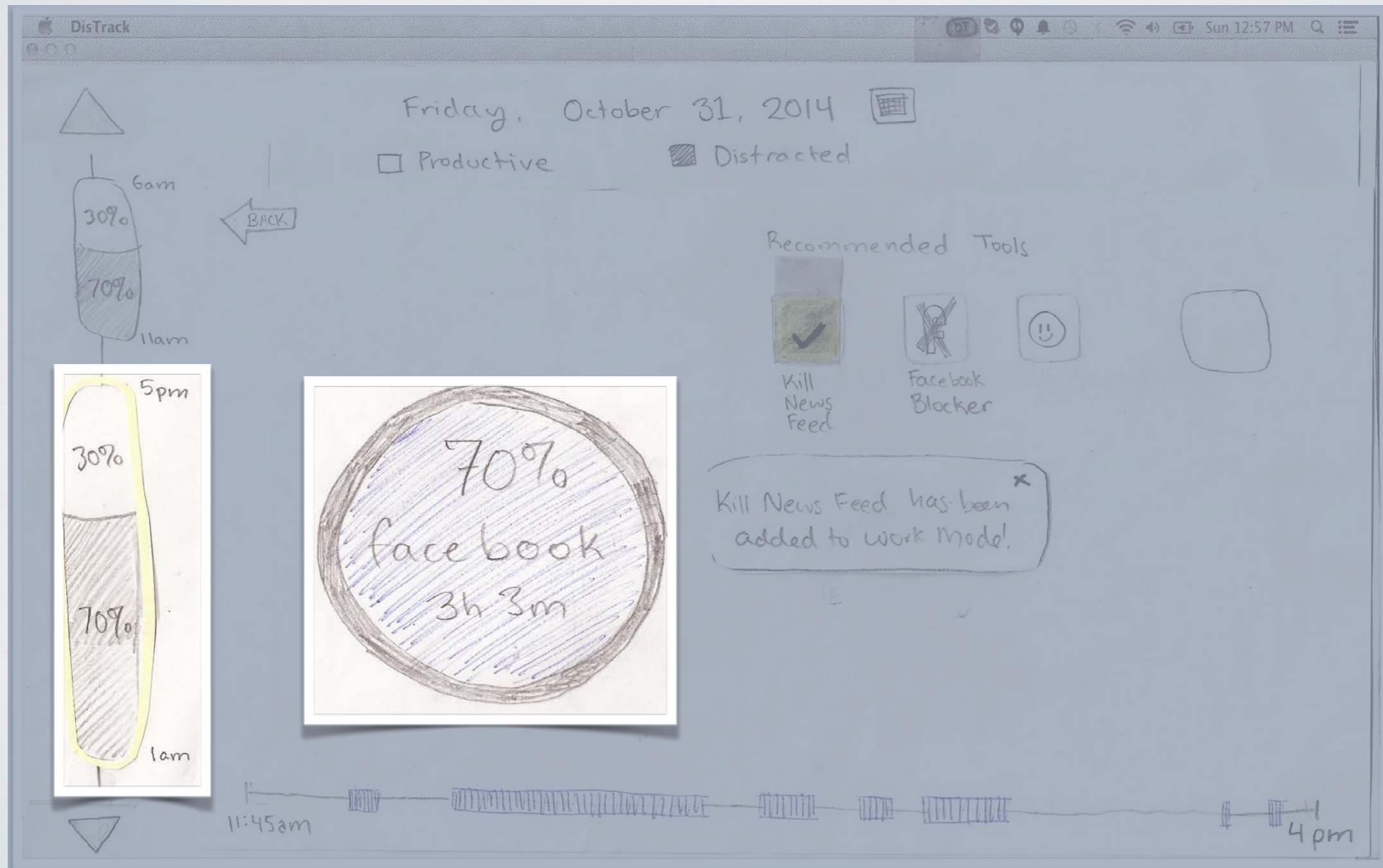
TASK 2: FINDING TOOLS TO STAY FOCUSED

Recommended tools for a specific activity



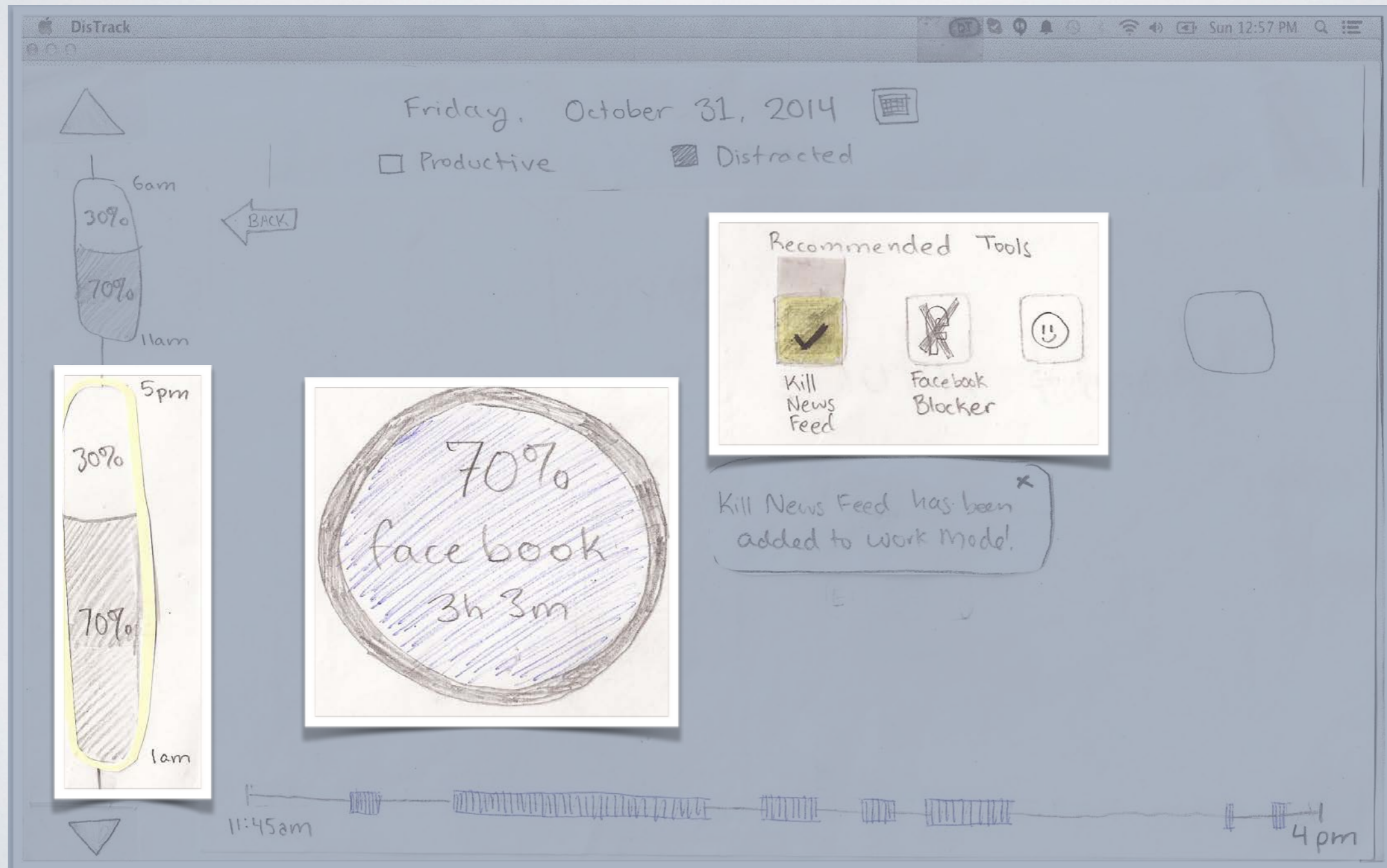
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Recommended tools for a specific activity



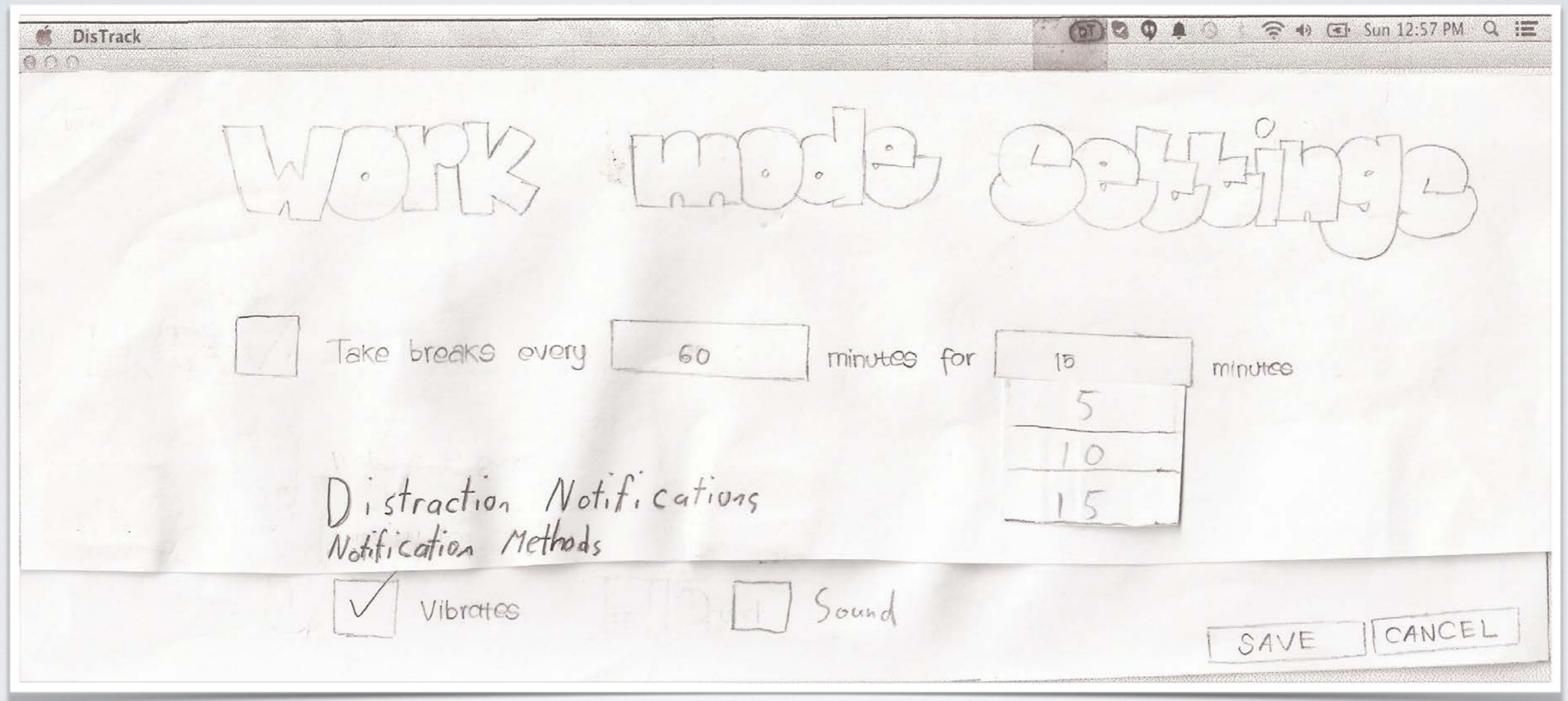
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Recommended tools for a specific activity



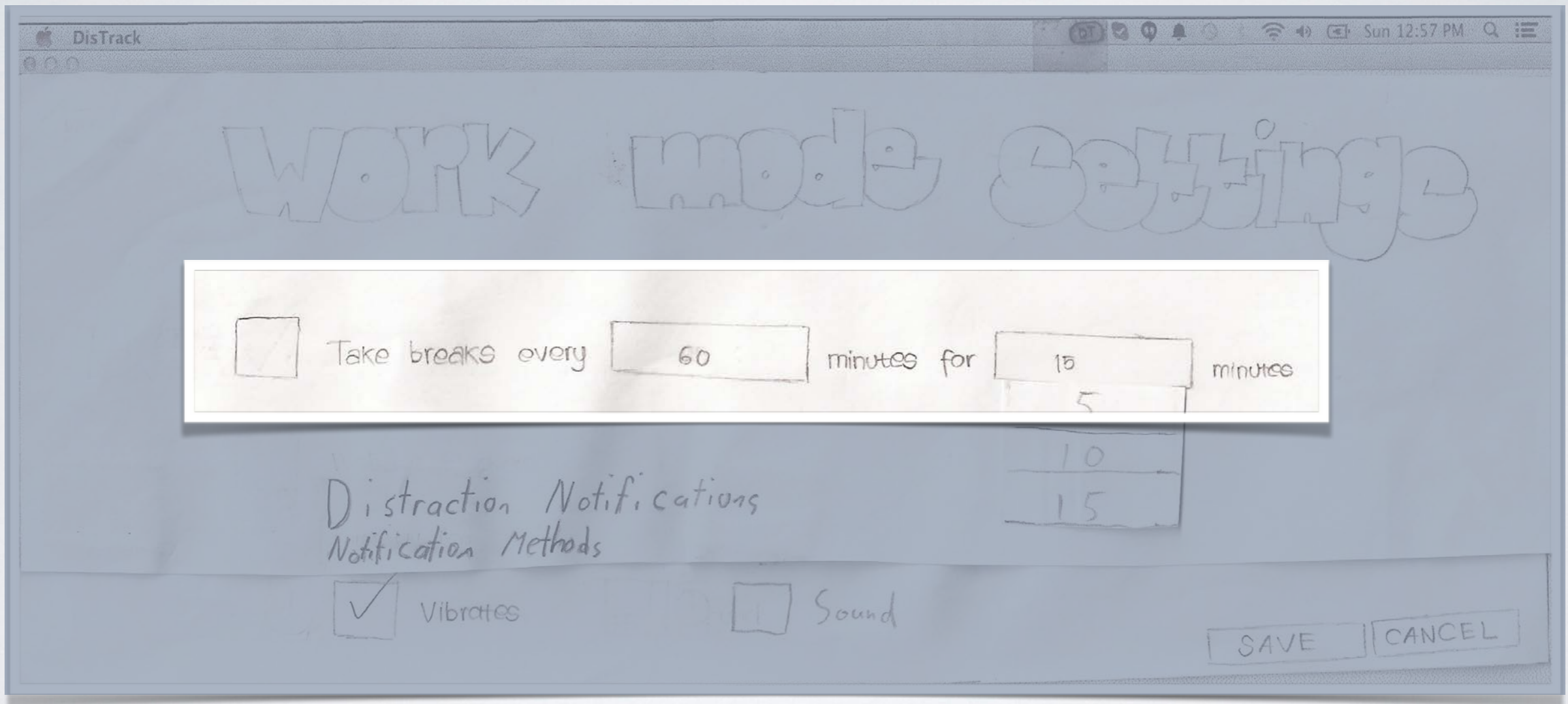
TASK 2: SETTING UP WORK MODE TOOLS

Work mode settings



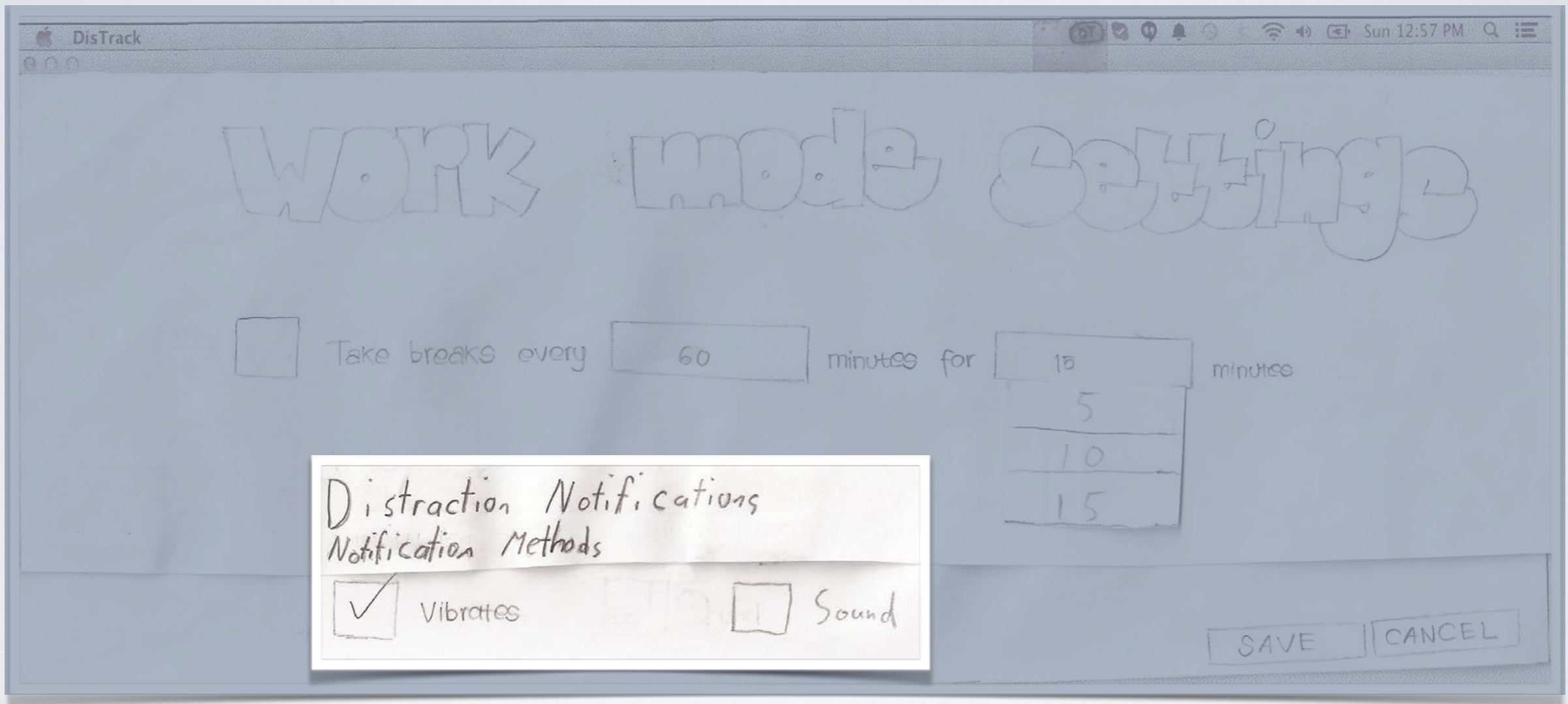
TASK 2: SETTING UP WORK MODE TOOLS

Work mode settings



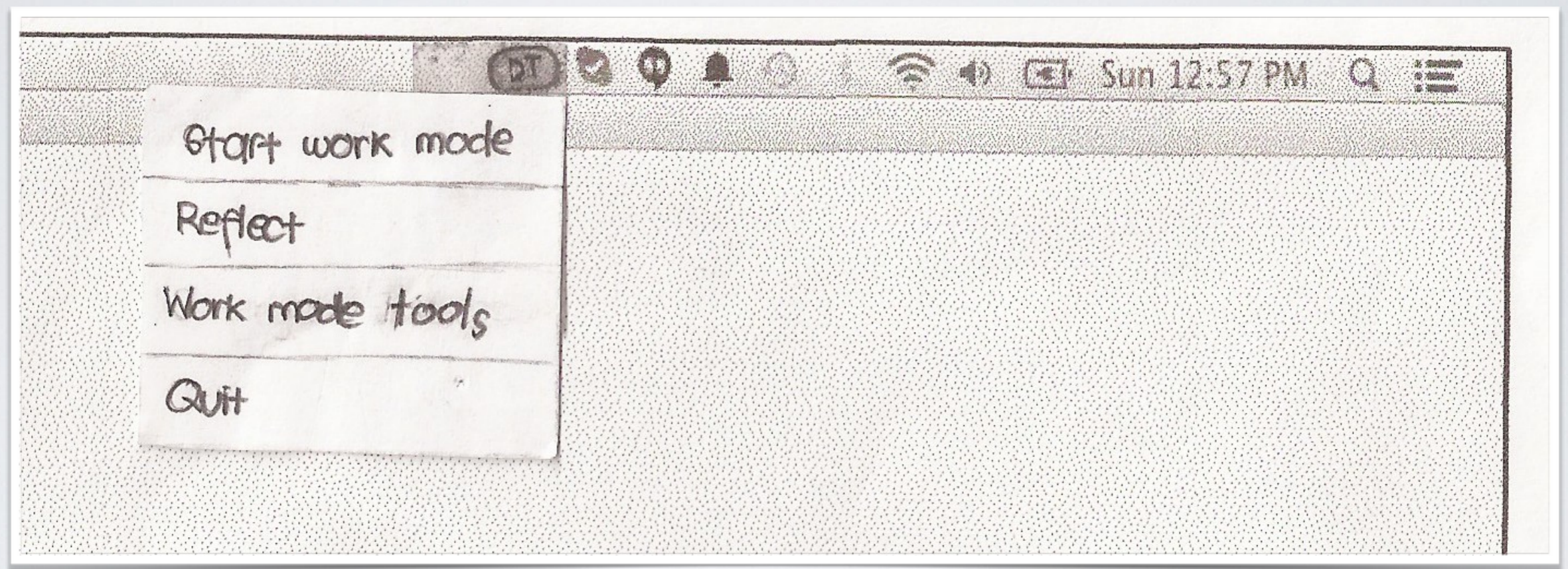
TASK 2: SETTING UP WORK MODE TOOLS

Work mode settings



TASK 2: USING TOOLS IN WORK MODE

Start work mode in menu



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

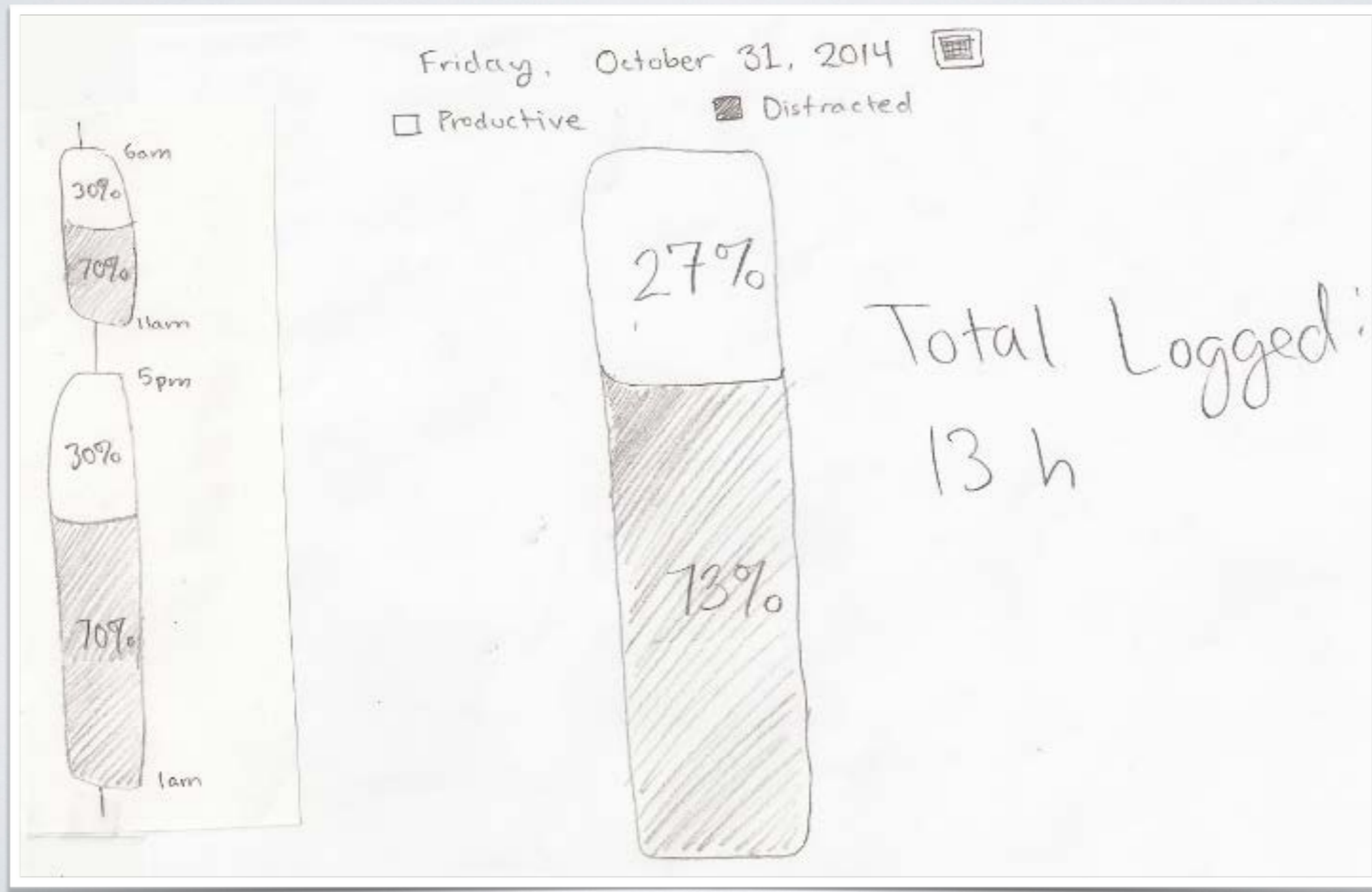
USABILITY TEST PARTICIPANTS

- 3 undergraduate students
- Odegaard Library & Mercer Court Great Room

RESULTS:
USABILITY TEST I &
HEURISTIC EVALUATION

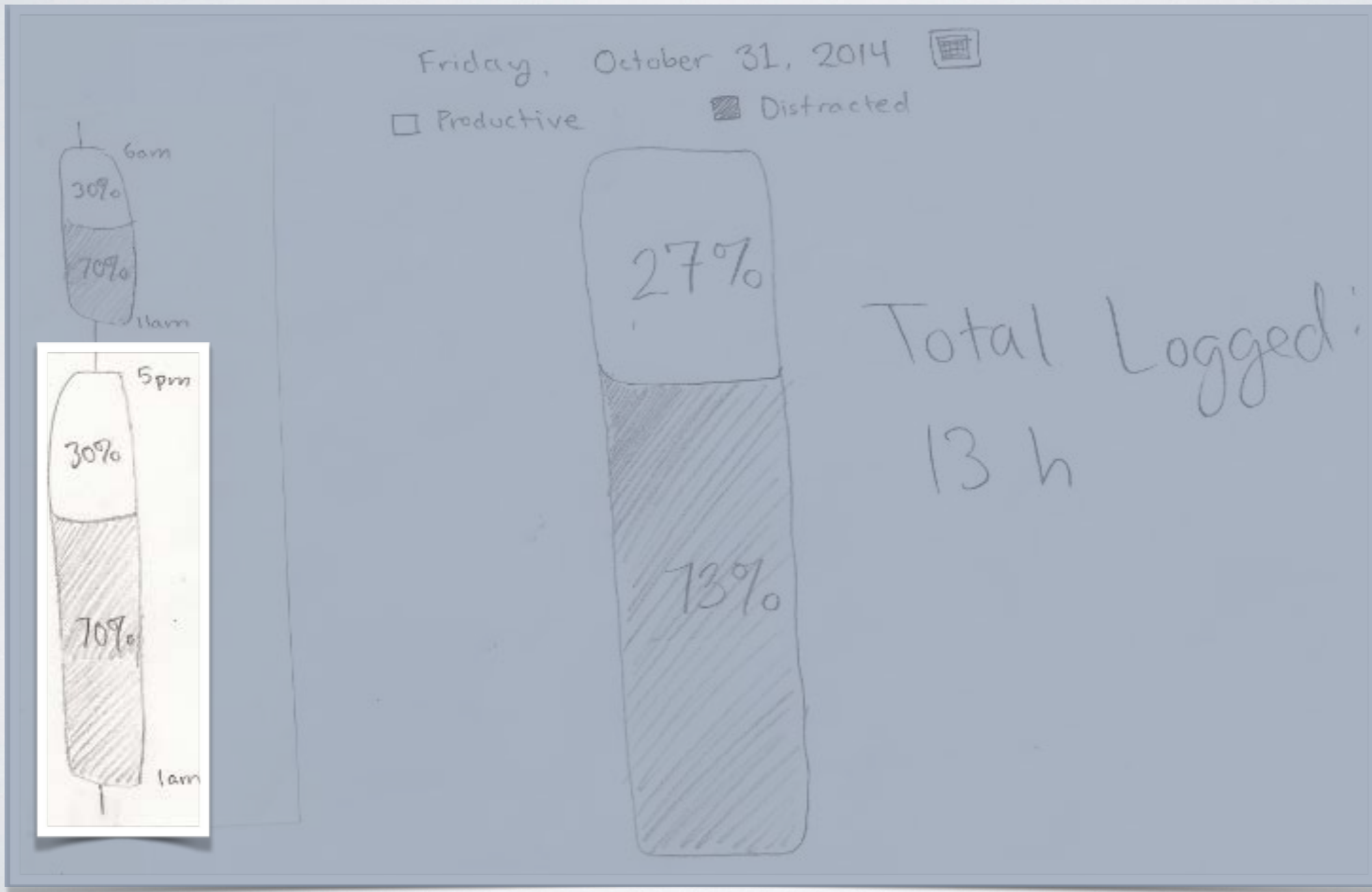
POOR DATA VISUALIZATION

A. Unclear relationships with time



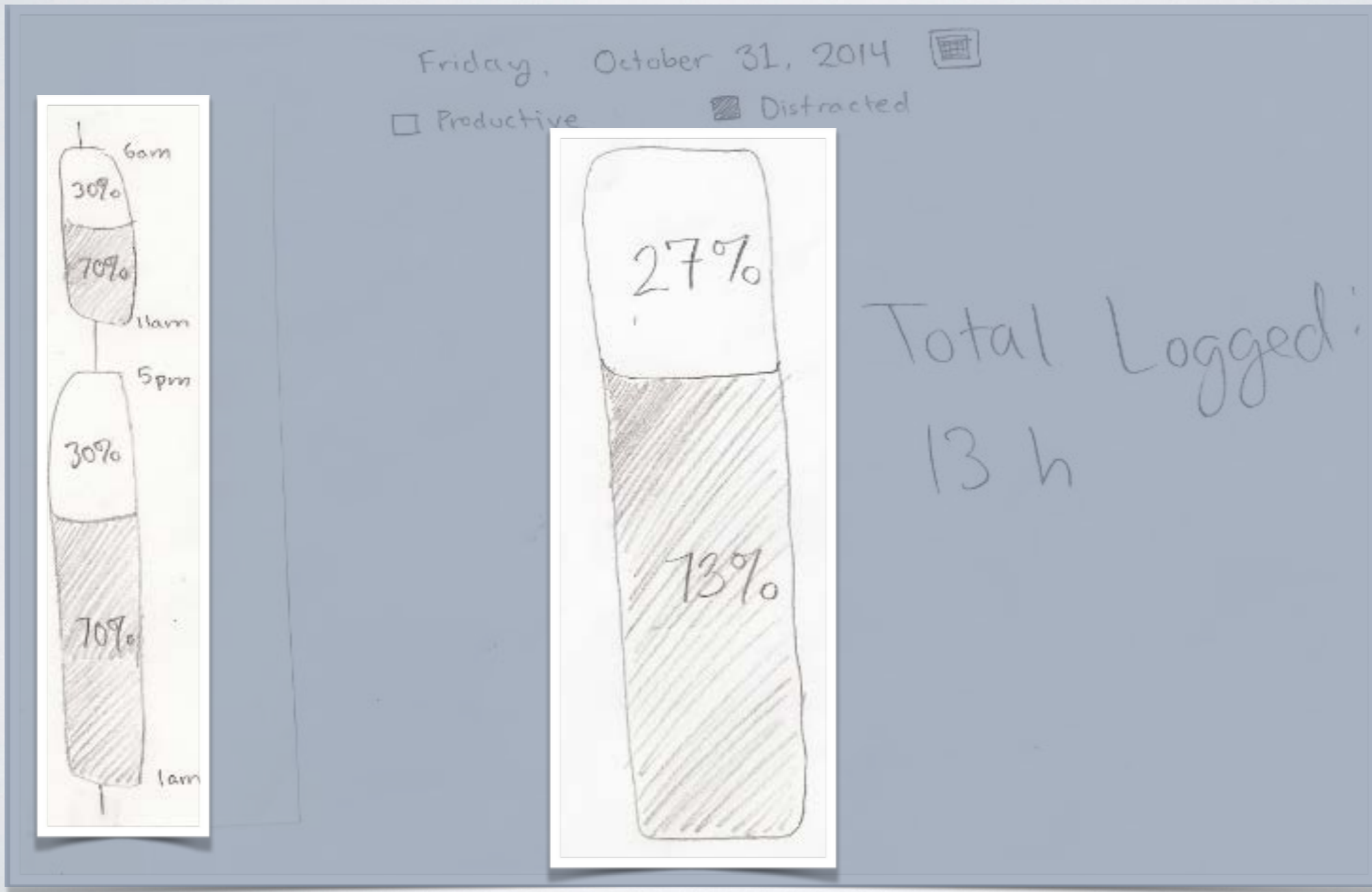
POOR DATA VISUALIZATION

A. Unclear relationships with time



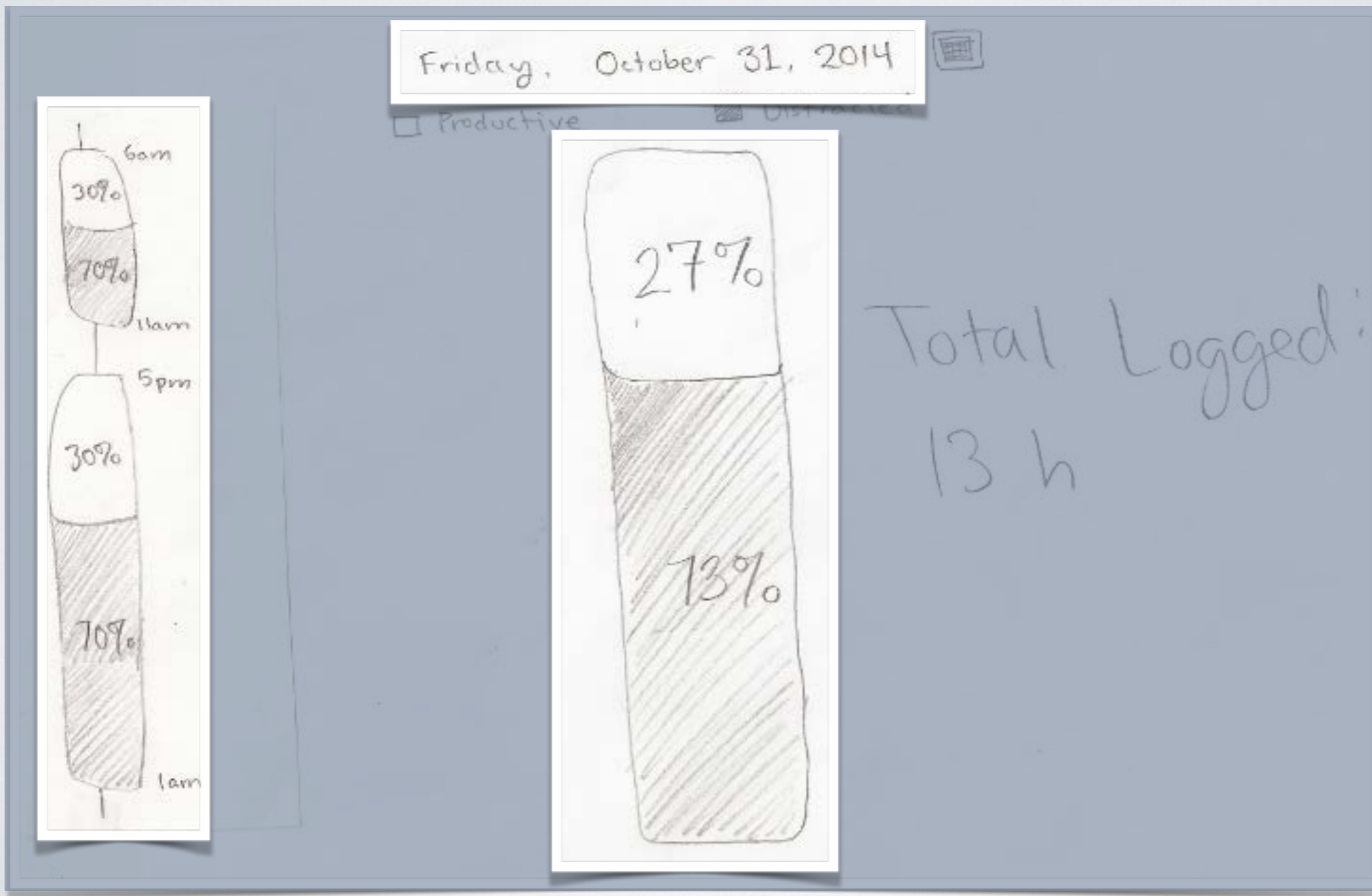
POOR DATA VISUALIZATION

A. Unclear relationships with time



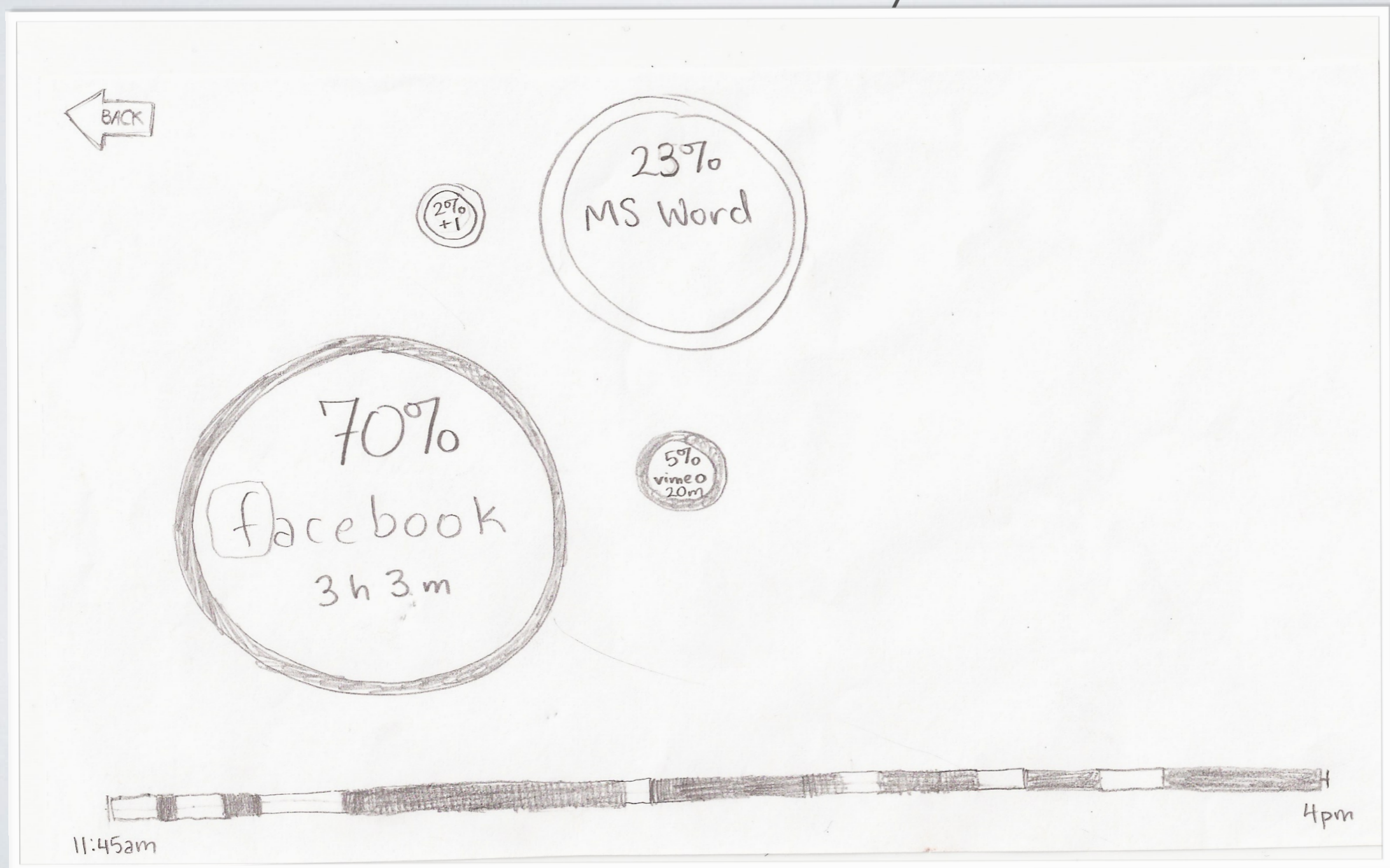
POOR DATA VISUALIZATION

A. Unclear relationships with time



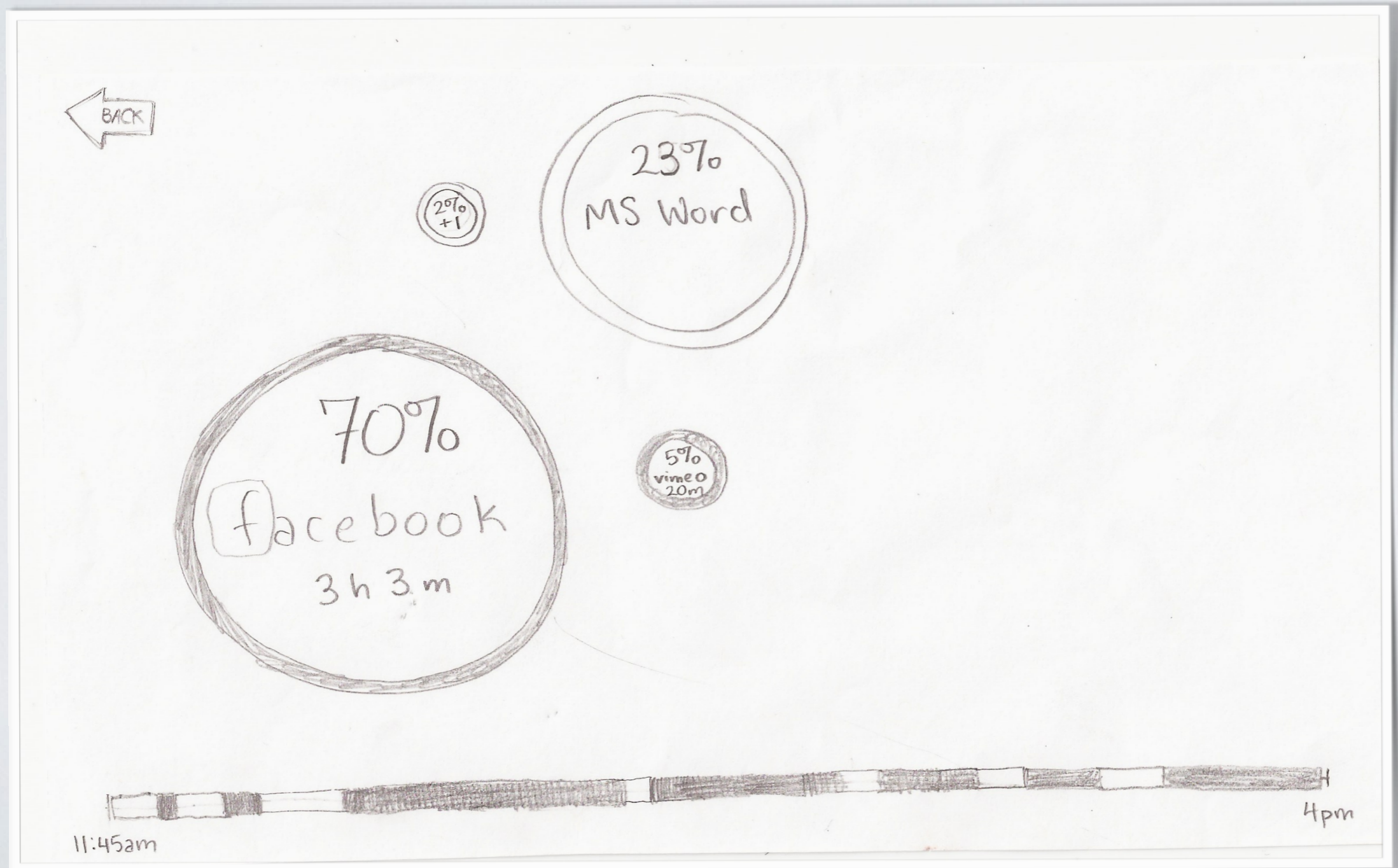
POOR DATA VISUALIZATION

B. Hard to understand activity information

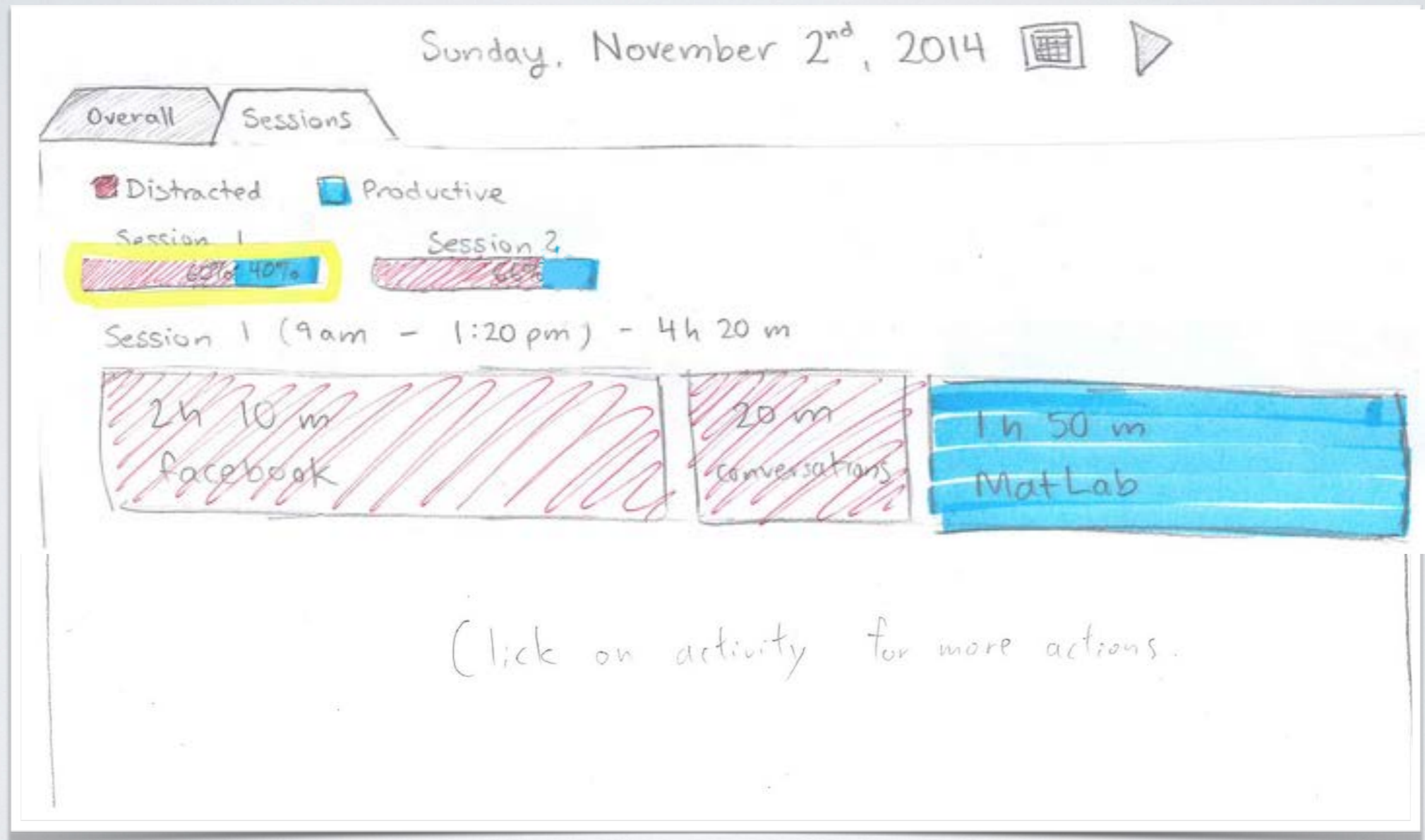


RECOMMENDED TOOLS HARD TO FIND

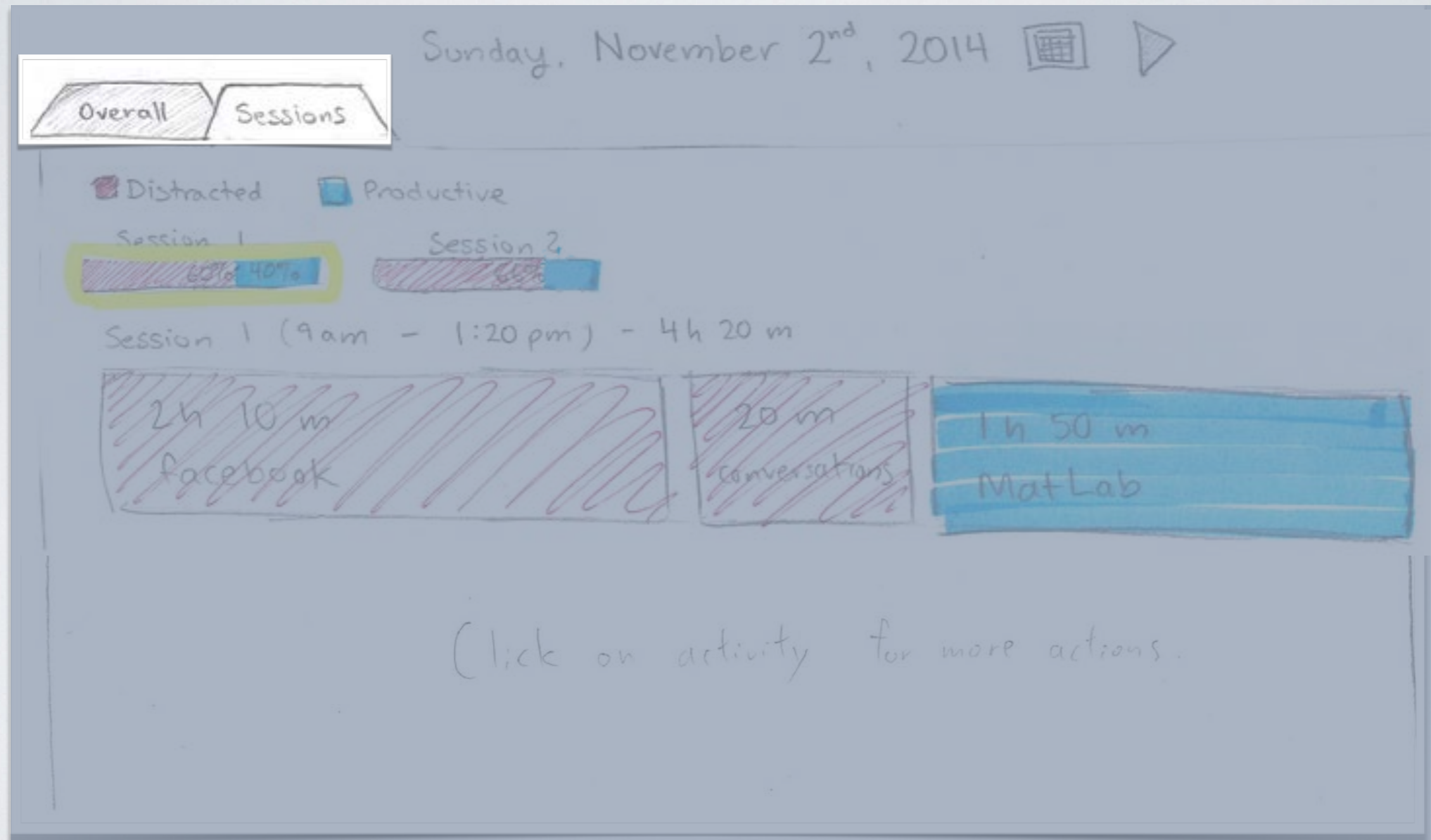
Circles are not obviously clickable



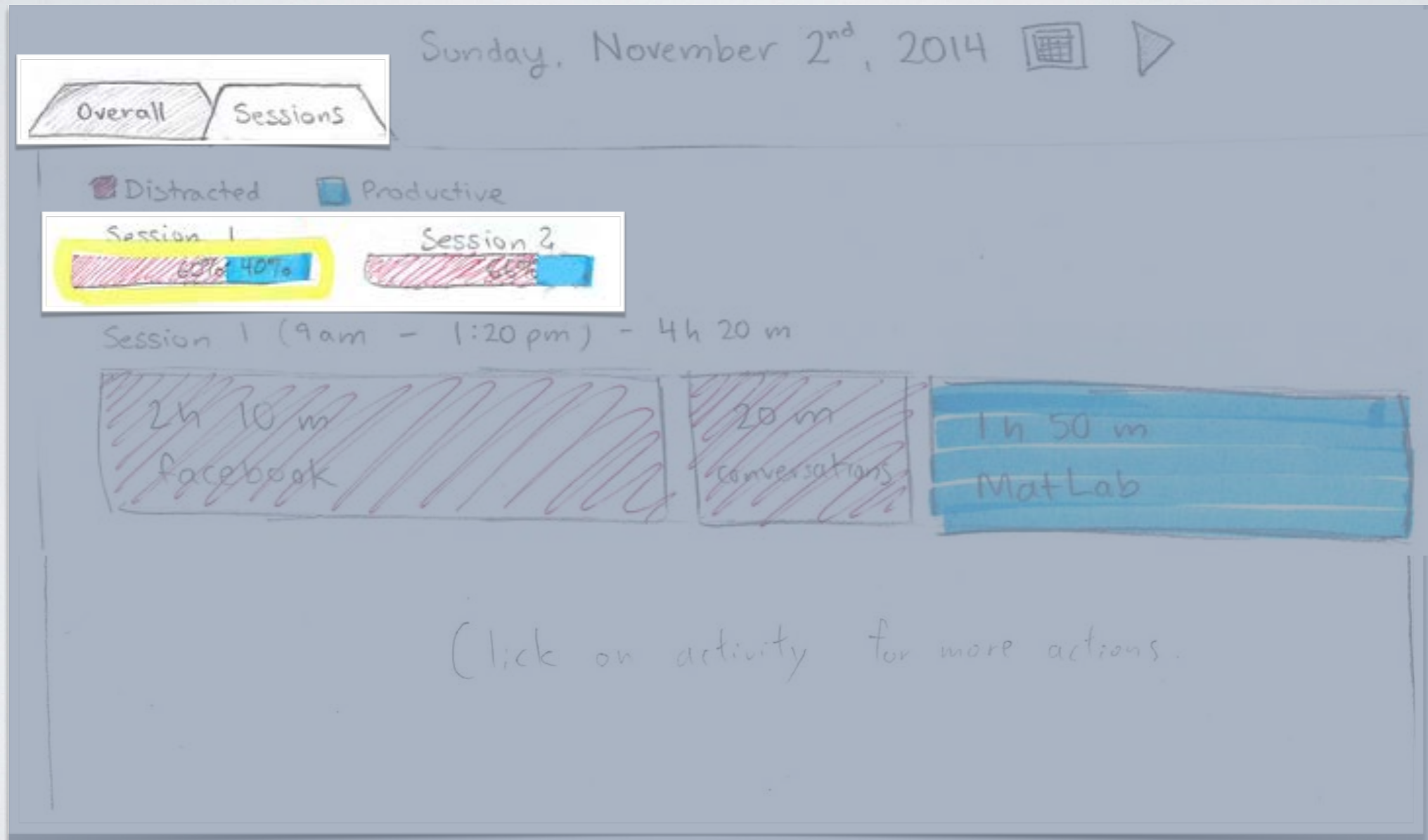
IMPROVED DESIGN



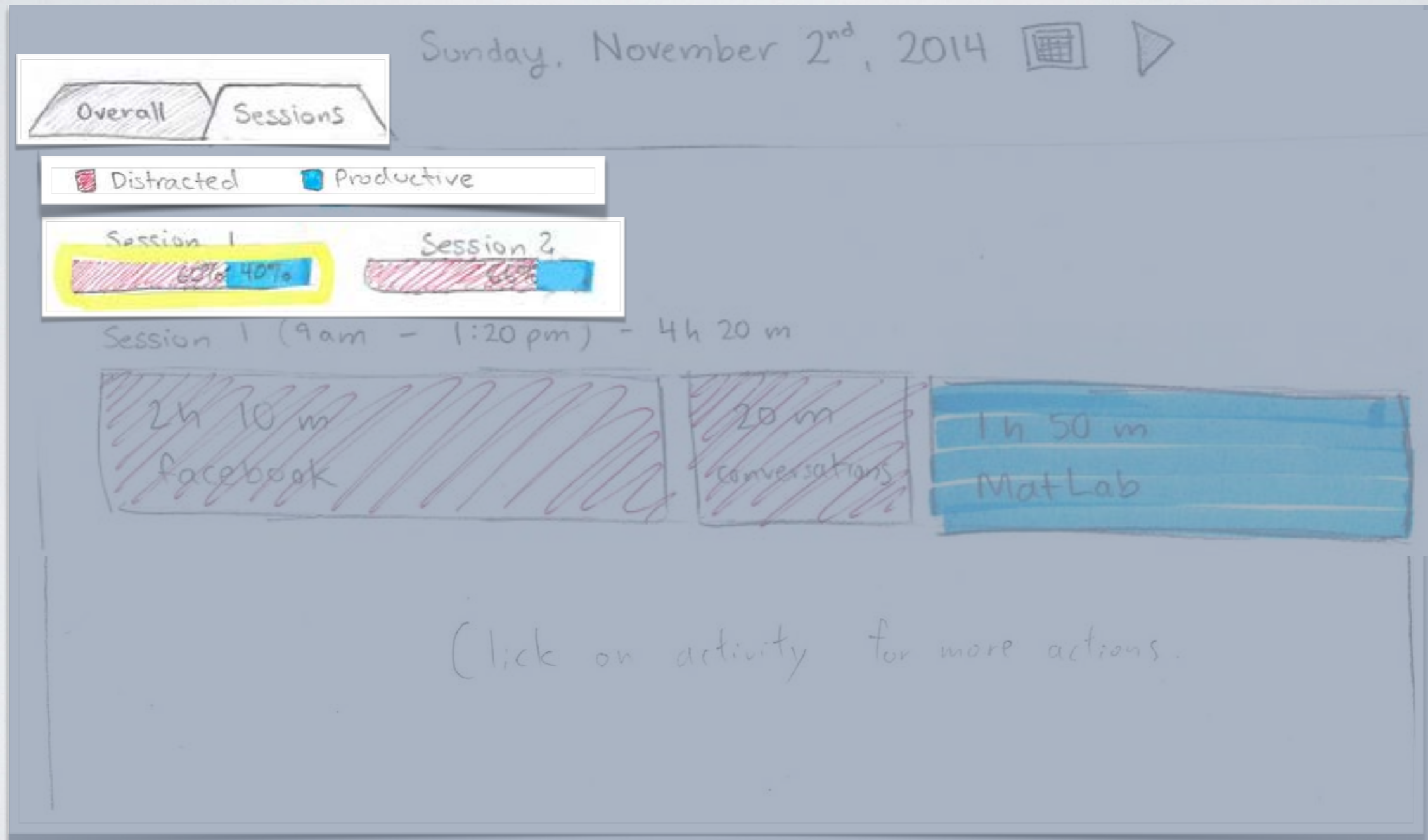
IMPROVED DESIGN



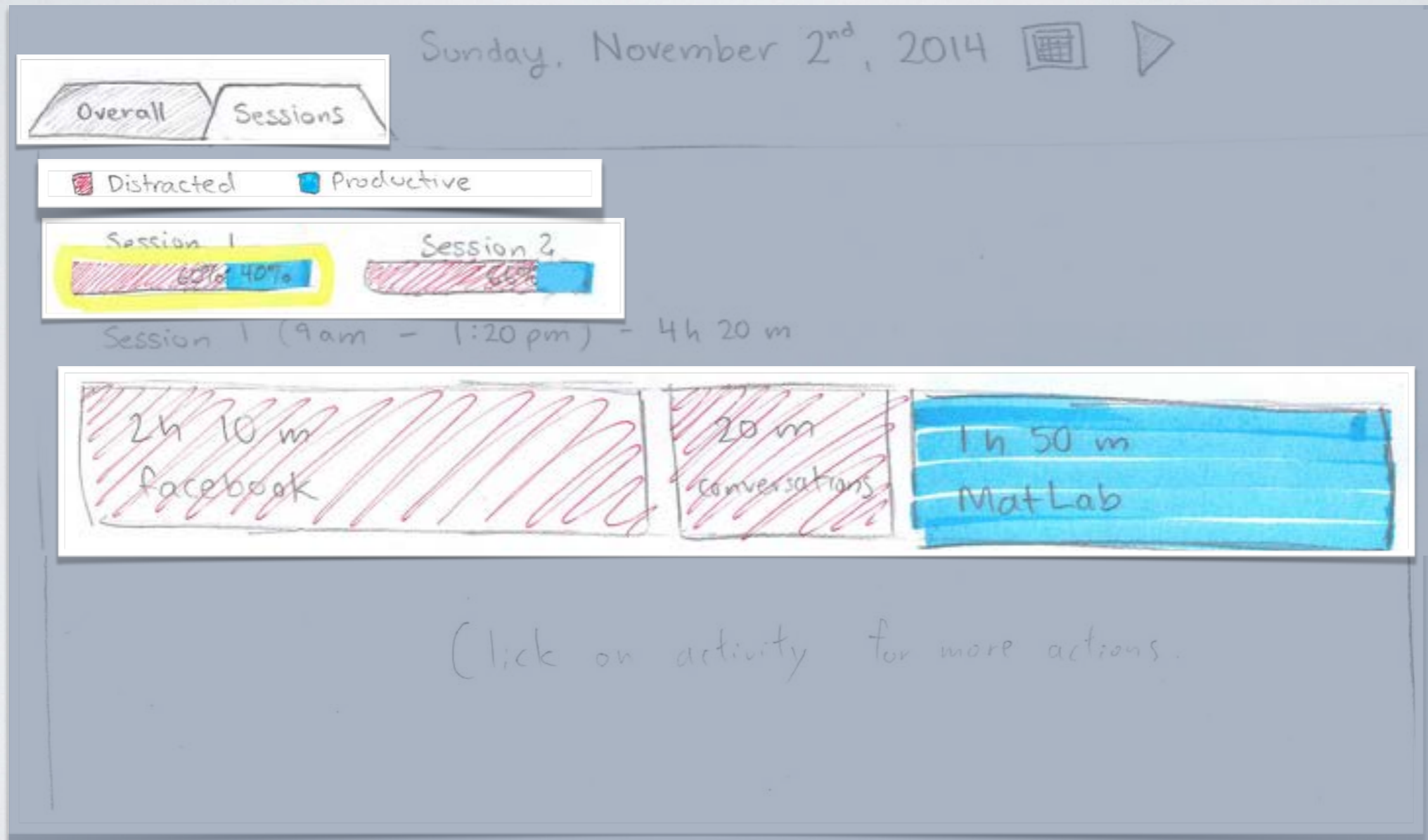
IMPROVED DESIGN



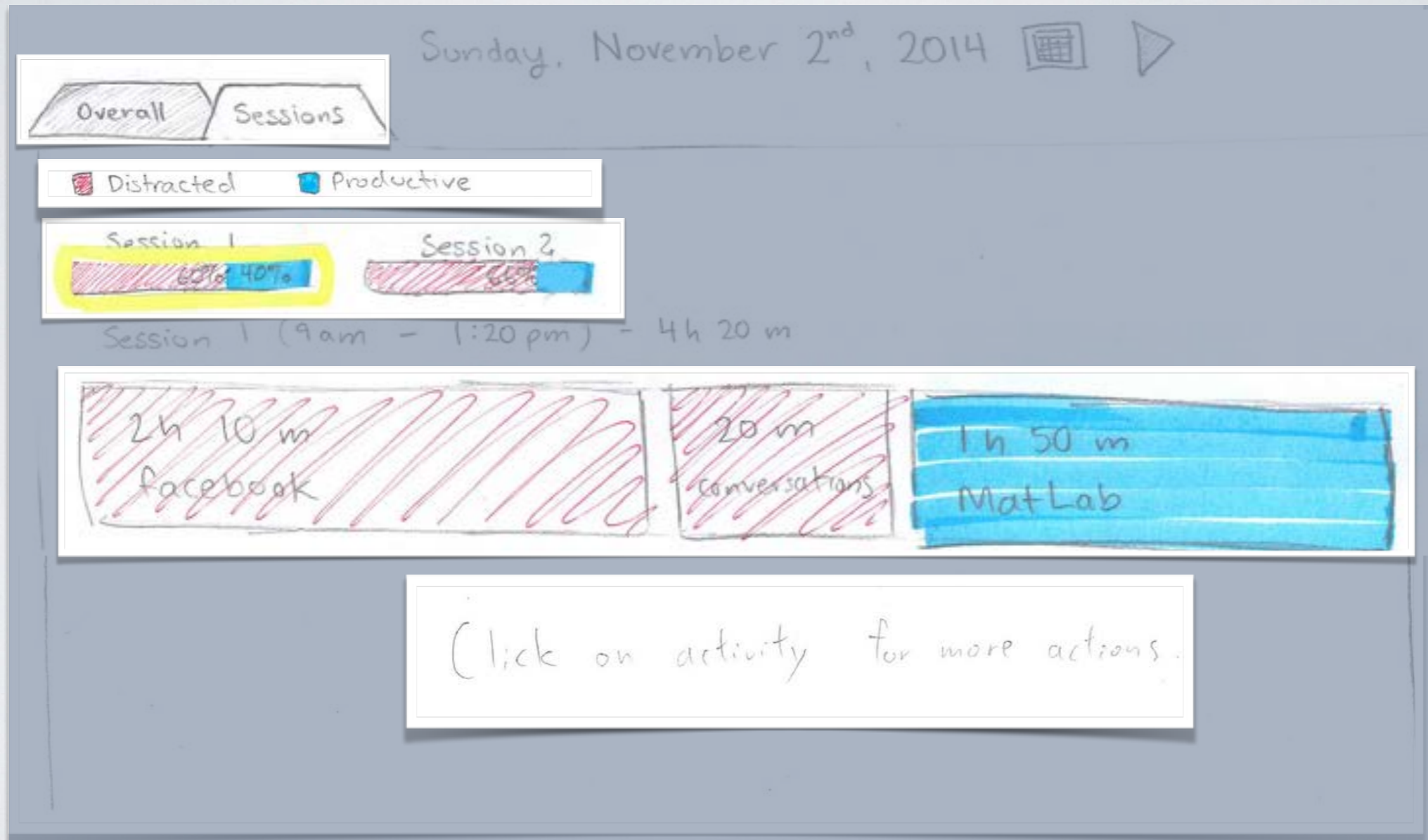
IMPROVED DESIGN



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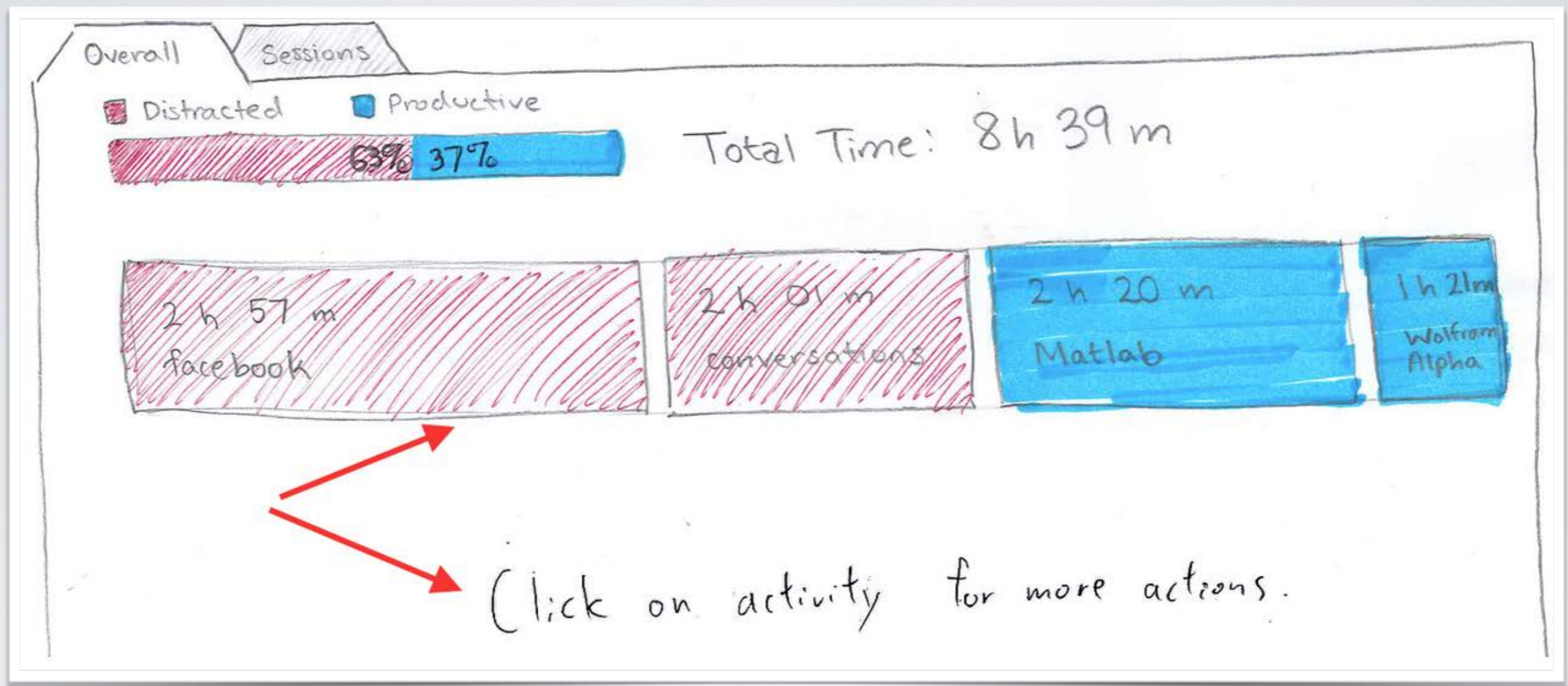


IMPROVED DESIGN



RESULTS:
USABILITY TEST II & III

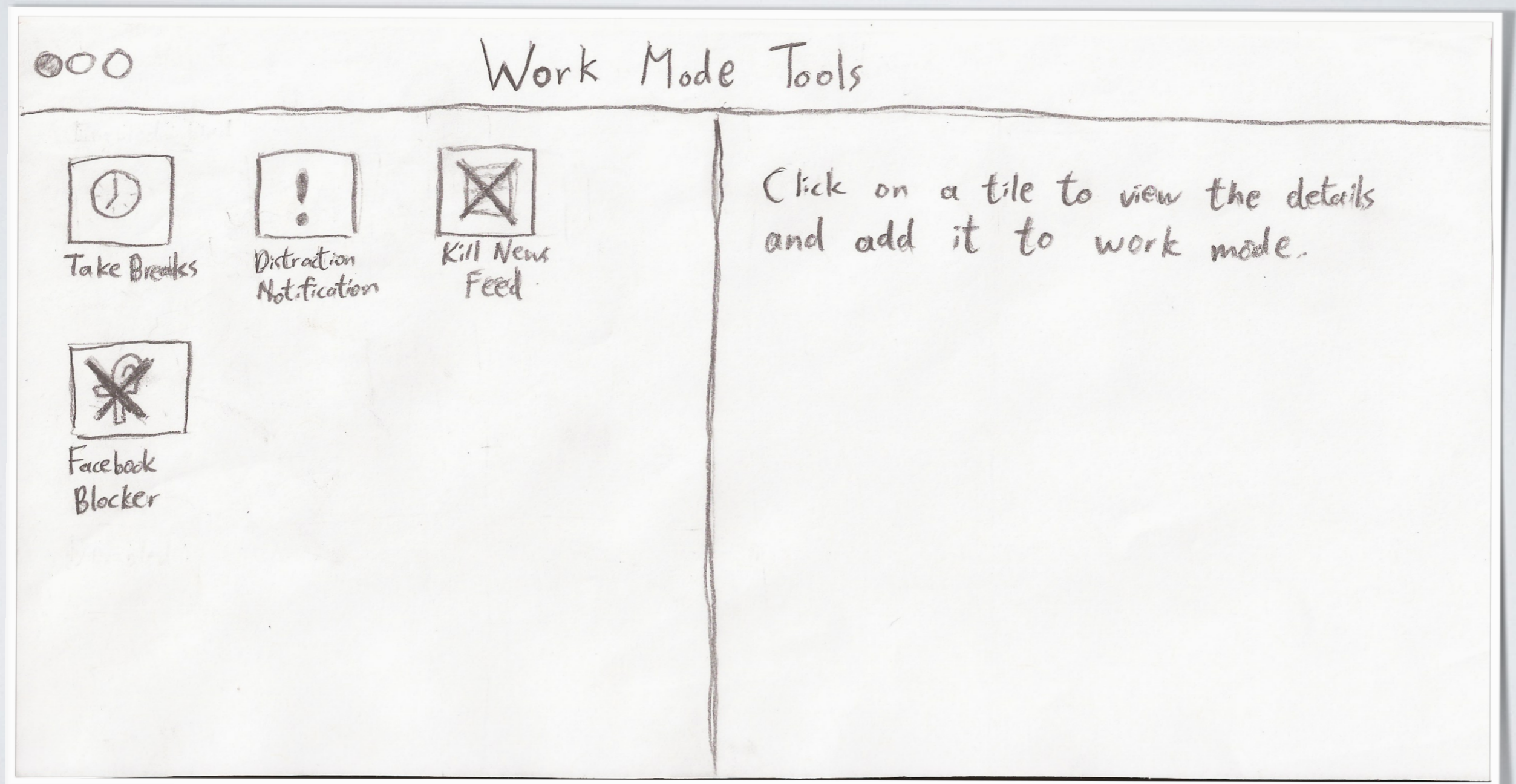
RECOMMENDED TOOLS STILL HARD TO FIND



IMPROVEMENT



WORK MODE CONCEPT WAS UNCLEAR



Work Mode Tools



Take Breaks



Distraction
Not.fication



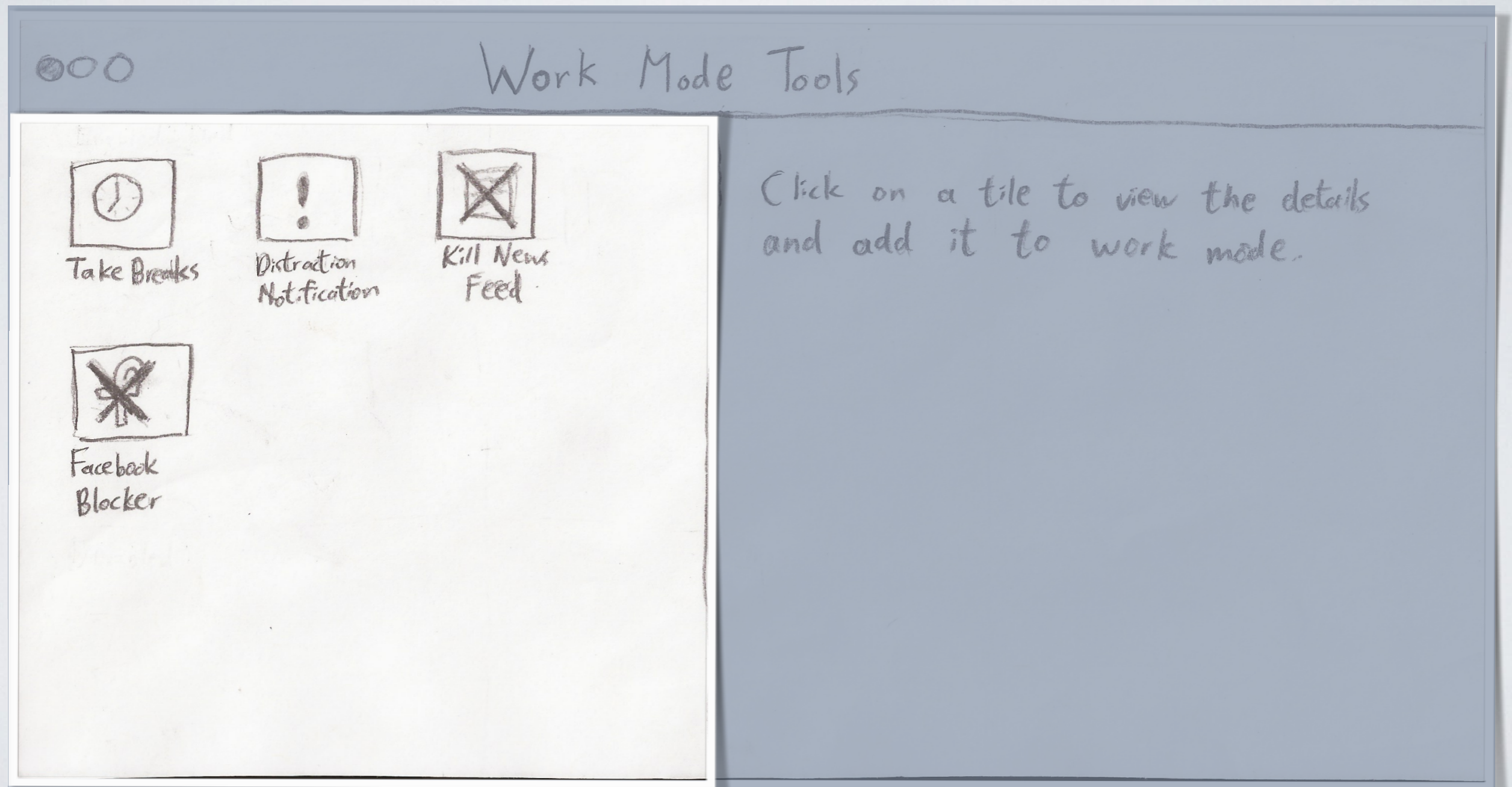
Kill News
Feed



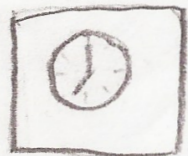
Facebook
Blocker

Click on a tile to view the details
and add it to work mode.

WORK MODE CONCEPT WAS UNCLEAR



Work Mode Tools



Take Breaks



Distraction
Notification



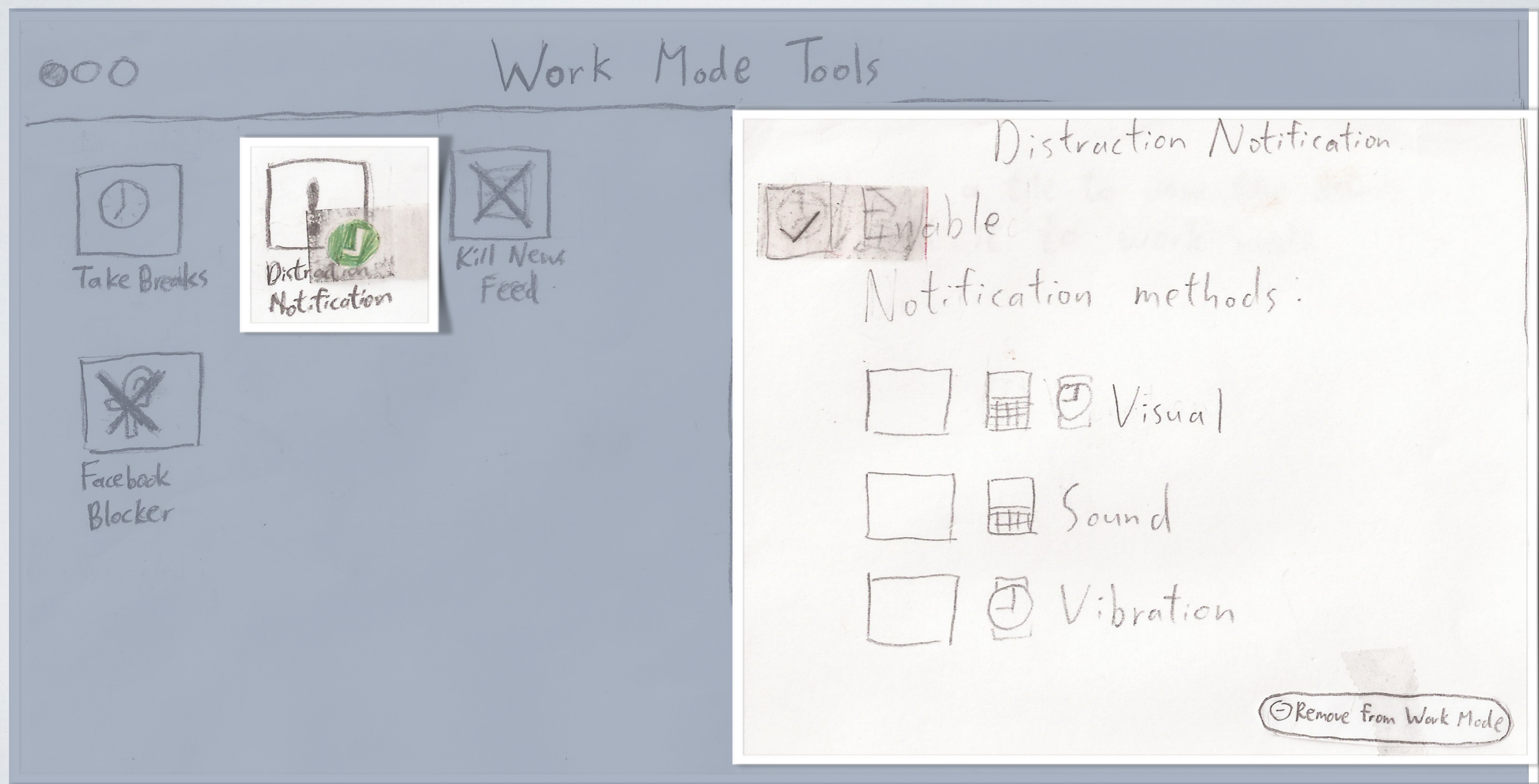
Kill News
Feed



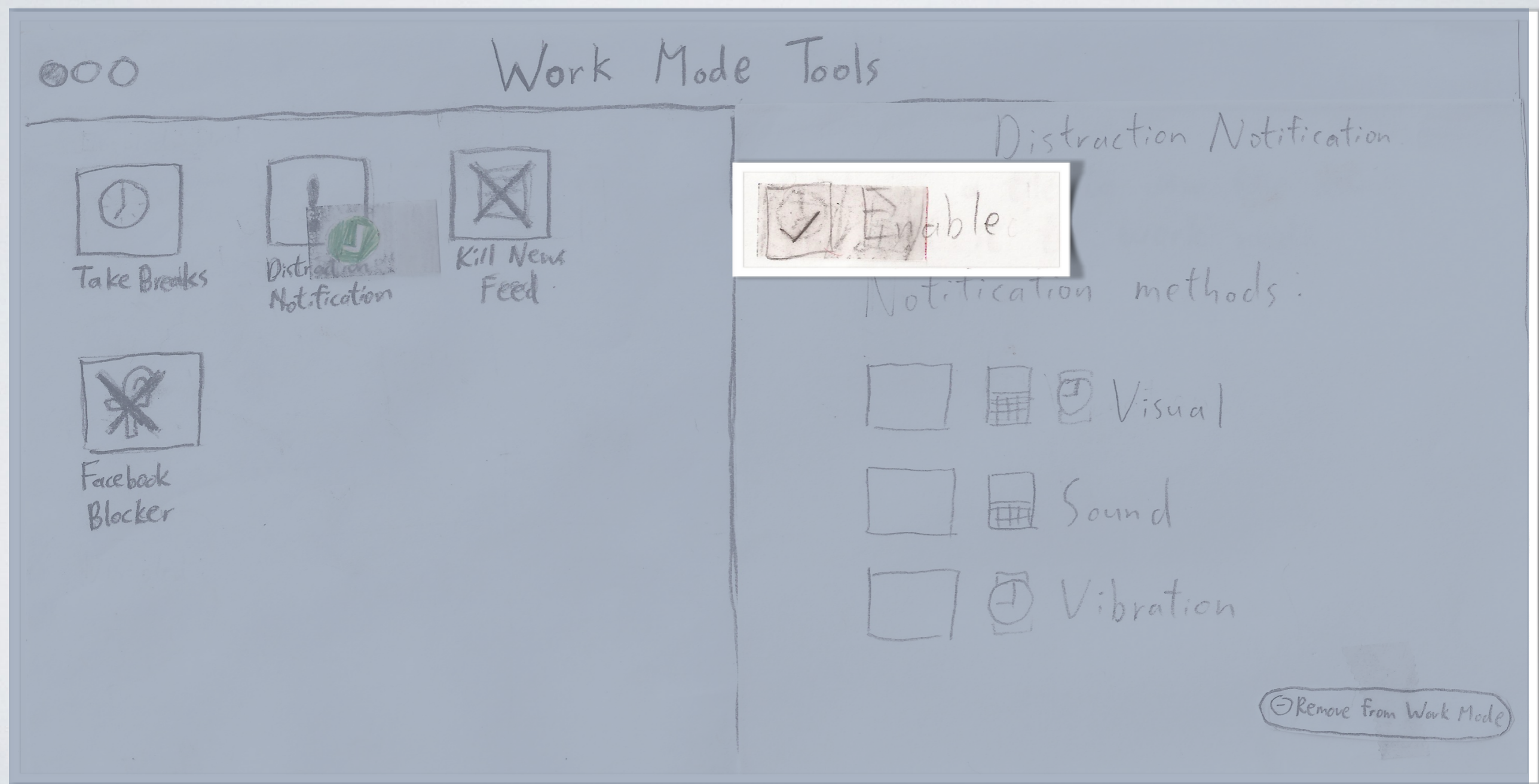
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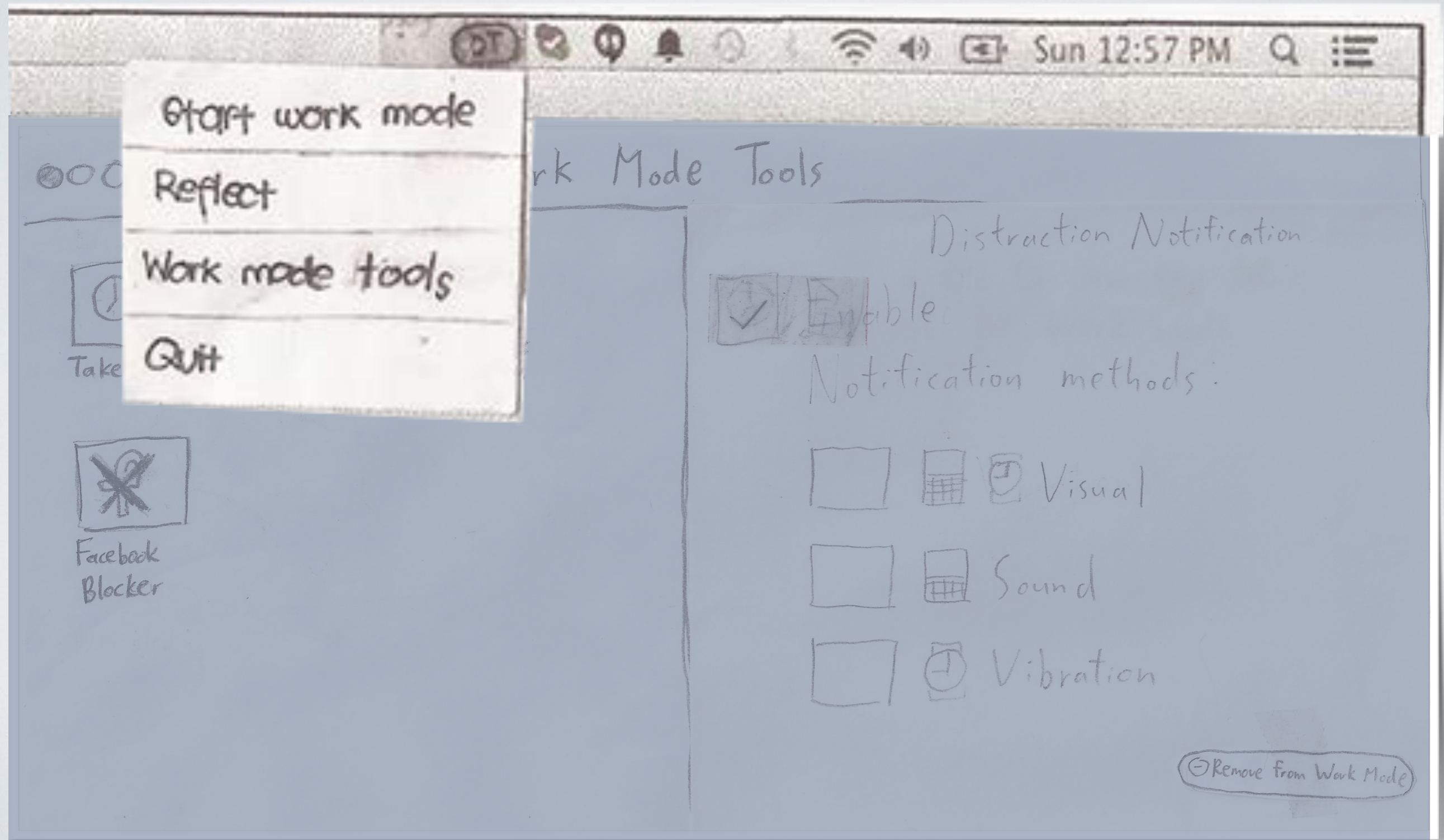
WORK MODE CONCEPT WAS UNCLEAR



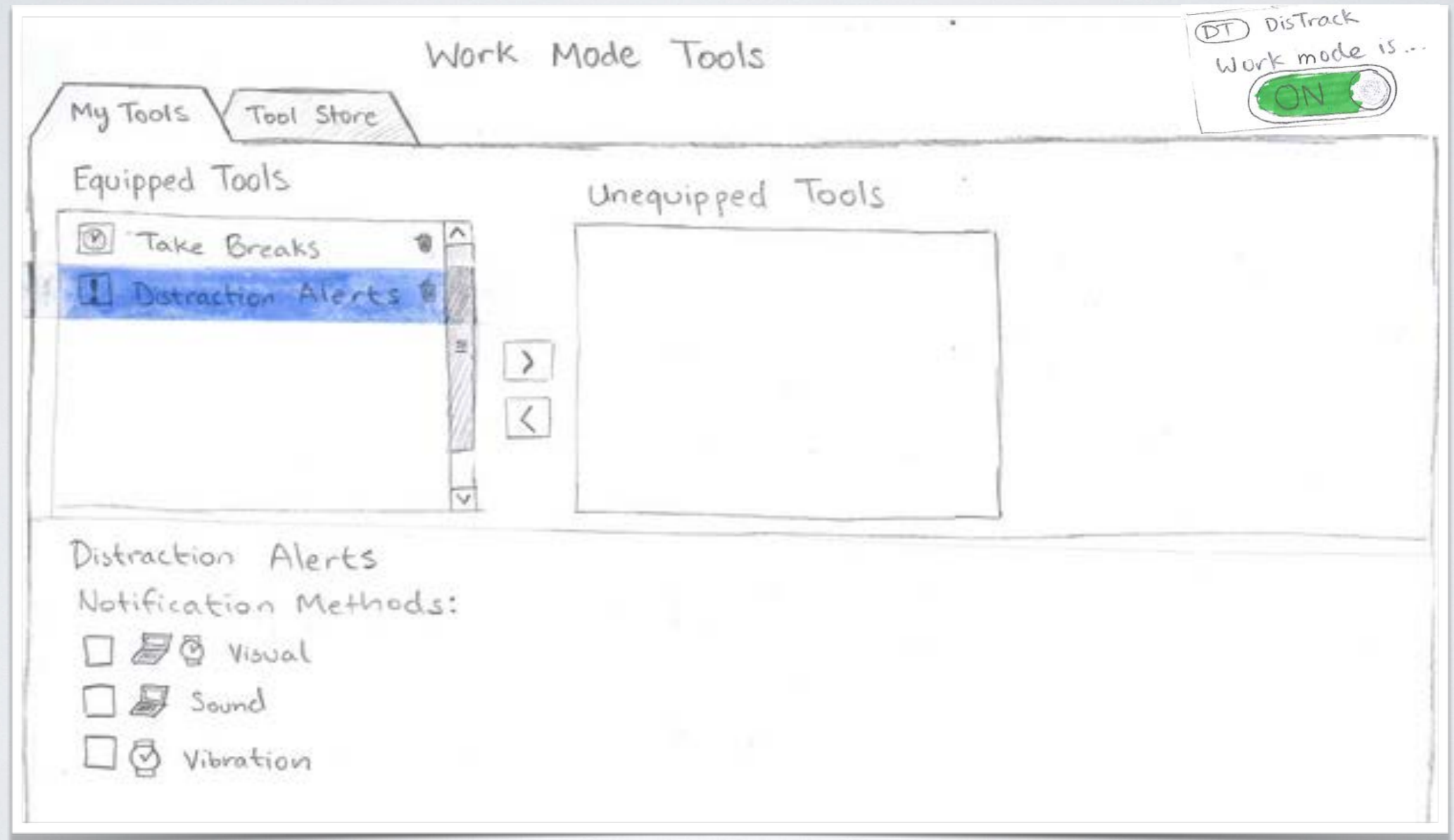
WORK MODE CONCEPT WAS UNCLEAR



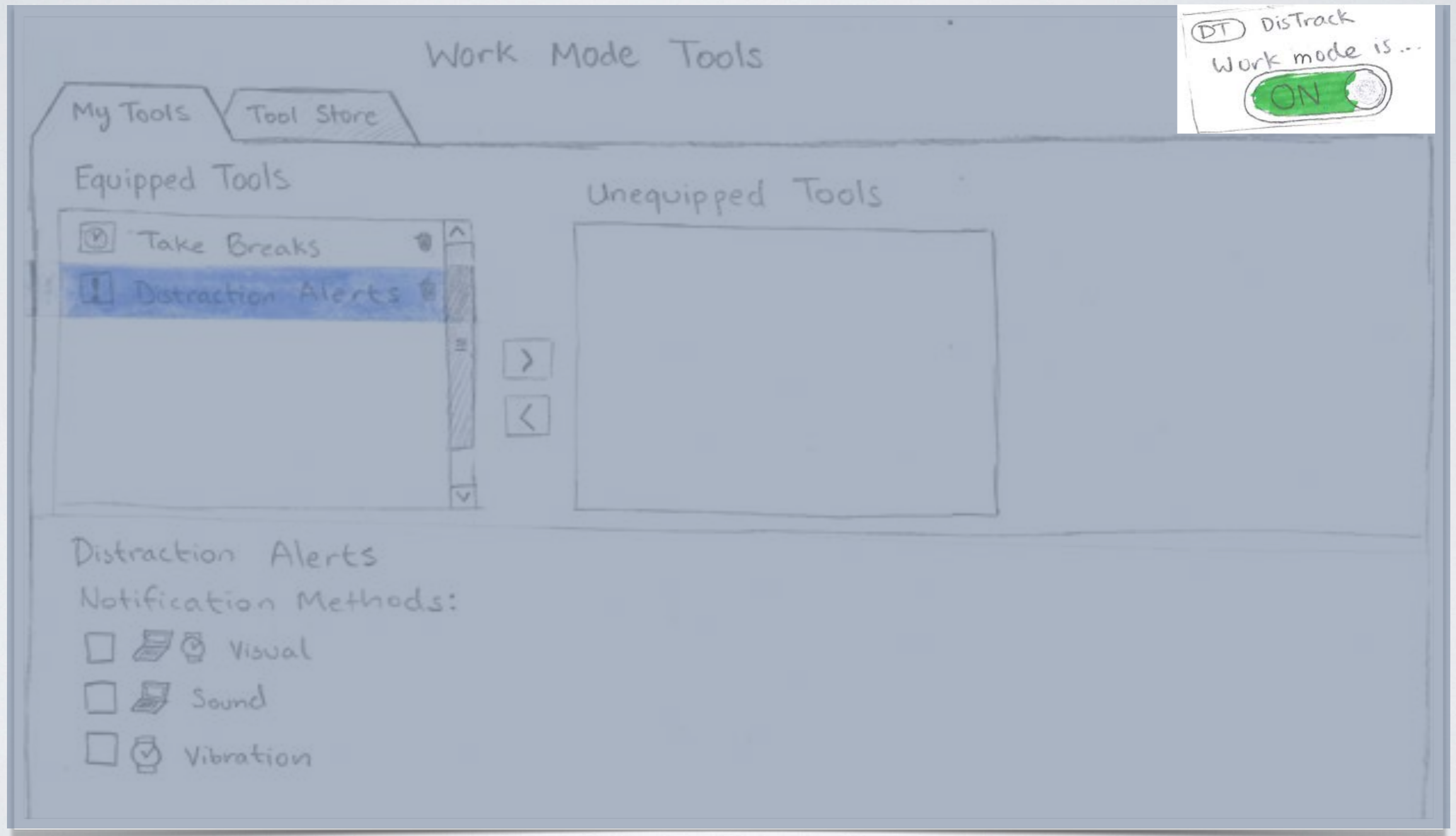
WORK MODE CONCEPT WAS UNCLEAR



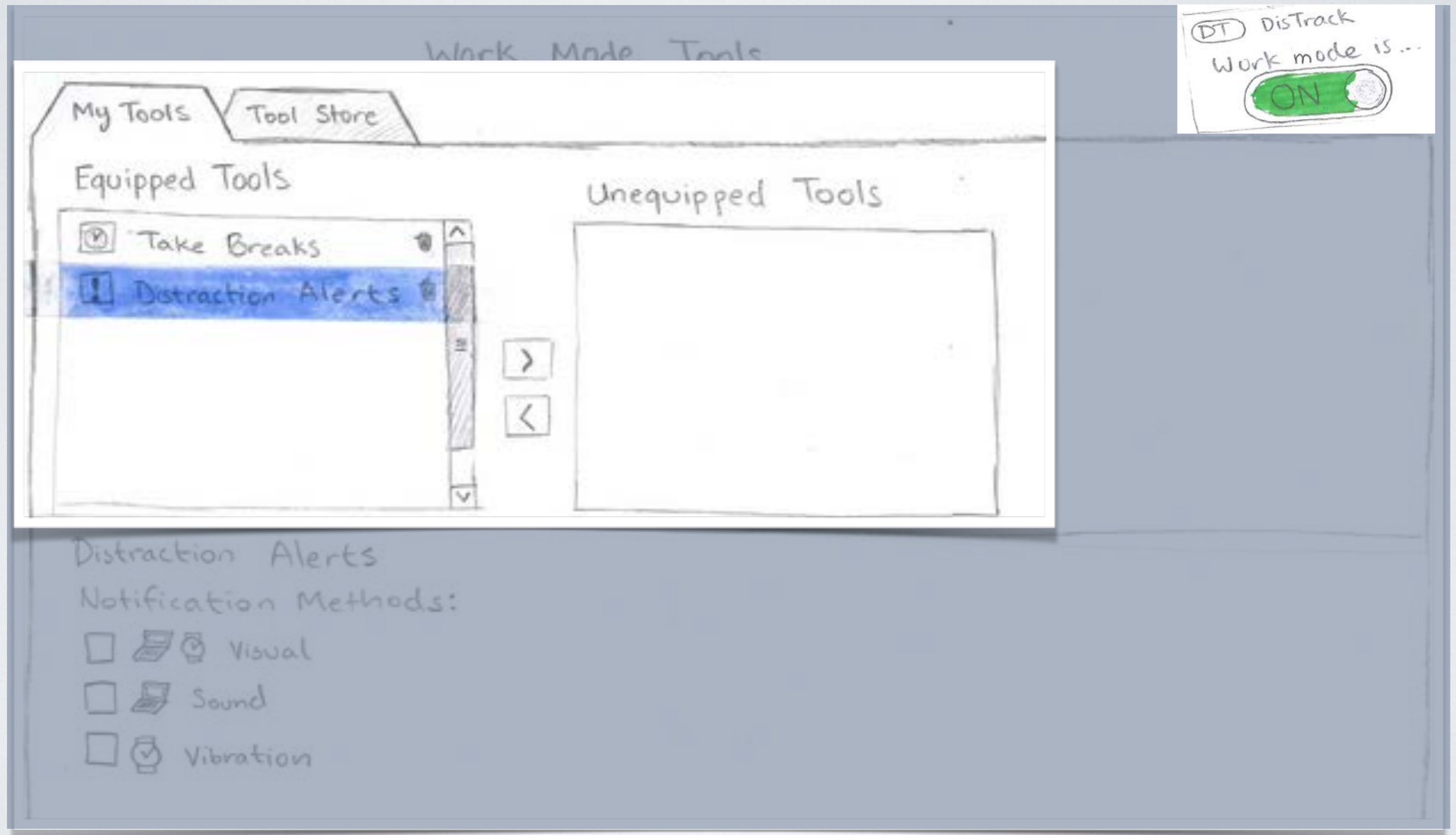
MORE IMPROVED WORK MODE CONTROLS



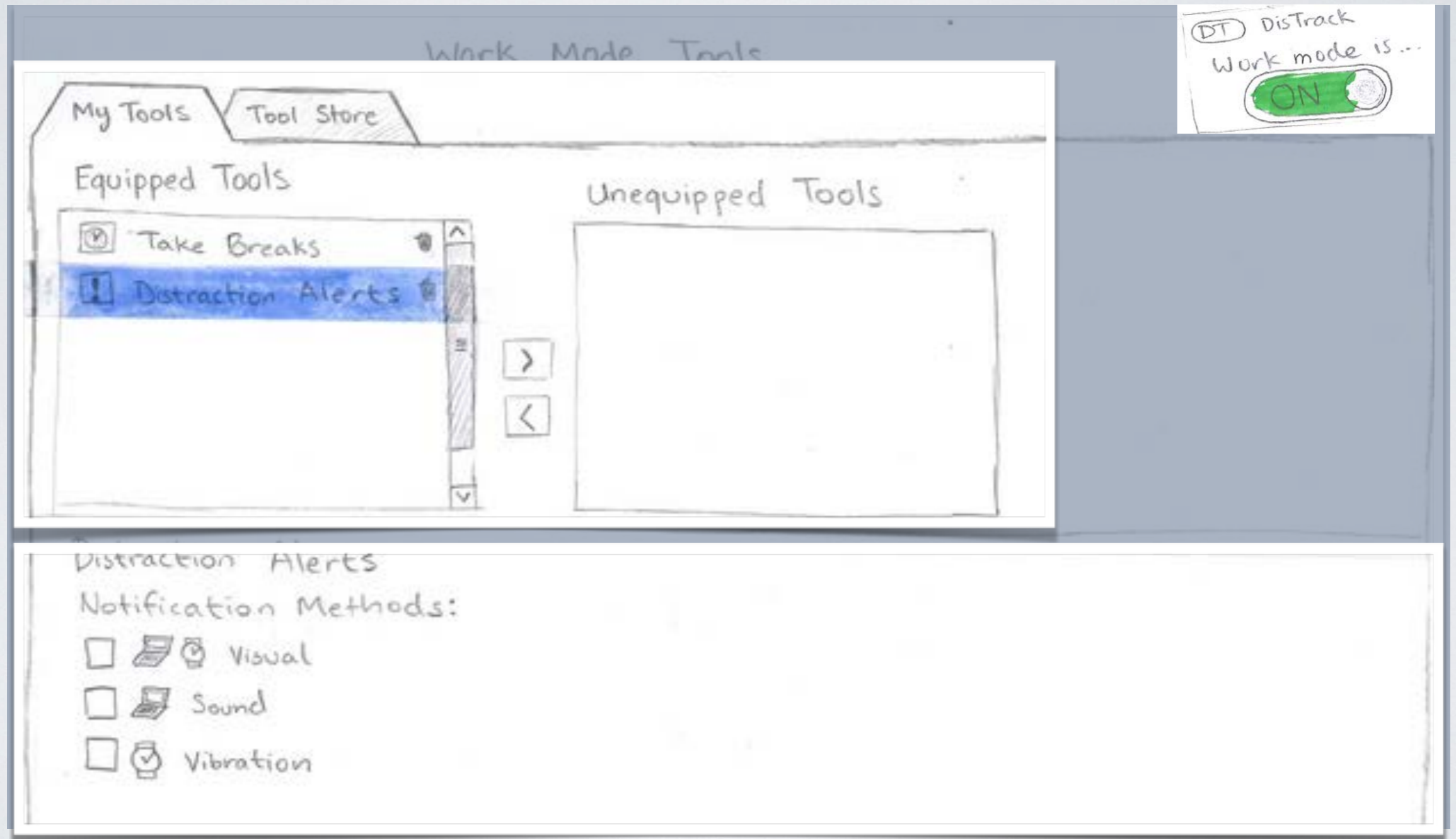
MORE IMPROVED WORK MODE CONTROLS



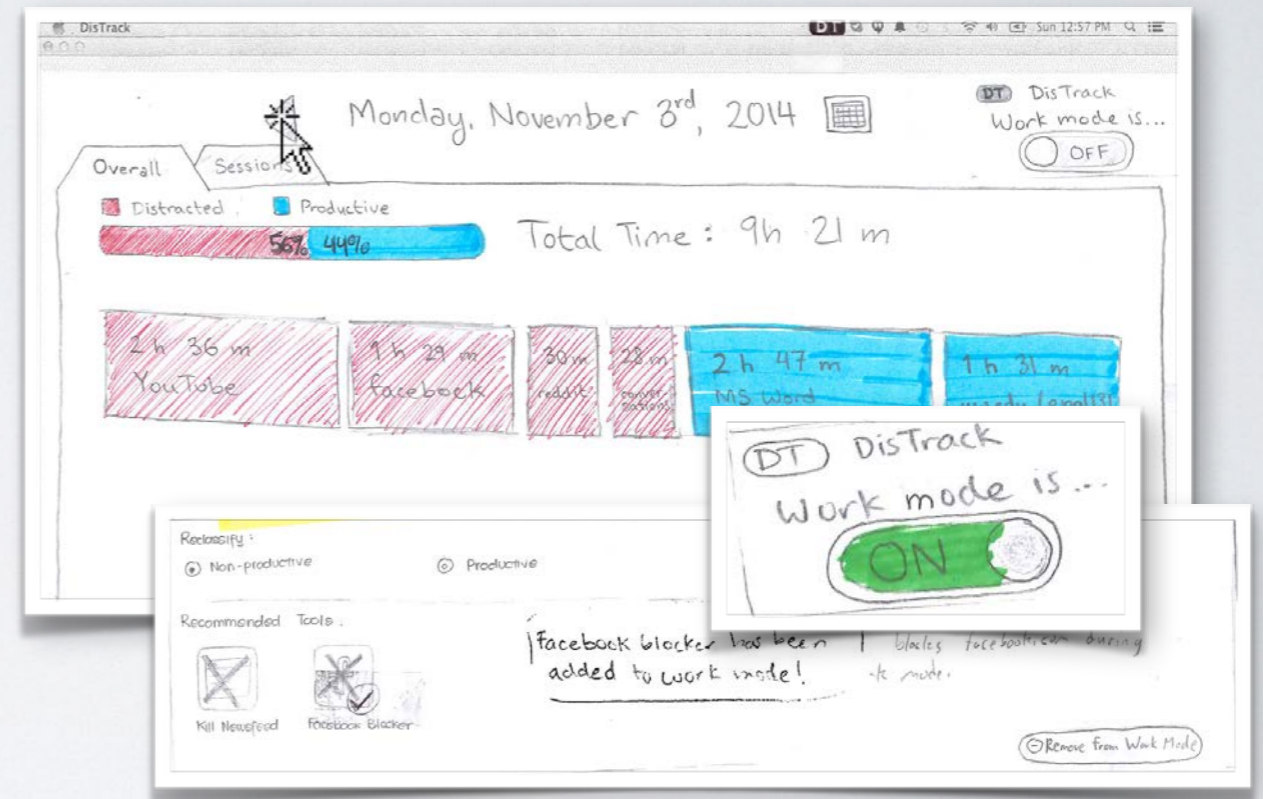
MORE IMPROVED WORK MODE CONTROLS



MORE IMPROVED WORK MODE CONTROLS



FINAL PAPER PROTOTYPE



PRIMARY TASKS

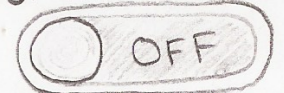
1. Reflecting on past study sessions
2. Finding and using tools to help stay focused when work mode is on

REFLECTION

Sunday, November 2nd, 2014



DT DisTrack
Work mode is...



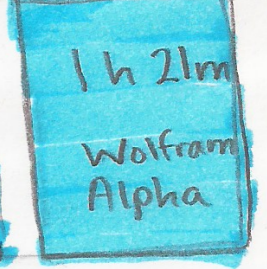
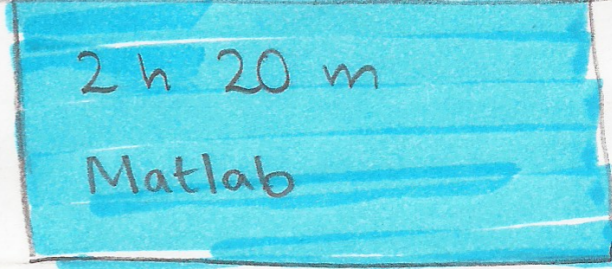
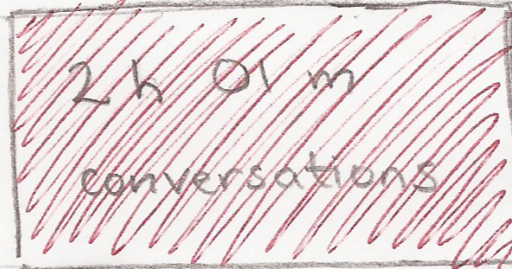
Overall

Sessions

Distracted Productive





Total Time: 8h 39m



Click on an activity for more actions.

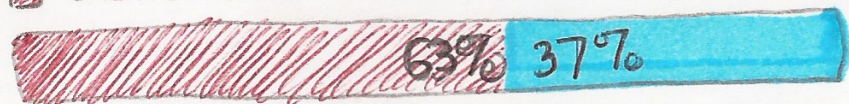
REFLECTION

Sunday, November 2nd, 2014  

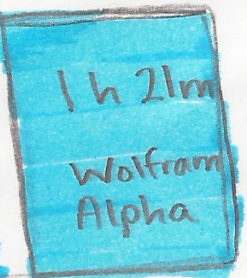
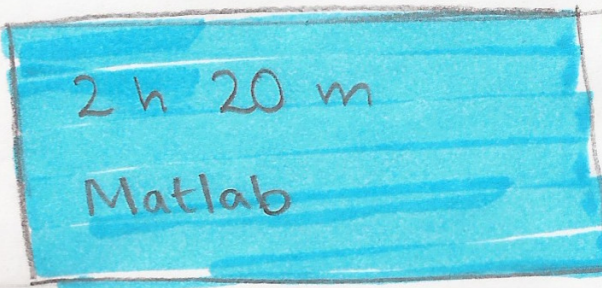
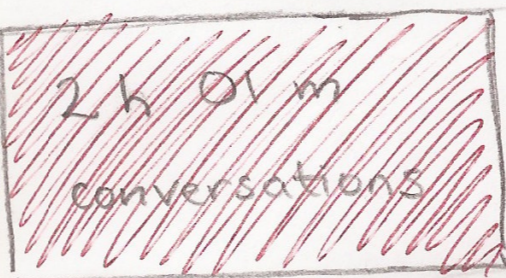
Overall

Sessions

 Distracted  Productive



Total Time: 8h 39m



Reclassify :

Non-productive

Productive

Recommended

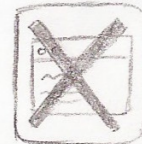
Tools :



Kill Newsfeed




Facebook Blocker





Kill Newsfeed

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



 ADD TO WORK MODE

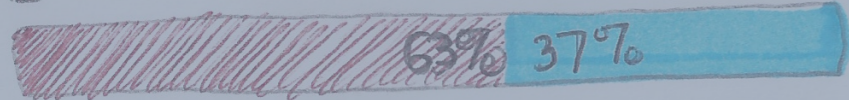
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Sunday, November 2nd, 2014  

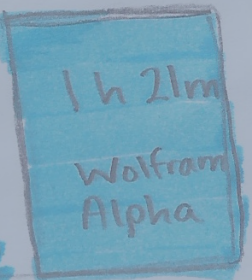
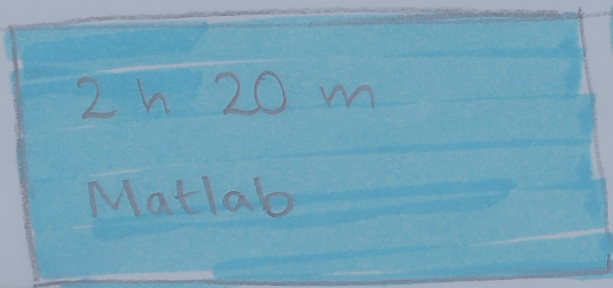
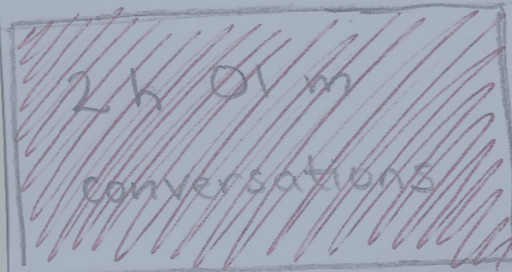
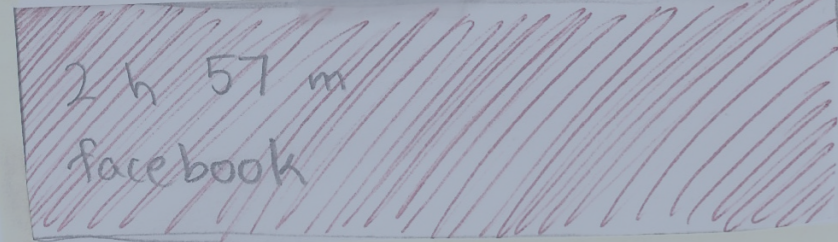
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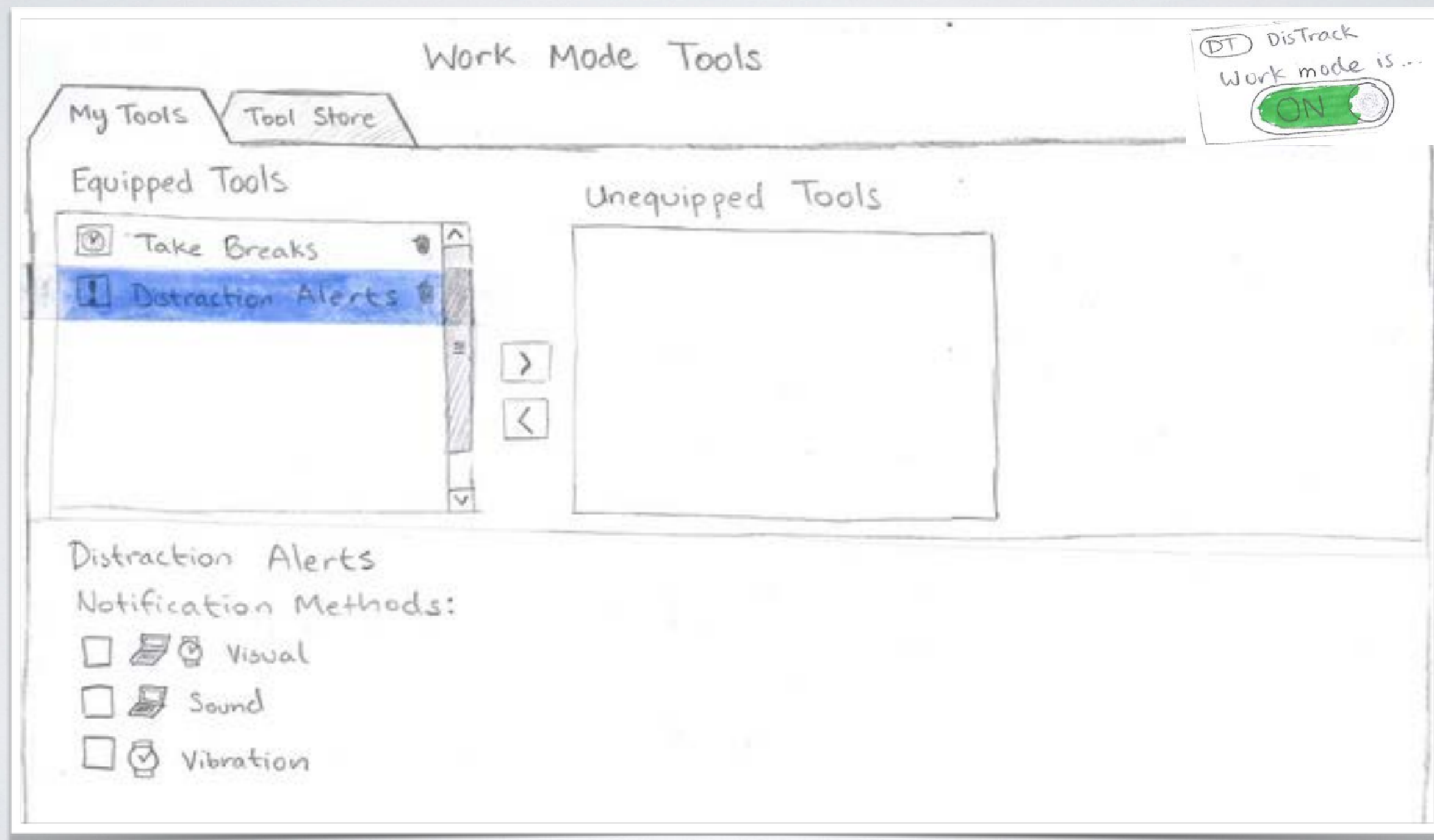


Kill Newsfeed

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

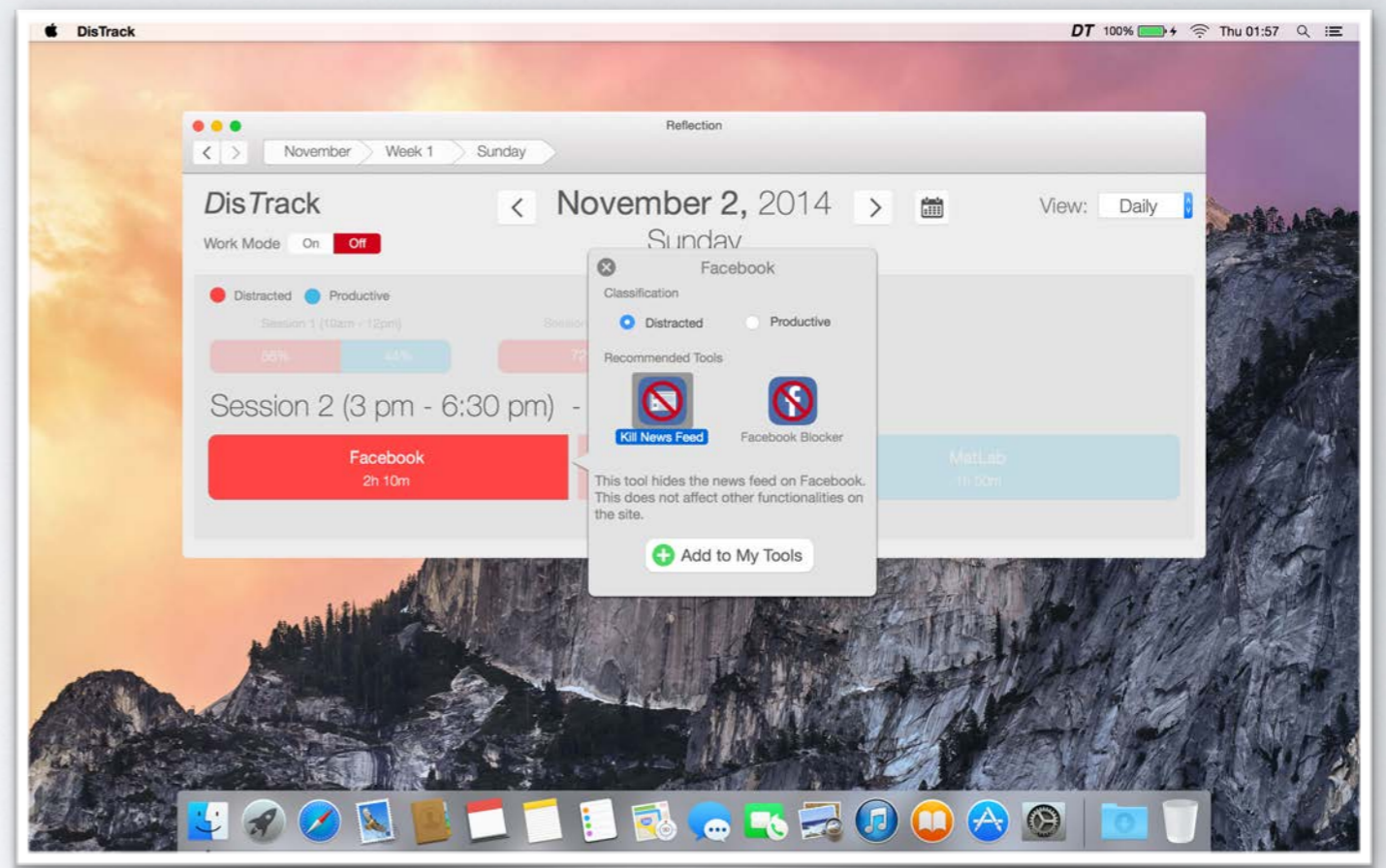
 ADD TO WORK MODE

WORK MODE TOOLS



DIGITAL MOCKUP

Desktop application

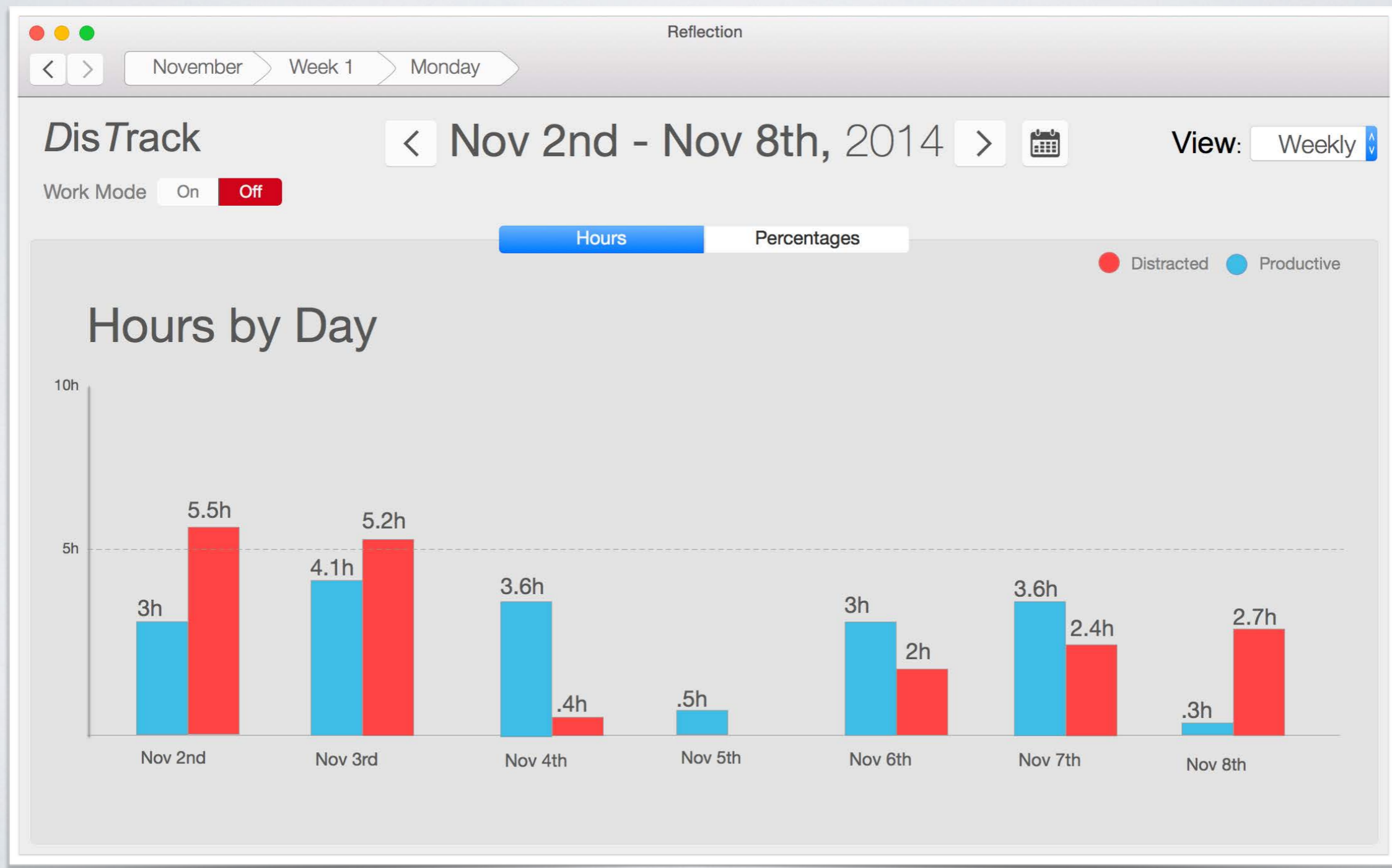


PRIMARY TASKS

1. Reflecting on past study sessions
2. Finding and using tools to help stay focused when work mode is on

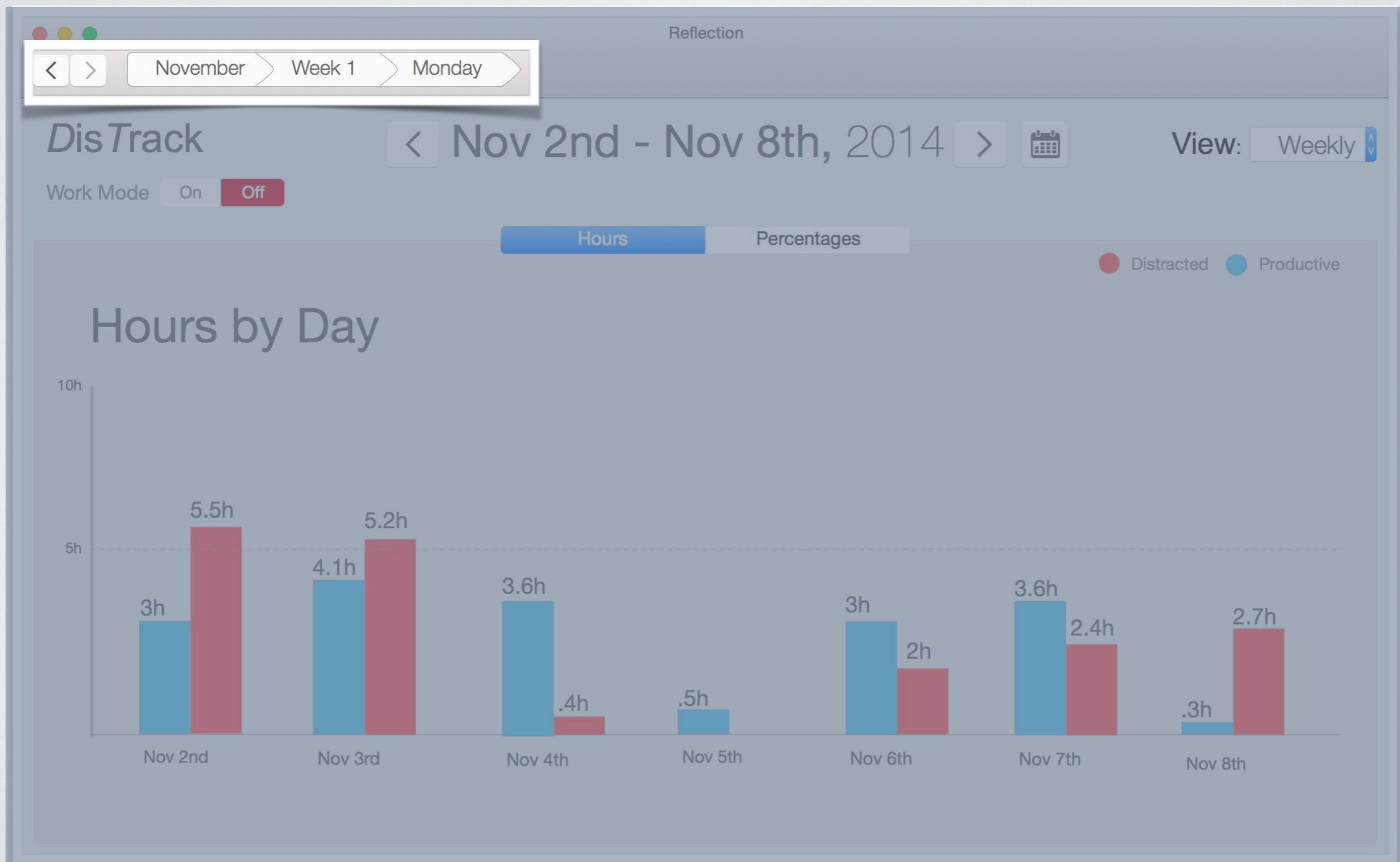
TASK I: REFLECT ON PAST STUDY SESSIONS

Weekly View



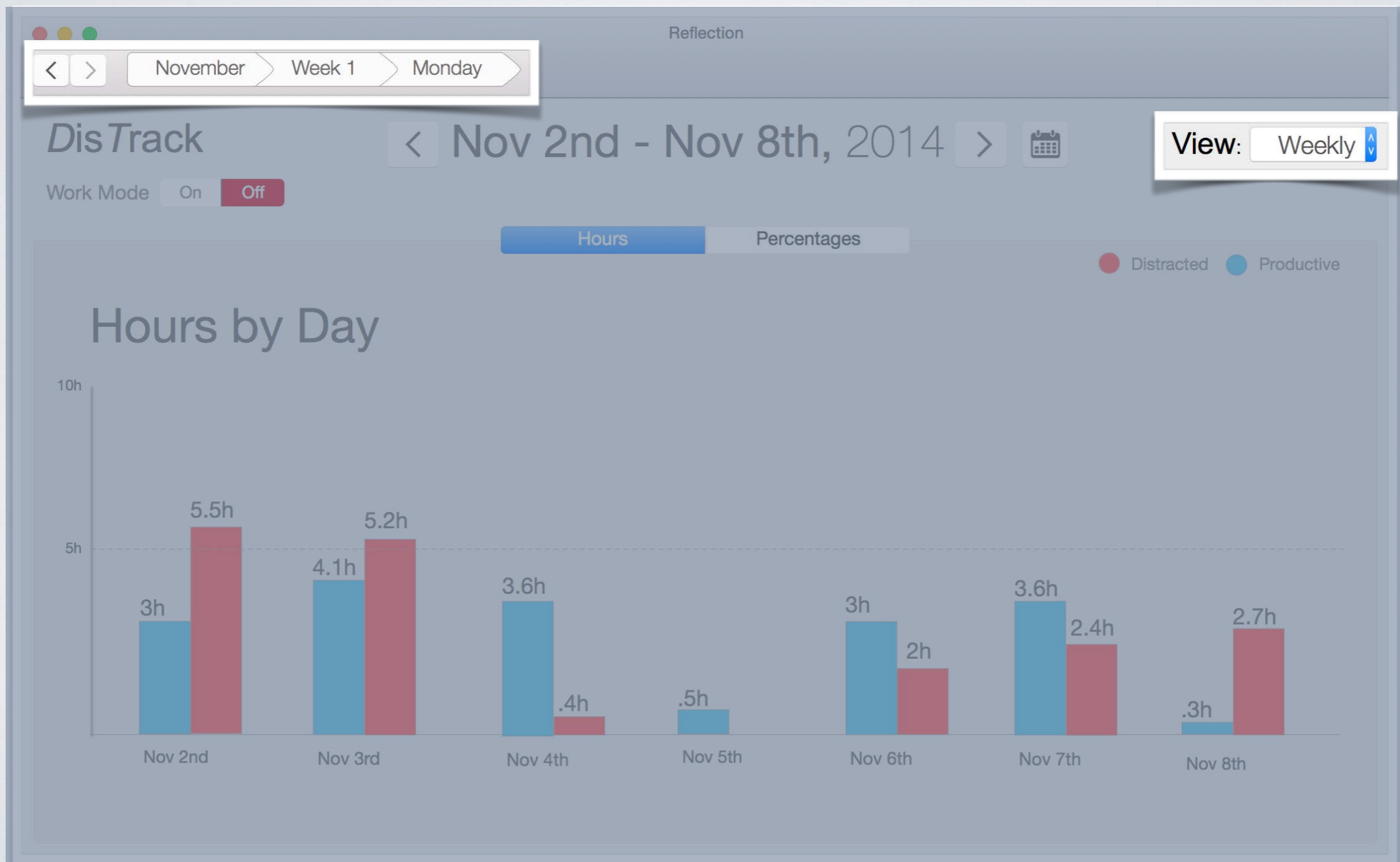
TASK I: REFLECT ON PAST STUDY SESSIONS

Weekly View



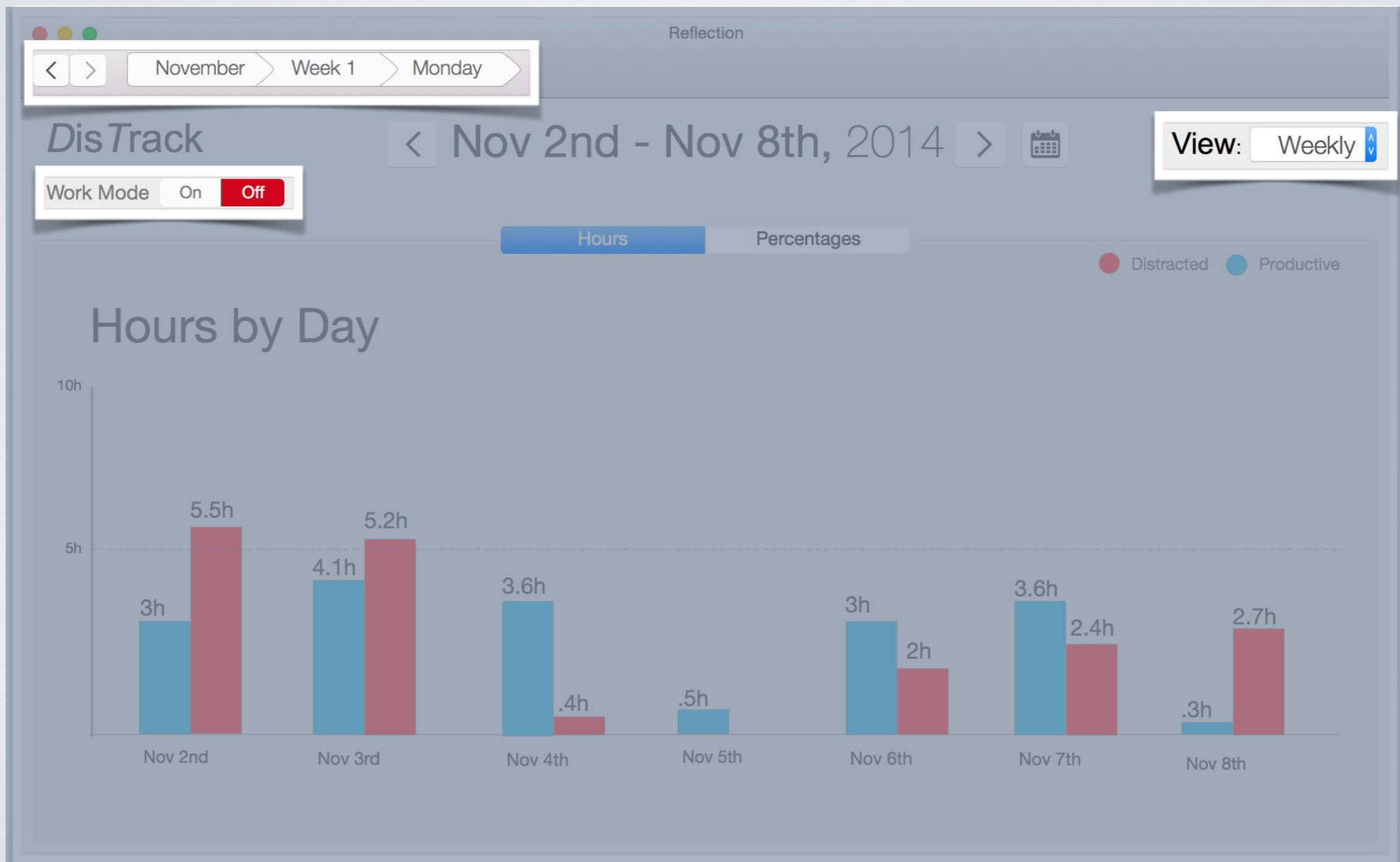
TASK I: REFLECT ON PAST STUDY SESSIONS

Weekly View



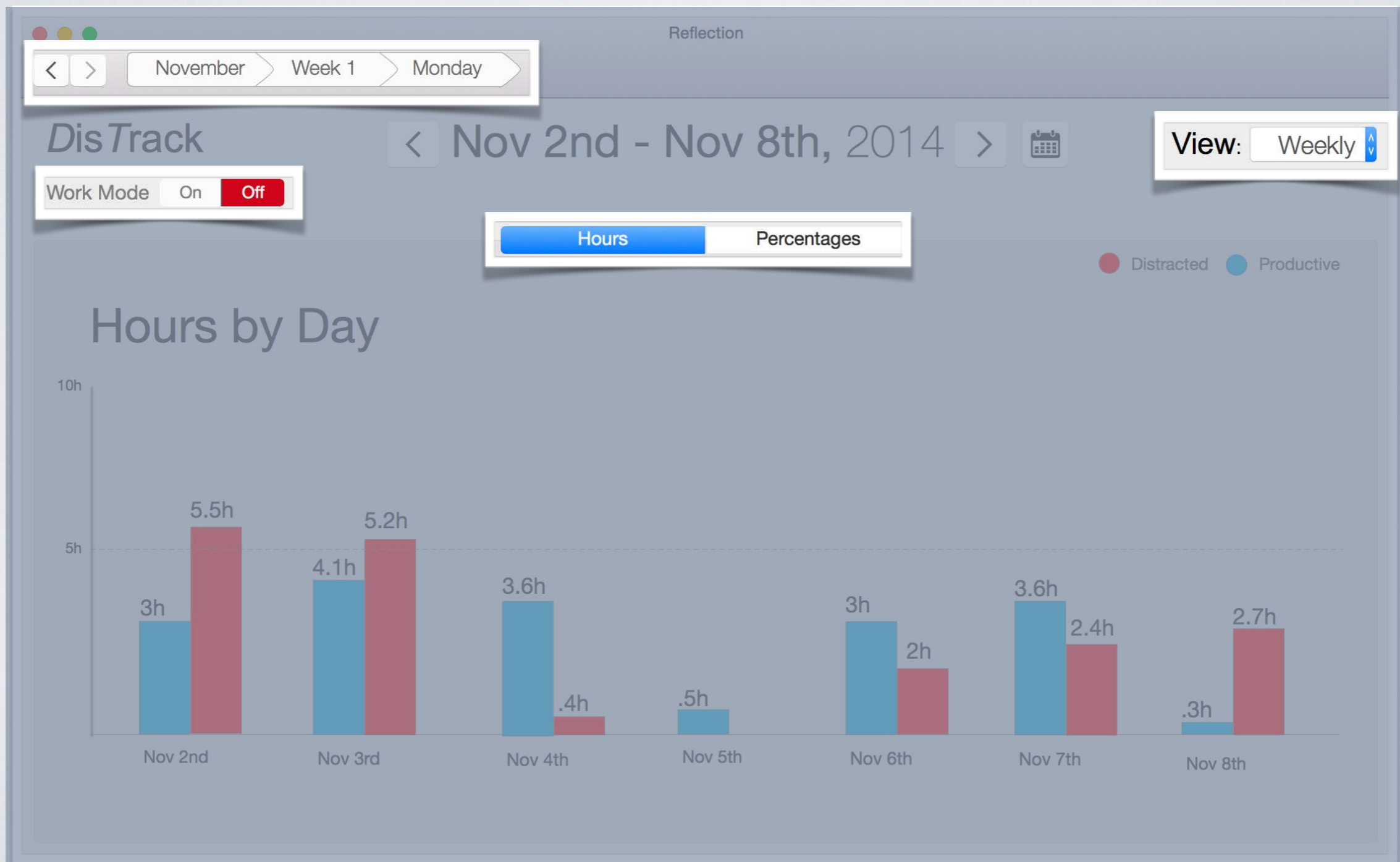
TASK I: REFLECT ON PAST STUDY SESSIONS

Weekly View



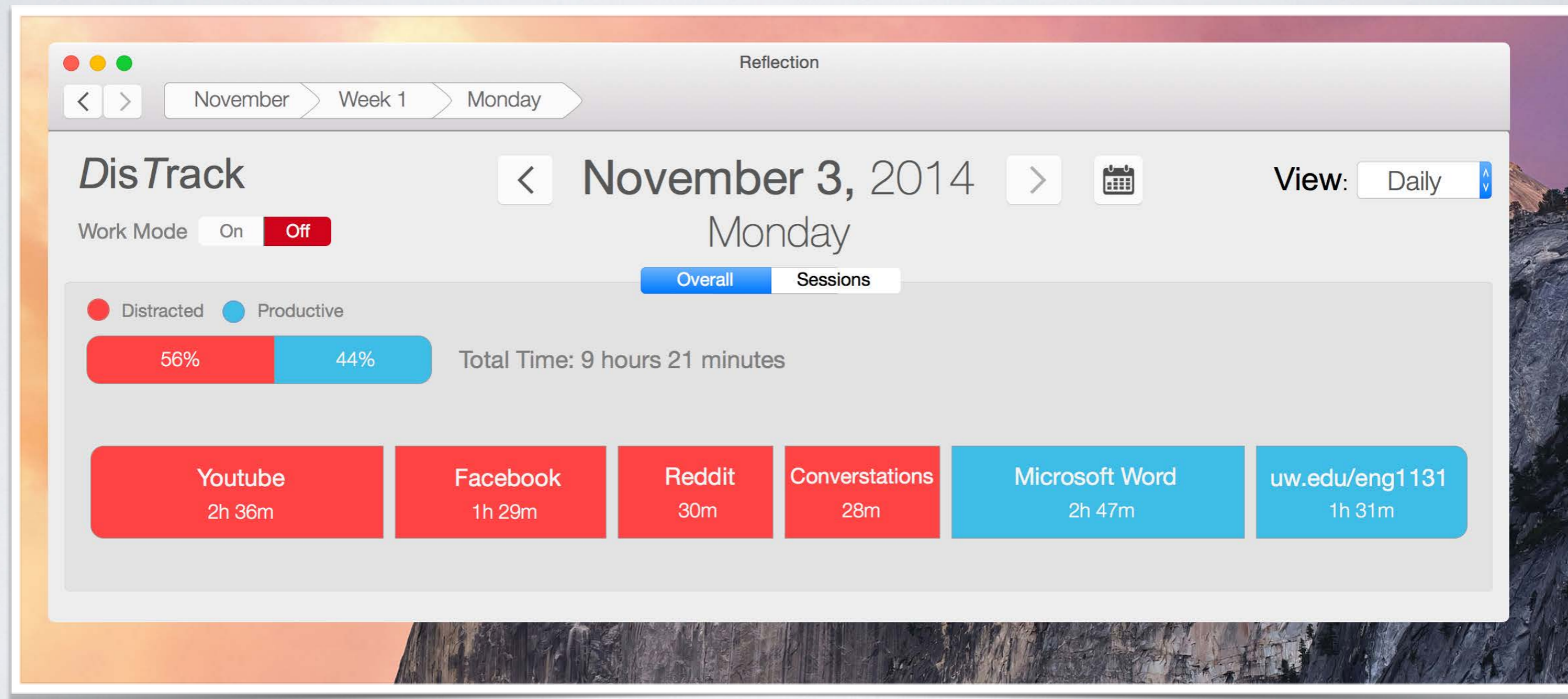
TASK I: REFLECT ON PAST STUDY SESSIONS

Weekly View



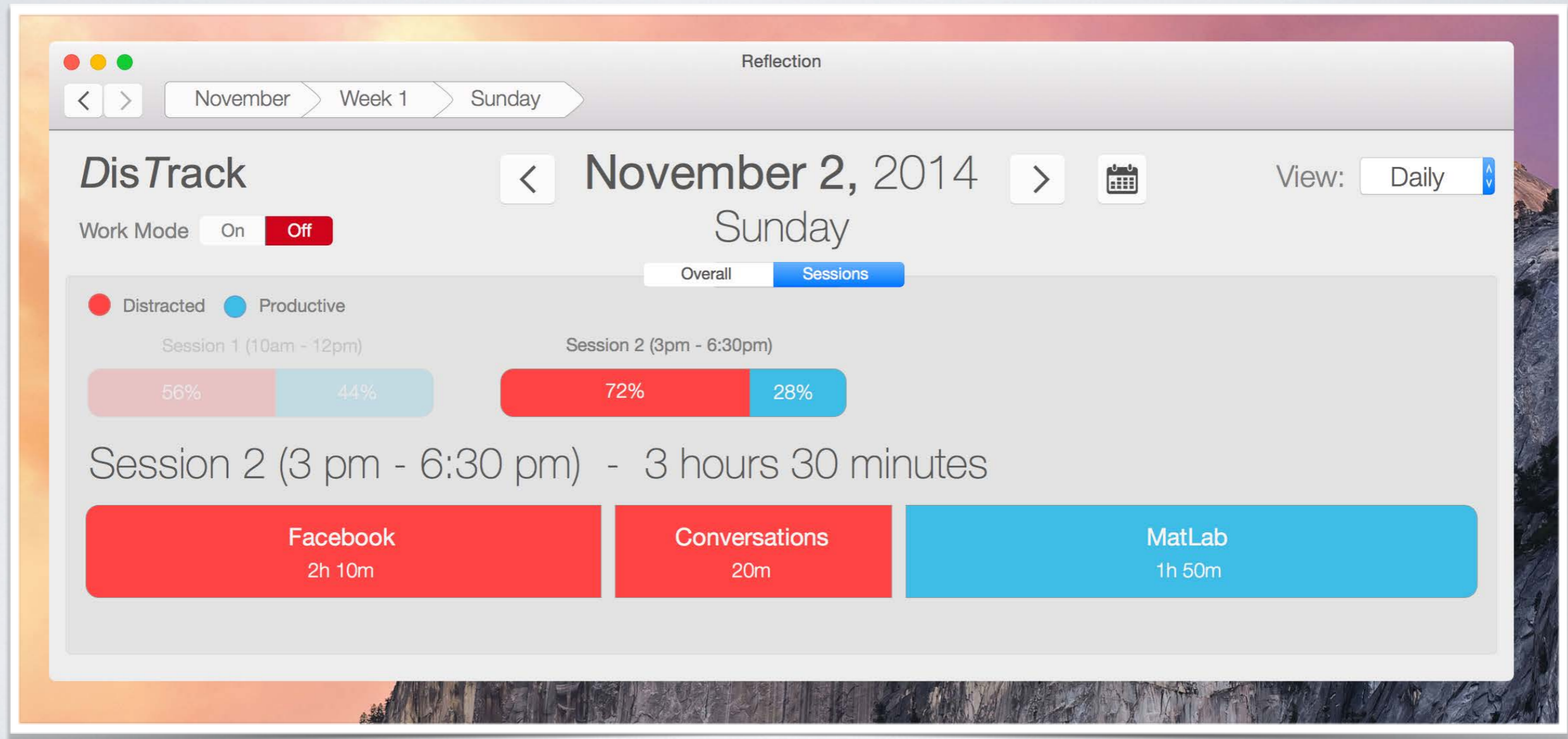
TASK I: REFLECT ON PAST STUDY SESSIONS

Overall View



TASK I: REFLECT ON PAST STUDY SESSIONS

Sessions View



TASK 2: FINDING TOOLS TO STAY FOCUSED

Adding a recommended tool for an activity

The screenshot shows the DisTrack application interface. At the top, there's a navigation bar with "November", "Week 1", and "Sunday". Below that, the main header displays "DisTrack", "November 2, 2014", and "View: Daily". A "Work Mode" toggle is set to "Off".

The main content area shows session data for "Session 2 (3 pm - 6:30 pm)". A red bar indicates a "Facebook" activity lasting "2h 10m". A modal window titled "Facebook" is open, showing classification options: "Distracted" (selected) and "Productive". Under "Recommended Tools", two options are shown: "Kill News Feed" (with a red prohibition sign) and "Facebook Blocker" (with a red prohibition sign over the Facebook logo). A description for "Kill News Feed" states: "This tool hides the news feed on Facebook. This does not affect other functionalities on the site." At the bottom of the modal is a button labeled "+ Add to My Tools".

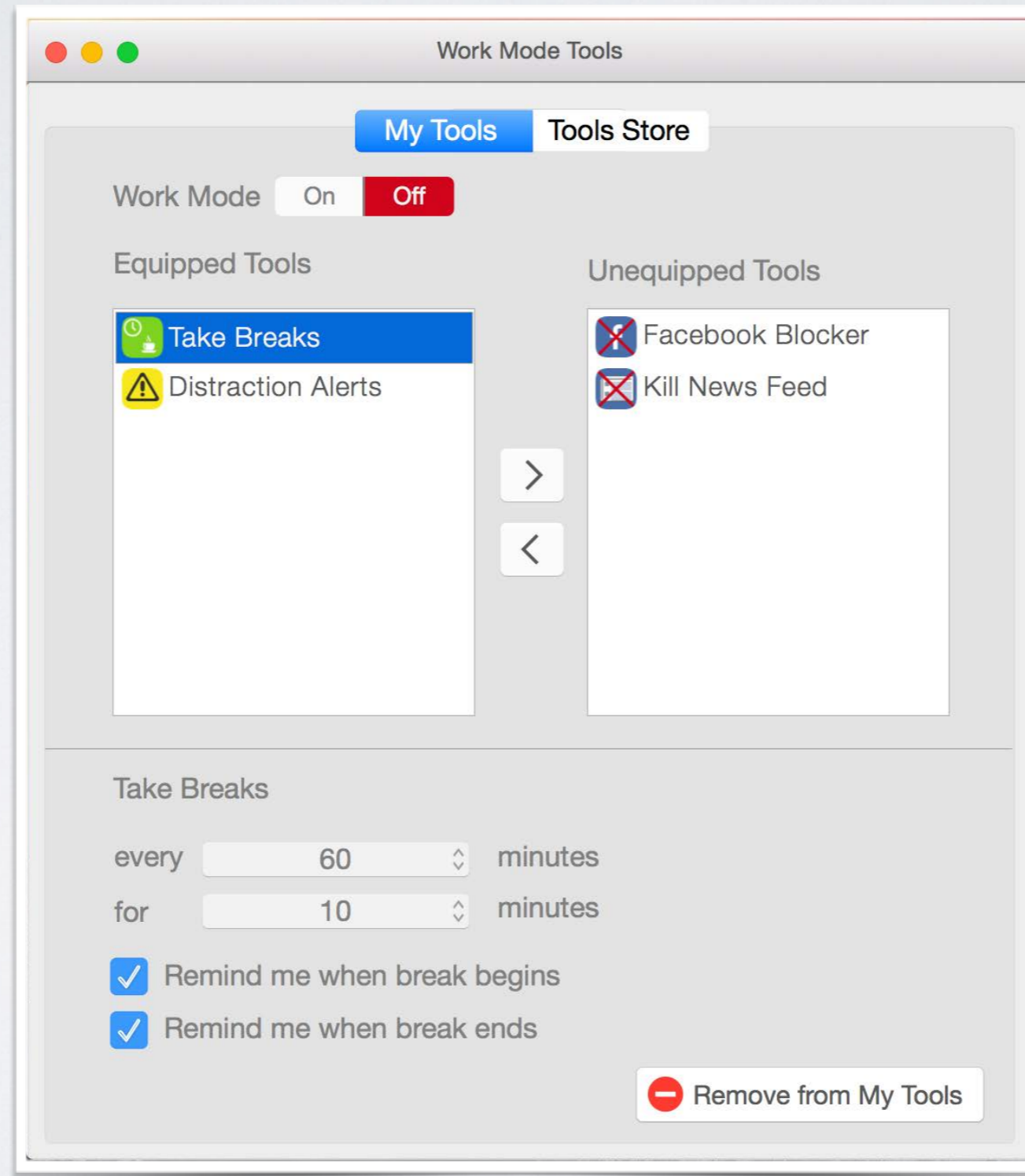
| Session | Time | Activity | Duration |
|-----------|----------------|---------------------------------|----------|
| Session 1 | 10am - 12pm | 56% Distracted / 44% Productive | |
| Session 2 | 3 pm - 6:30 pm | Facebook | 2h 10m |
| | | MatLab | 1h 50m |

TASK 2: FINDING TOOLS TO STAY FOCUSED

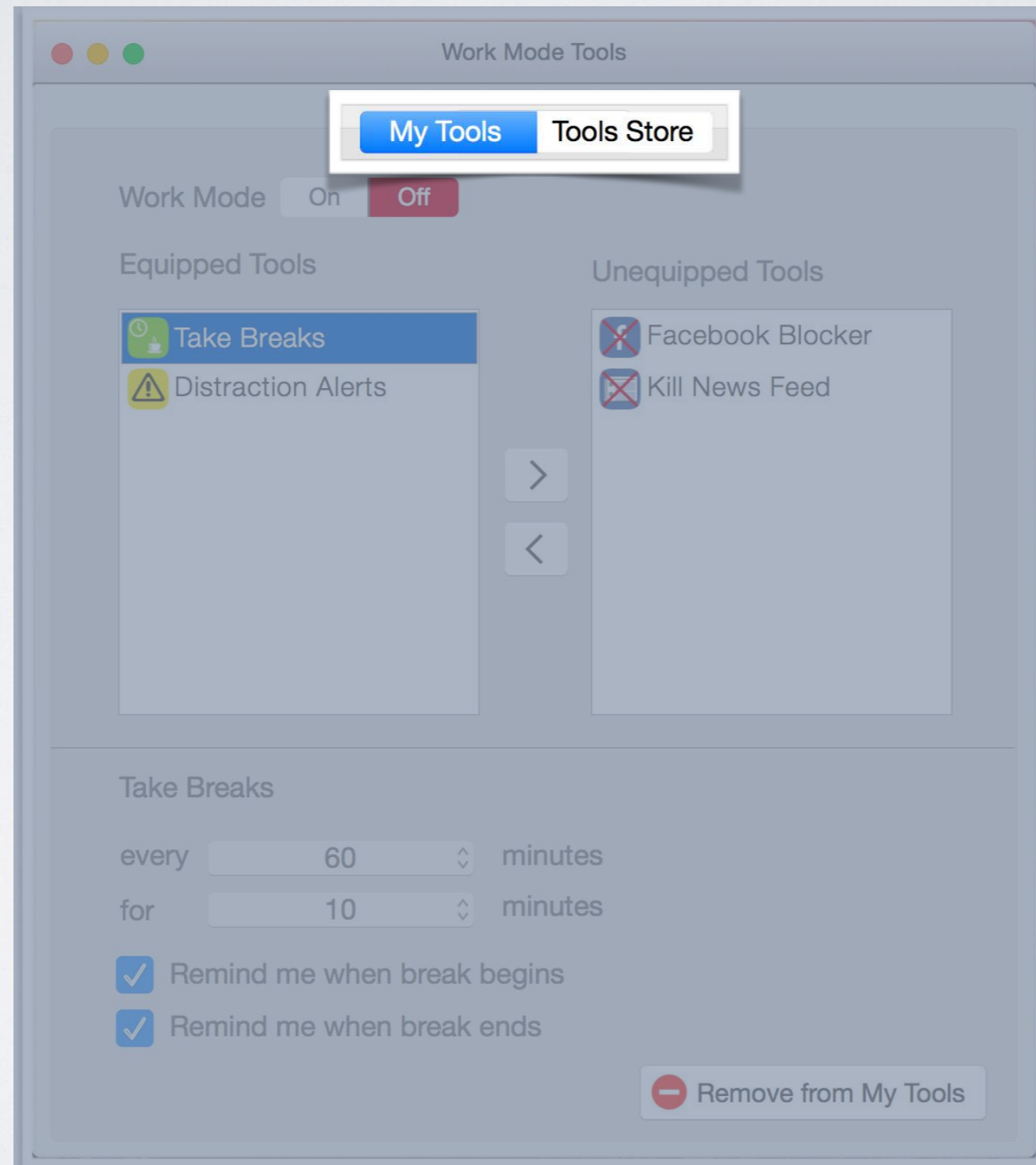
Adding a recommended tool for an activity

The screenshot displays the DisTrack application interface. At the top, there is a navigation bar with a calendar icon and the text "November Week 1 Sunday". Below this, the main header shows "DisTrack" and "November 2, 2014 Sunday". A "Work Mode" toggle is set to "Off". The interface shows two sessions: "Session 1 (10am - 12pm)" with a 56% Distracted / 44% Productive bar, and "Session 2 (3 pm - 6:30 pm)". A modal window titled "Facebook" is open, showing classification options (Distracted selected, Productive unselected) and recommended tools: "Kill News Feed" (with a red prohibition sign over a news feed icon) and "Facebook Blocker" (with a red prohibition sign over the Facebook logo). A description for "Kill News Feed" states: "This tool hides the news feed on Facebook. This does not affect other functionalities on the site." At the bottom of the modal is a green "+ Add to My Tools" button. In the background, a "Facebook" activity bar is visible for Session 2, with a duration of "2h 10m".

TASK 2: USING TOOLS TO STAY FOCUSED



TASK 2: USING TOOLS TO STAY FOCUSED



LESSONS LEARNED

- Iteration is an effective design technique
- Rapid iteration benefits from discipline, time, and practice
- Designing two systems in parallel is difficult

THANK YOU!

DisTrack

"Refocus Yourself"