Lab 4 Activities

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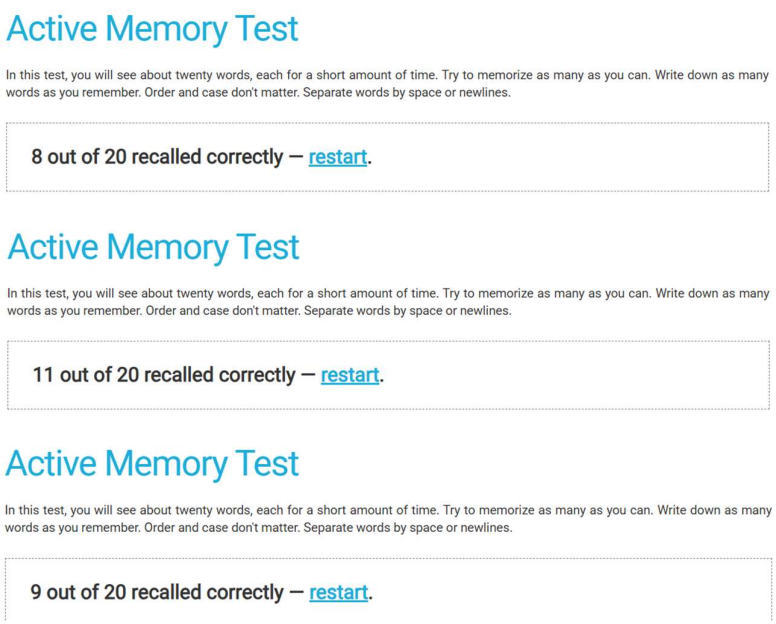
Activity 1: This website implements a short test of working memory:

https://miku.github.io/activememory/

What was your score? Run the test 3 times and share your average score.



Average Score: 46%

Activity 2: What are some techniques (analog and/or digital) you use to concentrate on a task like studying and prevent your focus from wandering? Kindly write in your own words. Any generated or copied content will be penalized.

Techniques I use to concentrate while studying and prevent distractions:

Analog techniques

- Keep phone on silent mode to avoid interruptions.
- Write short notes while studying for better understanding.
- Create a to-do list before starting to stay organized.
- Break study time into 30–40 minute sessions with short breaks to avoid overload.

Digital techniques

- Close unnecessary browser tabs and keep only the required ones.
- Use focus or productivity apps to stay on track.
- Play low-volume background music to block outside noise while studying online.

Activity 3: Choose a website that you used and give around 10 examples (with screenshots) of where they are either following or breaking the principles of:

1. Attention (proper context, visual clutter)

2.Perception (understandable icons, proper borders, spacing and alignment, information grouping color contrast)

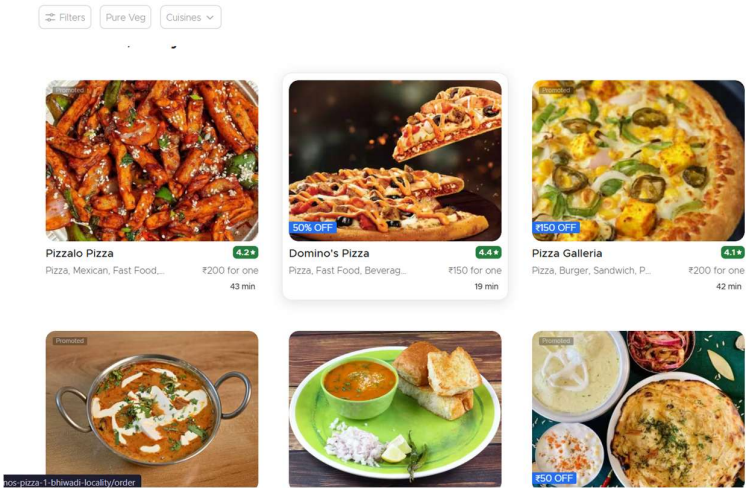
3. Memory (context, cognitive or memory overload i.e. over-complexity)

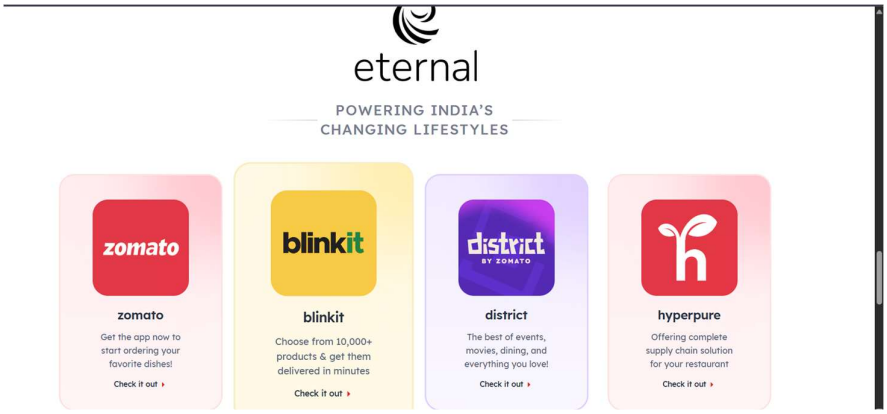
Note: Please don't choose a very common website.

WEBSITE: ZOMATO

1. Attention:

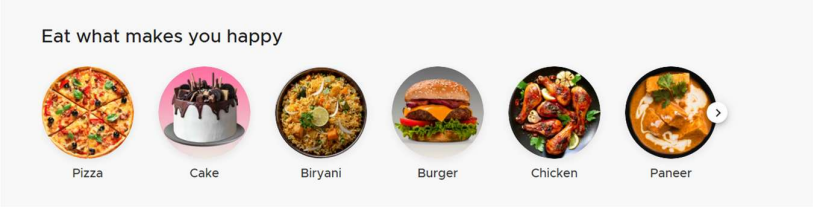
- Homepage immediately shows restaurants based on the user's location, giving proper context and relevance.
- During offers or sales, multiple banners and popups appear at once, which creates visual clutter and distracts users from the main task of browsing food.

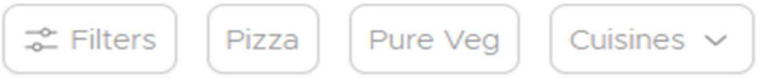


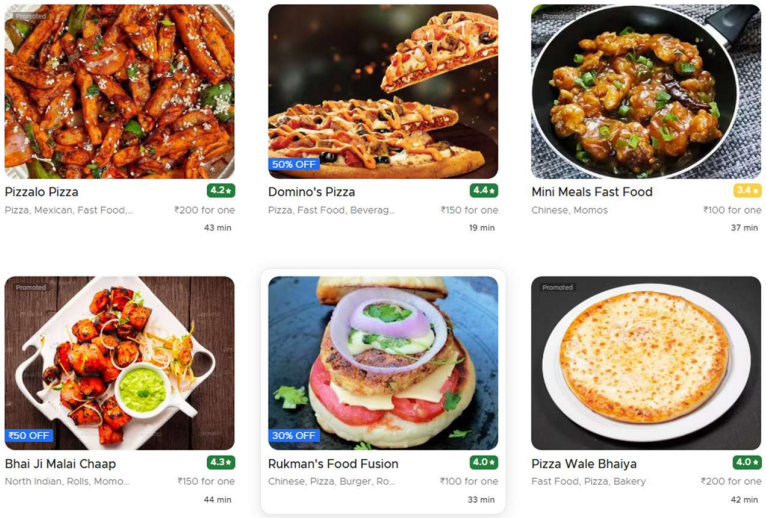


2. Perception:

- Food category icons (like pizza, burger, desserts) are simple and easy to understand.
- Restaurant cards are neatly spaced with proper alignment, making scanning effortless.
- However, some text (like delivery details in grey color) has poor contrast, reducing readability.

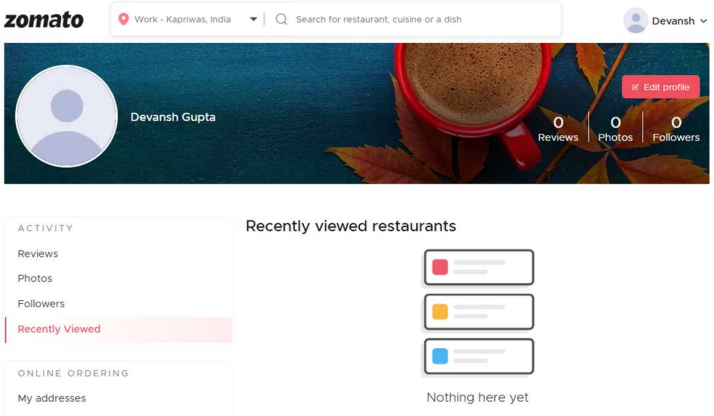


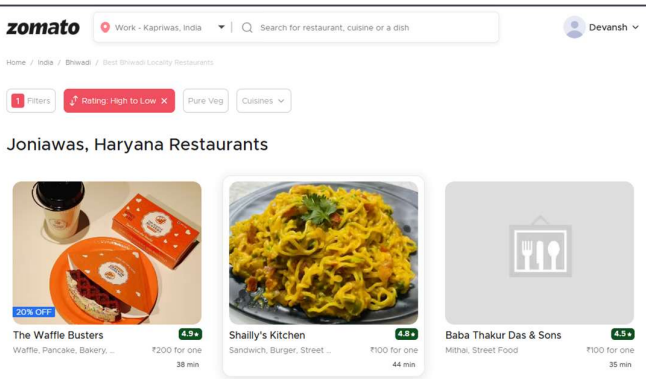


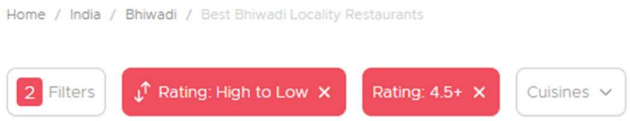


3. **Memory:**

- Zomato helps memory by showing “Recently Ordered” restaurants at the top, so users don’t have to recall past orders.
- Restaurants are grouped into categories such as “Top Rated” or “Trending,” which reduces mental effort.
- At the same time, too many filters and offers on one screen can create cognitive overload for new users.




zomato
Work - Kapriwas, India
Search for restaurant, cuisine or a dish
Devansh
Home / India / Bhiwadi / Best Bhiwadi Locality Restaurants
1 Filters
Rating: High to Low
Pure Veg
Cuisines
Joniawas, Haryana Restaurants
20% OFF
The Waffle Busters
4.9
Waffle, Pancake, Bakery, ...
₹200 for one
38 min
Shailly's Kitchen
4.8
Sandwich, Burger, Street ...
₹100 for one
44 min
Baba Thakur Das & Sons
4.5
Mithai, Street Food
₹100 for one
35 min


Home / India / Bhiwadi / Best Bhiwadi Locality Restaurants
2 Filters
Rating: High to Low
Rating: 4.5+
Cuisines

Activity 4: What are some efficient and secure ways of remembering and managing Passwords? Which ones do you use and prefer the most? Kindly write in your own words. Any generated or copied content will be penalized.

- One efficient way to manage passwords is by using a **password manager**, which securely stores all login details and only requires me to remember one master password.
- Another method is creating a **base password pattern** and slightly changing it depending on the website. This makes passwords unique but still easy to recall.
- I also use **two-factor authentication (2FA)** wherever possible, so even if someone gets my password, they cannot log in without the second step of verification.
- For very important accounts, I sometimes keep a **written offline note with hints** to avoid complete dependency on digital tools.
- I avoid weak and predictable passwords like "123456" or my birthdate, since they are easy to guess.

What I personally prefer:

I mostly use a **password manager** for my everyday accounts because it saves time and is secure. For sensitive accounts like banking or college portals, I memorize the password instead of storing it anywhere. This balance keeps my accounts both **safe and manageable**.