

PROPOSAL

1. The Story Behind Our Project:

Social media has caused human's brain to become familiar with consuming short content, thus deteriorating the ability to focus on enduring tasks. As a result, a majority of people, especially those from the younger generation, are struggling to work and study over long hours. Empathizing with the issue, we aim at building beneficial learning habits which are taken root from scientific evidence, namely the **Pomodoro** technique. More specifically, the **Pomodoro** Technique is a time management method for students, perfectionists, and procrastinators of all kinds. This approach proposes effective and productive work by breaking it into 25-minute intervals, each followed by a short 5-minute break. By taking advantage of the **Pomodoro** technique with the aid of appropriate noise in the surrounding environments, the level of concentration can be boosted remarkably, resulting in rewarding outcomes.

2. Target Users And Features:

In order to define our solution thoroughly, we first specify our target users and the environment we want to promote:

Target users and environment: Everyone who wants to learn or work in an efficient and productive way can find our solution a reliable assistance along their journey. For an optimal learning/working environment, our solution is implemented as a Web Application, which is less prone to distraction from notifications than other mobile environments.

Key features:

- Pomodoro timer technique: to improve productivity and reduce burnout.
- To-do list: to keep track of tasks and get things done.
- Navigator shortcut for each study/work section: to avoid distractions from other applications.
- Background switching (nature, library, coffee shop, ...) and music for each type of work: to promote an experience equivalent to that in the real environment.

Keywords: Focus, Productivity, High performance, DevJam, FocusJam