

Criterion A: Planning

Making meditation more available

Defining the problem

My client/adviser is a meditation teacher at my school; she is really passionate about meditation and the positive effects it has on the everyday life of the students at our school. She has recently started a meditation and mindfulness, and I, being really interested and experienced in it, am the student leader of the club. However, students at our school have extremely busy schedules and very often are unable to allocate a lot of time from their schedules to physically attend the club meeting.

This was a problem that I and my meditation teacher Tracy discussed extensively. In January 2018, she told me that a possible solution to the problem would be writing an automated meditation app that would always be accessible to students and would make meditation more available for them. She told me what she wanted which was a simplistic, easy to use application that would run on the personal computers of the students.

As we were talking about this issue, I thought that this would be a great material for my computer science IA. I asked my meditation teacher to be my client; I discussed this project idea with my computer science teacher who gladly approved it.

In order to get a better understanding about the expected features of the meditation app I conducted an interview with Tracy as well as had several process during the planning process in order to make sure that the program written satisfies all the needs proposed by her.

Rationale for the Proposed Solution

I believe that creating a Java program will help me and Tracy solve the problem we encountered. There are several online resources through which students can access different types of meditations, but it is possible to compile those different sources and offer the students a specific kind of meditation tailored to his needs. Because there are dozens of different types of meditations available online, the key aspect here is to make sure each students gets a type of meditation that will most effectively address his

needs. So, the program should include a detailed questionnaire that will determine the specific aspects that the meditation session should target, then the Java program will find and showcase the appropriate meditation type.

According to these requirements, I made the decision to write the program in Java because.

- We are learning Java as a class at school
- Java is highly portable, users will be able to access to program on any platform
- Taking into consideration the fact that I am not a very experienced coder, Java provides easier way of error-free programming thanks to its runtime check.
- Java gives you the opportunity to easily craft a user friendly interface
- Once the program has been created, I can easily modify it in order to make any changes to the questionnaire questions if needed.

The Success Criteria:

- The program will allow the user to take a quiz once the program is executed.
- The user will be able to interact with the program through a user friendly interface.
- The java program should be able to store the information inputted by the user
- The program will analyze the input information of the user and will assign the user with point points for three specific categories: tiredness points, stress points and mental health, anxiety points.
- The program will accept the completed quiz by the user only and only if the user has answered all the questions in the quiz.
- Upon finishing the quiz and clicking the submit button, the user will be provided with a short introductory text and a hyperlink taking the user to the meditation session video
- After seeing the recommendation and the hyperlink, the user should be able to restart a quiz by clicking on a “start over” button that will enable him to take a new quiz without having to close and reopen the program.

Word Count: 652.

