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Computer Science and Applications Department

Focus and read

A project submitted of the requirements for the B.Sc. Degree in Computer Science and Applications

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CERTIFICATE

It is hereby certified that the project titled , submitted by Abdallah Jamil Mohammad Khader (2231853), Amir Ahmad Mustafa Shahin (2331186), Ahmad Faris Mousa Al Tarabeen (2330074), and Rozan Abdelnaser Amin Alqunbor (2230348) in partial fulfillment of the requirements for the Bachelor's Degree in Computer Science and Applications, represents original work conducted by them under my supervision.

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ABSTRACT

We designed our application with individuals with ADHD in mind, ensuring that technology serves their unique needs. Our platform is user-friendly and accessible on any device, supporting multiple operating systems to provide seamless functionality. This allows users to interact with their study materials efficiently, access tailored learning modes, and share content effortlessly. By focusing on accessibility and adaptability, we aim to enhance the learning experience, promote better concentration, and make studying a more structured and manageable process for our users.

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Chapter 1: introduction

1.1 overview

This project is centered around developing a web-based application aimed at assisting individuals with Attention Deficit Hyperactivity Disorder (ADHD) to enhance their focus and organization during study sessions. ADHD presents unique challenges for affected individuals, including difficulty maintaining concentration and structuring tasks. The goal of this application is to offer customizable tools that help users manage their study time more effectively and reduce distraction.

1.2 Project Motivation

The motivation behind this project stems from the understanding that ADHD can significantly impact academic performance, as individuals often struggle to maintain attention and stay organized. Current solutions for ADHD management are limited, and most are not specifically tailored for study purposes. This application was designed to fill that gap by offering tools that cater to ADHD users' needs and improve their study habits through technology.

1.3 Problem Statement

People with ADHD face difficulties in organizing their study materials, maintaining focus, and avoiding distractions. Many existing study tools do not address the unique cognitive needs of ADHD individuals. As a result, these individuals often find it challenging to stay engaged with their learning tasks, leading to reduced academic performance and frustration.

1.4 Expected project outcomes

The application is expected to:

Providing an enjoyable and engaging learning experience with a wide range of specialized learning options, including interactive learning, auditory learning, and fast learning through summarization.

Implement the Pomodoro Technique to improve focus and reduce burnout by structuring study and break intervals.

A distraction-free, high-focus environment that incorporates games and puzzles during breaks.

Provide features like night mode, text highlighting, and reminder tools for relaxation exercises to reduce cognitive strain and improve productivity.

1.5 Project Development Phases

The project development is broken down into several key phases:

Requirement Analysis: Identifying the core features and tools needed for ADHD management.

System Design: Developing the overall structure, including the user interface and interaction flow.

Implementation: Building the system using the required technologies and ensuring all features function as expected.

Testing: Conducting user testing to evaluate the system's effectiveness and gathering feedback for improvements.

Deployment: Launching the final version of the application for use by individuals with ADHD.

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