

FocusMate Study Session Report

Session Overview

Session ID:	session_20251013_235445
Date:	October 13, 2025 at 11:54 PM
Subject:	Science
Study Mode:	Reading
Difficulty:	Medium
Status:	Ended Early

Performance Metrics

Focus Score:	100%	Excellent
Planned Duration:	25 minutes	
Actual Duration:	2.5 minutes	
Total Paused Time:	0.0 minutes	
Number of Pauses:	0	
Breaks Taken:	0	

AI Detection Summary

Distraction Warnings:	0
Posture Warnings:	0
Help Requests:	1
Total Events Logged:	31

Emotions Detected

Emotion	Count
Neutral	24
Sad	5
Angry	1

Recommendations

- Outstanding focus! Keep up the excellent work.
- Try to complete your full planned study session for better learning retention.

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