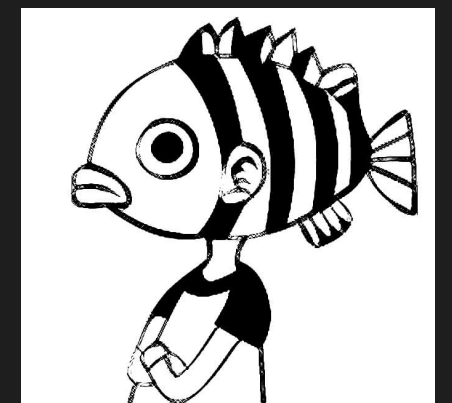


{

Slowing down the System

}

Using technology to mediate a more meaningful
relationship with technology



// My name is bosco and I'm really cool. Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam, quis nostrud exercitation ullamco laboris nisi ut aliquip ex ea commodo consequat. Duis aute irure dolor in reprehenderit in voluptate velit esse cillum dolore eu fugiat nulla pariatur. Excepteur sint occaecat cupidatat non proident, sunt in culpa qui officia deserunt mollit anim id est laborum.

ToC

Design Space	1	Outcomes	22
Research	8	Analysis	28
Exploration	16	Appendix	29

Abstract

```
1 This project explores the current and
2 future interactions and relationships
3 between humans and computers. The current
4 state of physical computing revolves
5 around the creation of black boxes,
6 with their own hidden machinations and
7 obfuscated practices. These black boxes
8 create almost pavlovian responses from
9 humans, trying to get the humans to
10 interact with them.
11
12 This project addresses these issues by
13 creating slow computing interventions
14 within the household. These interventions
15 encourage mindful and deliberate
16 engagements with the underpinning
17 technology. These interventions do not
18 eliminate technology; rather they propose
19 a new interface that empowers humans
20 in their tasks, instead of demanding
21 attention.
22
23 As technology spreads and speeds up in our
25 lives, the need exists for creation of
26 technologies that do not leave humans by
27 the wayside. Designed technology should
28 not demand attention, but allow for it.
29
```

```
1 function Wakeup() {
2     You wake up to your alarm blaring from your google
3     home mini.
4     Google keeps track of your usual wakeup times.
5
6     You check your phone. A few messages you can
7     respond to later. A news story about a new game
8     arrives in a notification.
9     You were reading about that game yesterday.
10
11    You check your news app, skimming through stories.
12    Your phone notes that you spent a bit longer
13    on stories about Coronavirus.
14
15    You get a message from your coworker about some
16    issue. You respond straight away, so they aren't
17    blocked by you.
18    You've affected the physical state of the
19    office.
20
21    You check your amazon delivery, hoping it will
22    arrive today.
23    The driver is monitored by amazon and their
25    position is sent to you.
26
27    It should arrive in 2 hours. Great.
28
29 }
```

The Brief

1 As technology cuts deeper into our lives,
2 it demands more of our attention, and
3 uses our information to influence our
4 behaviour. As end users, sometimes we
5 are barely cognizant of these processes
6 going on around us, as digital black boxes
7 take ambiguously defined user data and
8 influence our actions. The new wave of
9 physical computing design should empower
10 users, and create opportunities for
11 deliberate and mindful decision making
12 within the interactions.

(pictures)

26 // The Computer is a feedback fueled machine, constantly
27 demanding attention and flooding with information.

28 // The Computer is never satisfied, just momentarily satiated. There
29 are always more notifications, more information. The Computer
30 wants your attention, and will use any tricks it can to demand it.

Design Proposal

1 To combat this, a new wave of
2 technological design is introduced. To
3 display this way of thinking, a suite of
4 design experiments exploring this new wave
5 of interaction are designed and developed
6 as technological interventions. These
7 solutions each focus on different aspects
8 of our relationship with technology, but
9 share a theme of empowerment and conscious
10 engagement. Background processes are
11 shunned, and notifications are condemned.
12

(pictures)



Research

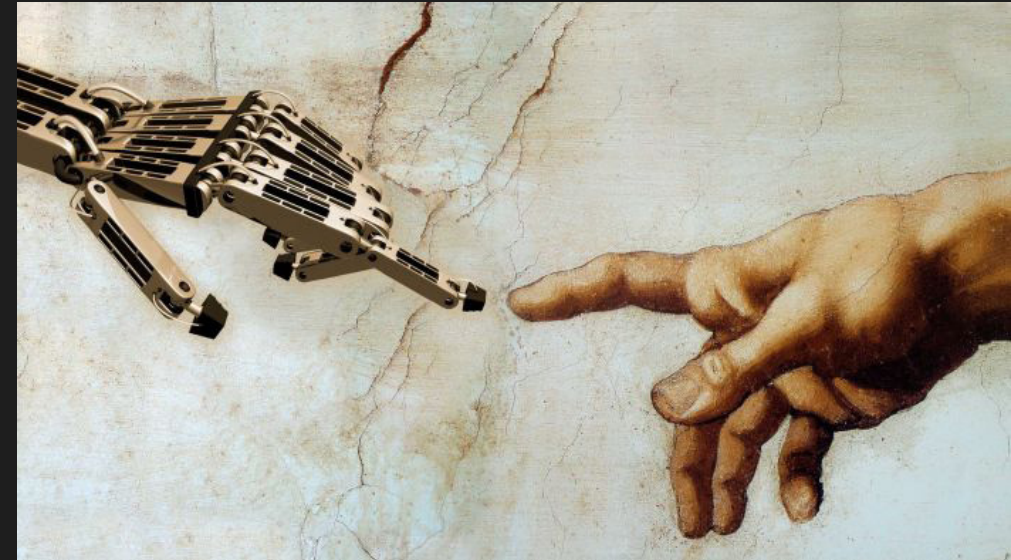
*// This paper looks at HCI, Slow Computing,
and the Right to Disconnect to inform the
design outcomes.*

HCI

Human-Computer Interaction (HCI) is a multidisciplinary field of study focusing on the design of computer technology and the interaction between humans and computers. The current landscape of HCI encourages *as little friction as possible*, to create products and services that work together seamlessly, *reducing human input*. In some cases, the *computer interacts on the human*. For instance, a perfectly timed social media notification can interrupt your family time, or health monitoring smartwatches tell you when to sleep. There exists user dissatisfaction with this model. However, the time saved and benefits from these computer-driven approaches allow these to be pushed forward, while *ignoring the negatives*.

In the conference proceedings for Seven HCI Grand Challenges, the *need for meaningful human input in autonomous systems* is stressed. Technology should empower human feats and ingenuity. To this end, the concepts of *transparency, understandability, and accountability* need to be baked into any HCI driven design. A computational system should not hide its workings. It should be *clear and concise* in its function, and operate at a certain level of *ethical* practice. However, a system should not introduce busywork or increased cognitive load merely to arbitrarily increase engagement. The interactions between a human and their computers need to be *simple and empowering*.

// "Technology is not neutral; it dominates" Donald Norman, 1993



(different pictures)

Slow Computing

1 Slow Computing (also known as Slow Technology) is
2 a design methodology that pushes back against the
3 hyper efficiency of modern technology. While this
4 is a reasonable goal when looking at industry or
5 science, the effects can have negative impacts
6 on the social side, with people becoming addicted
7 and reliant on technology. As a methodology,
8 slow computing emphasises creating symbiotic
9 relationships that can change in nature, leaving
10 room for reflection and interpretation. This
11 formed relationship invites users to actively
12 engage with these technologies. This relationship
13 removes them from the background, and brings them
14 into the same actant space as humans, while not
15 bringing them to the same level.

16
17 Slow computing as a research method allows
18 designers to become more critical of the work they
19 produce; and more cognizant of the consequences.
20 Current HCI design is benchmarked by efficiency;
21 ease of use, fast learning, and immediate visible
22 results are the goal. While these are important,
23 they actively contrast humanistic goals such as
25 learning and understanding a system, learning
26 when to apply the system, and considering the
27 consequences of the technology in use. The process
28 of slow computing design can help to strike the
29 balance between these two sets of ideals.

30
31
32 // "There is a danger that as technology moves from the office
33 into our homes, it will bring along with it workplace values such as
34 efficiency and productivity at the expense of other possibilities" Bill
35 Gaver, 2001
36

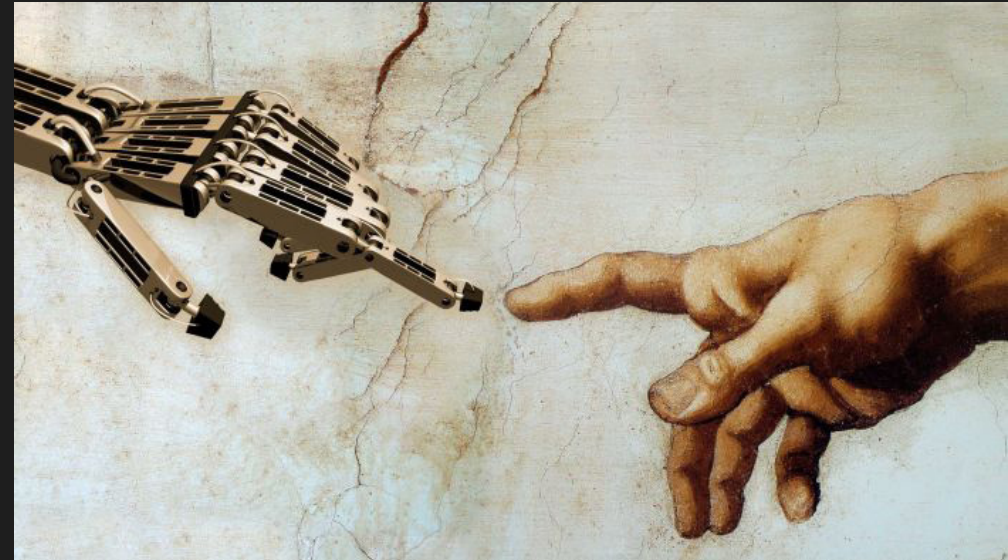


(different pictures)

Right to Disconnect

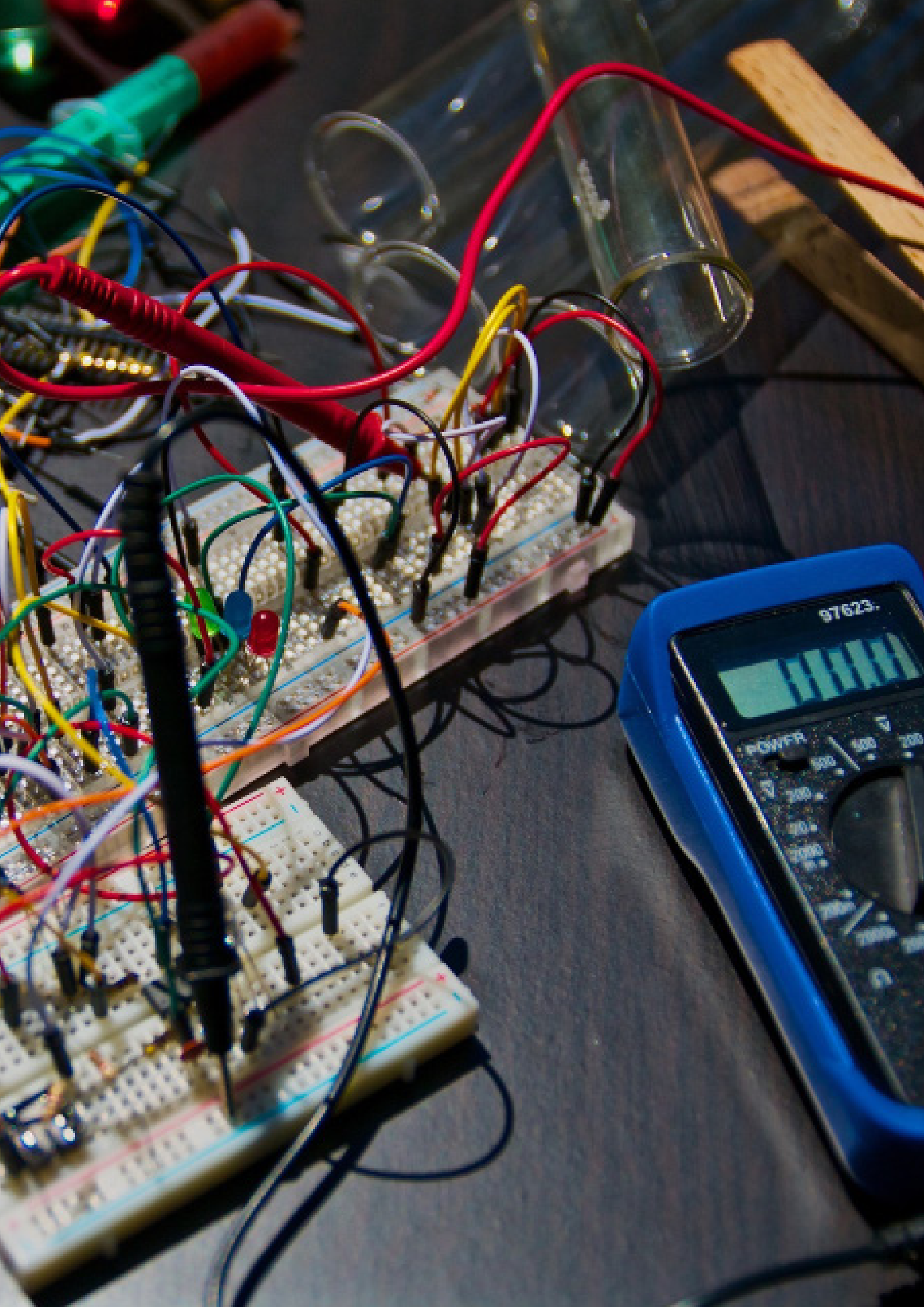
1 Lorem ipsum dolor sit amet, consectetur
2 adipiscing elit. Vivamus eget erat erat.
3 Donec est turpis, malesuada id faucibus
4 quis, finibus volutpat lacus. Duis nisl
5 neque, vestibulum a metus in, sodales
6 luctus nibh. Sed sed pharetra urna, eget
7 placerat orci. Fusce interdum faucibus
8 felis, id ullamcorper velit malesuada sit
9 amet. Vivamus consectetur condimentum
10 tellus sed accumsan. Sed mollis eros
11 faucibus vehicula tincidunt. Interdum
12 et malesuada fames ac ante ipsum primis
13 in faucibus. Nulla sapien elit, cursus
14 ac eros et, egestas posuere felis.
15 Suspendisse eget magna ultrices, tempus
16 elit eget, lacinia felis. Curabitur
17 ut erat viverra, consequat magna in,
18 malesuada magna. Maecenas eget quam massa.
19 Donec commodo congue justo non semper.
20 Integer gravida rutrum ullamcorper. In
21 semper tortor ac rhoncus suscipit.

22
23 In hac habitasse platea dictumst. Fusce
25 non faucibus leo. Pellentesque semper
26 dolor ultrices, lacinia libero at, rutrum
27 erat. In hac habitasse platea dictumst.
28 Aenean diam est, congue vitae scelerisque
29 ac, aliquet ac diam. Aenean posuere, magna
30 eget varius egestas, magna ante mollis
31 ipsum, sollicitudin interdum nisl nunc non
32 tortor. Duis rutrum rhoncus libero, porta
33 blandit turpis. Sed justo quam, mattis
34 vitae egestas vitae, auctor nec sem.



(different pictures)





Experiments

*// Design probes were created and deployed
as the primary design process.*

Context Switching

About

1 This experiment started as a design question:
2 how might we design a system that allows users
3 to experience different physicalities for work
4 and relaxation, without changing their location,
5 to create clear boundaries for the user. This
6 experiment **changes a users environment** at preset
7 times, by projecting different videos and music
8 into the space. In spaces where a human does not
9 have the luxury of work life separation, this
10 allows for clearer **environmental signalling for**
11 **different modes of living**. A user sets their
12 preferred schedule for the day of work rest and
13 play, and the system will respond accordingly.
14



Reflection

1 The experiment was deployed in my own home
2 and extremely **successful**. The combination of
3 **deliberately picking a schedule** at the start
4 of a day, and **visceral transitions** between the
5 modes was effective at helping my productivity.
6 Interestingly my notion of what constituted “work”
7 shifted over the course of the day, meaning there
8 is **room for individual users to make their own**
9 **meaning** from the loose terms associated with it.
10 As well as helping me engage with my work, it
11 also helped my disengage easily, **creating clear**
12 **boundaries** regarding my obligations to myself.



// Additional Information in Appendix C

Slow Messaging

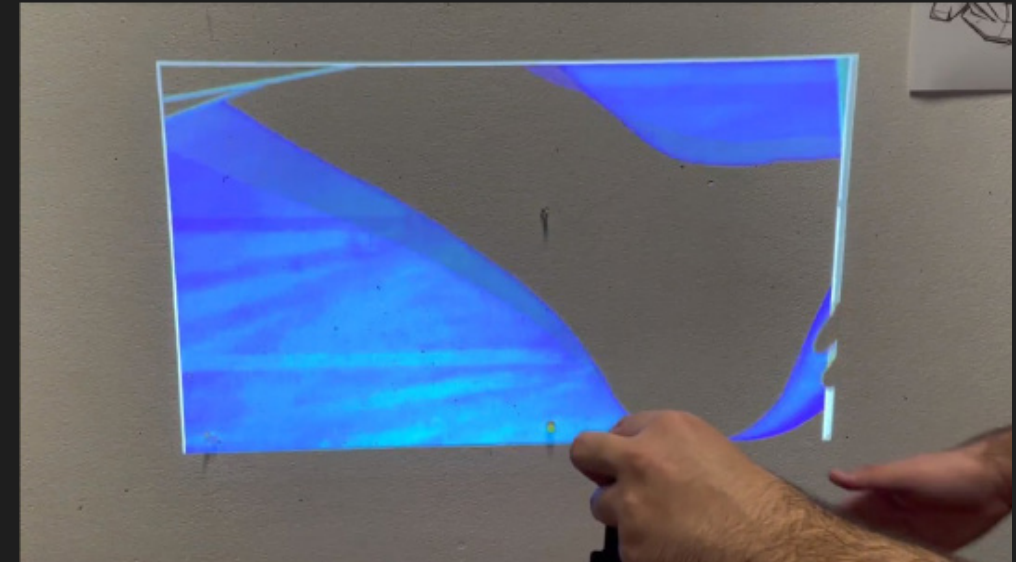
About

1 This experiment's design centered around
2 the metaphor of a water cooler, with
3 the design of a slow messaging board
4 where users could take a quick break to
5 socialize and mentally reset, without
6 being a significant distraction. The
7 system allowed users to write on a board
8 that would then be sent to others to
9 respond to. Messages were sent back and
10 forth every hour, allowing for regular
11 social breaks in an isolated environment.

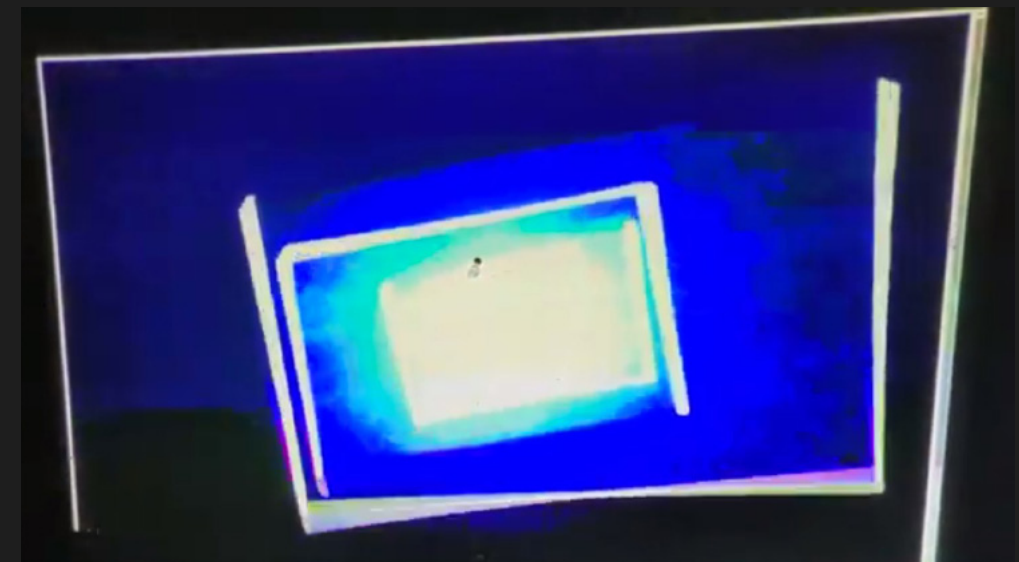
Reflection

1 This experiment ended in a technical
2 failure, rather than a design failure.
3 The system used a webcam and projector to
4 create the digital board. However, these
5 pieces of technology reacted to each
6 other in an unexpected way, creating time
7 dissonant feedback loops of unparsable
8 data. These visual effects created an
9 abstracted and reactive light show. This
10 could be manipulated by affecting both
11 the physical world or the screen that
12 was being projected, creating an echoed
13 reality that mixes the users and the
14 technological vision.

15
16 This probe is unable to continue because
17 the development time when not using these
18 technologies would become unreasonable.



This will be a different experiment in final





(different picture)

Outcomes

// These objects propose and explore a more deliberate way to engage with technology.

Design 1

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Vivamus eget erat erat. Donec est turpis, malesuada id faucibus quis, finibus volutpat lacus. Duis nisl neque, vestibulum a metus in, sodales luctus nibh. Sed sed pharetra urna, eget placerat orci. Fusce interdum faucibus felis, id ullamcorper velit malesuada sit amet. Vivamus consectetur condimentum tellus sed accumsan. Sed mollis eros faucibus vehicula tincidunt. Interdum et malesuada fames ac ante ipsum primis in faucibus.

In hac habitasse platea dictumst. Fusce non faucibus leo. Pellentesque semper dolor ultrices, lacinia libero at, rutrum erat. In hac habitasse platea dictumst. Aenean diam est, congue vitae scelerisque ac, aliquet ac diam. Aenean posuere, magna eget varius egestas, magna ante mollis ipsum, sollicitudin interdum nisl nunc non tortor. Duis rutrum rhoncus libero, porta blandit turpis. Sed justo quam, mattis vitae egestas vitae, auctor nec sem.

(Pictures at some
(point))

Design 2

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Vivamus eget erat erat. Donec est turpis, malesuada id faucibus quis, finibus volutpat lacus. Duis nisl neque, vestibulum a metus in, sodales luctus nibh. Sed sed pharetra urna, eget placerat orci. Fusce interdum faucibus felis, id ullamcorper velit malesuada sit amet. Vivamus consectetur condimentum tellus sed accumsan. Sed mollis eros faucibus vehicula tincidunt. Interdum et malesuada fames ac ante ipsum primis in faucibus.

In hac habitasse platea dictumst. Fusce non faucibus leo. Pellentesque semper dolor ultrices, lacinia libero at, rutrum erat. In hac habitasse platea dictumst. Aenean diam est, congue vitae scelerisque ac, aliquet ac diam. Aenean posuere, magna eget varius egestas, magna ante mollis ipsum, sollicitudin interdum nisl nunc non tortor. Duis rutrum rhoncus libero, porta blandit turpis. Sed justo quam, mattis vitae egestas vitae, auctor nec sem.

(Pictures at some
(point))



(different picture)

Analysis

This system worked and didnt work for a number of reasons.

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Vivamus eget erat erat. Donec est turpis, malesuada id faucibus quis, finibus volutpat lacus. Duis nisl neque, vestibulum a metus in, sodales luctus nibh. Sed sed pharetra urna, eget placerat orci. Fusce interdum faucibus felis, id ullamcorper velit malesuada sit amet. Vivamus consectetur condimentum tellus sed accumsan. Sed mollis eros faucibus vehicula tincidunt. Interdum et malesuada fames ac ante ipsum primis in faucibus. Nulla sapien elit, cursus ac eros et, egestas posuere felis. Suspendisse eget magna ultrices, tempus elit eget, lacinia felis. Curabitur ut erat viverra, consequat magna in, malesuada magna. Maecenas eget quam massa. Donec commodo congue justo non semper. Integer gravida rutrum ullamcorper. In semper tortor ac rhoncus suscipit.

In hac habitasse platea dictumst. Fusce non faucibus leo. Pellentesque semper dolor ultrices, lacinia libero at, rutrum erat. In hac habitasse platea dictumst. Aenean diam est, congue vitae scelerisque ac, aliquet ac diam. Aenean posuere, magna eget varius egestas, magna ante mollis ipsum, sollicitudin interdum nisl nunc non tortor. Duis rutrum rhoncus libero, porta blandit turpis. Sed justo quam, mattis vitae egestas vitae, auctor nec sem.

Appendix A - Bibliography

i *Stephandis, C, Salvendy, G, Chen, J, Dong, J, Duffy, V, Fang, X, Fidopiastis, C, Fragomeni, G, Fu, L, Guo, Y, Harris, D, Ioannou, A, Jeong, K, Konomi, S, Kromker, H, Kuroso, M, Lewis, J, Marcus, A, Meiselwitz, Moallem, A, Mori, H, Nah, F, Ntoa, S, Rau, P, Schmorow, D, Siau, K, Streitz, N, Wang, W, Yamamoto, S, Zaphiris, P, Zhou, J 2019, 'Seven HCI Grand Challenges', International Journal of Human Computer interaction, vol. 35, pp. 1229-1269*

This article is the culmination of a conference discussion of 32 contributing researchers in the field of HCI, regarding the challenges of the field. The discussions presented were compiled into 7 “Grand Challenges” of HCI. These were; Human-Technology Symbiosis; Human-Environment Interactions; Ethics, Privacy and Security; Well-being, Health and Eudaimonia; Accessibility and Universal Access; Learning and Creativity; and Social Organization and Democracy. The most pressing to my particular research context is Human-Technology symbiosis and Human-Environment interaction, however each aspect is closely associated with my field. Most of this article presents these as challenges when trying to integrate HCI into everyday life with a high adoption rate, so subverting some of these ideas could lead into the art/critical design space. It also stresses the need for meaningful human input and control when making autonomous systems. A good example is pilots, the systems are automatic but the pilots set the goals and monitor the levels for the system. For this, we need transparency, understandability, and accountability.

ii *Bogost, I 2012, 'Alien Phenomenology, Or, What It's Like to be a Thing', University of Minnesota Press, Minneapolis, USA*

This book is mostly philosophical, and examines the ideas around how humans have always looked at the world from a human centric view. But the opposite could be used, going against standard Kant-esque ideas of humanity giving shape and life to the world. Even posthumanism looks at non human entities from the viewpoint of humanity, and how we have responsibilities or benefits from acting certain ways. When seeking to create meaningful relationships between humans and computers, the principles in this book become useful paradigms to apply.

iii *Pryzbylla, M, Romeike, R 2014, 'Physical Computing and its Scope - Towards a Constructionist Computer Science Curriculum with Physical Computing', Informatics in Education, vol. 13, pp. 225-240*

This paper explores how we can integrate physcomp into classrooms to teach computer science. It starts off by talking about the use of constructionism and microworlds in teaching and their general applications, before trying to apply physical computing. The paper emphasises the need for open ended and creative interactions within physical computing. The iterative nature of designing and exploring physical computing systems can be used to create learning systems that value human ingenuity. While this paper applies these ideas to curriculum, I believe there is space to bring certain ideologies into my work presented.

This article looks at the tensions between passive and active ubicomp integration into a home setting, by subjecting participants to predictions and asking opinions. These produce applicable takeaways for design questions and/or challenges. The paper explores these topics specifically through food practices, to give a relatable setting. It warns against purely heading for efficiency and productivity in the homestead. Technology in the home should empower and augment a human's ability to perform feats. This stresses the importance of bringing humans into the space, not just making autonomous systems that do everything for humans.

From presenting 'calm' and 'engaging' scenarios and conducting focus group discussions, a few key points were dragged out. Participants believed that over convenience was an issue, and potentially caused more societal harm than good. Removing any form of work or social engagement they believed could lead to socially isolated individuals with less empathy, but they understand that forcing someone to do unnecessary work will make adoption less likely. Maybe making this "work" engaging is the solution here. An issue of trust was brought up when looking at technological behaviour tracking was the issue of people doing nonoptimal behaviours. One person cited that sometimes they would want to throw out food instead of donating it, and they should not have to justify that to a computer or to a community monitoring her activity. They were also worried about the types of sensors used as inputs. An interesting emergence here is that the context is important. A camera in any room is an issue, but a camera in the fridge is fine.

Participants were also worried with the taking away of agency that a completely autonomous system would ensure. Having freedom and flexibility is important for humans. For instance, a program altering your dinner recipes based on what was going off in your fridge was viewed as patronizing and intrusive, as it tells a person what to do. Participants also pointed out and were subsequently disturbed by the idea that a system giving you recommendations and sorting your life out would take away your need and eventually ability to think reasonably, and take away a person's autonomy. A fine line needs to be toed between affecting autonomy and helping users.

The authors say that convenience is not by itself a bad thing, as it opens up time for users to do more important things like spending time with family. However, the tradeoffs for convenience need to be very carefully considered. They also stipulate that while people morally are more in line with engaging computing, realistically practicality is the most important issue for adoption. This practically could be concrete like saving time, or abstract like a need for privacy. It is important to remember that convenience and efficiency are not the opposites of proactivity and sociability, in fact they can facilitate each other.

This article looks at physical computing as an extension and natural conclusion of ubiquitous computing, saying that developers must focus on the physical, real-time and embedded aspects of ubicomp. The article uses SISAL (sensor information systems for assisted living), Emergency response systems and protecting critical infrastructures.

When discussing aged care, an interesting point made is that many SISAL objects are basically useless as stand alone components, for reasons such as hard to use or too technical, too small a scope to be maintained, multiple needed and become unmanageable etc. And for this reason, they must be integrated into a ubiquitous system to be effective.

Also, having a system means that each component can cover individual needs, and cover a wider physical area. This is similar to the concept of microservices. Physcomp can be used to marry physical services and computer networking. This has the advantage of physical objects being less independent. The article uses the example of linking air traffic control, power grid and telecommunications. In these ways, tangible systems add value to a ubiquitous computing environment.

Appendix B - Image References

Appendix C - How “Context Switcher” works

This prototype of the context switcher was built using a miniature computer (raspberry pi), a website, and a projector. I built a website that displayed different gifs and played hour long musical tracks at different times of the day. In the code, there exists an easily editable list of hours, as well as their associated “mood”. Scheduling your day just involves writing into this text file, and then saving. This page then gets loaded on the raspberry pi connected to the projector. These gifs would get diffused through the room, creating a dynamic lighting environment. After all, a projection is just a programmable light source.

The website would then check every hour what its new state should be, and update accordingly, changing the environment of the room completely. This system is consciously designed to have no background processes, no judgement of a good or bad day, no extra breaks thrown in between consecutive work hours. Ultimately the human user is responsible for the efficacy of this system.

Appendix D - How “Delayed Messages” works