

FINAL REPORT:

OPTIMISING STUDENT

WELLBEING AND

PERFORMANCE THROUGH

THE MINDFUL REVISION APP

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Abstract

This report details the development of additional feature prototypes for the MindfulRevision App, a pre-existing app created to enhance university students' wellbeing and academic performance by integrating mindfulness and productivity tools. The project's primary objectives were to refine and add to the app's features to improve focus among students, especially during exam periods. The methodology combined comprehensive user research, including surveys and interviews, with iterative prototyping based on user feedback. The ultimate findings from this report indicate that the final high-fidelity prototype developed caters to student needs. Although not fully functional from a full-stack technology perspective, the high-fidelity prototype features robust frontend functionality, using React Native. Therefore, the resultant high-fidelity prototype of this project can be used in the future to implement a fully functional full stack feature for the MindfulRevision App.

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1. Introduction

1.1 Aims and Goals

As educational institutions continue to navigate the challenges presented by mental health crises (Macaskill, 2012) , the role of technology in providing accessible and effective support is undeniably critical. The MindfulRevision app is designed not just as a tool, but as a companion for students during their most stressful academic periods. This project aims to refine and augment the app's capabilities, ensuring it meets the evolving needs of today's diverse student population.

This project centres on the development of the MindfulRevision app, a technological solution aimed at enhancing the well-being and academic performance of university students through mindfulness and revision support. The overarching goal is to create a more holistic and supportive environment for students during their exam preparation, with the main aim being to prototype new features for the app which can enhance students focus on their academic studies.

Research highlights that engagement, a key component of effective learning, can be significantly enhanced through digital solutions (D'Mello, 2021). Technologies such as online platforms and mobile applications enable more personalized and timely educational experiences. These tools not only cater to a broader range of learning styles but also incorporate features that maintain student interest and reduce disengagement, which is often linked to poor academic performance. This project seeks to prototype possible new features for the MindfulRevision App with the goal of meeting university student's needs.

Primary Aims:

Improve Academic Performance: Integrate effective study and revision tools within the app to bolster concentration and productivity, thereby potentially improving academic outcomes.

Increase Engagement and Usability: Refine the app's user interface and experience to ensure it is engaging, intuitive, and effectively meets the needs of university students.

1.2 Beneficiaries

The primary beneficiaries of the MindfulRevision app are university students who are particularly vulnerable to the academic and emotional challenges associated with high-pressure educational environments. Research indicates that a significant portion of university students experience mental health issues such as anxiety and depression, which are often exacerbated during periods of high academic stress, such as exams (Macaskill, 2012; Barbayannis et al., 2022).

The MindfulRevision app is designed to serve these students by providing mindfulness practices and revision tools that aim to enhance focus and reduce stress. This includes students from diverse backgrounds, including international students who may face additional challenges such as cultural adjustment and language barriers, which can impact their academic performance and mental well-being (Frampton et al., 2022).

Furthermore, students from varied socioeconomic statuses often experience disparities in accessing mental health resources (Campbell et al., 2022). The app aims to bridge this gap by providing easily accessible support that can be tailored to individual needs, ensuring a broader reach and impact.

1.3 Scope

The scope of the project encompasses the development and refinement of the MindfulRevision app, designed to support university students by enhancing their ability to manage stress and maintain focus during critical exam periods. The project focuses on integrating mindfulness practices, effective study tools, and strategies to foster social connectedness among students, aiming to create a comprehensive support system within the educational environment.

The prototyped features will focus on solving the problem of students being unable to focus on their academic studies.

1.4 Approach

The approach taken in this project is user-centred, emphasizing continuous feedback and iterative testing to refine the app's features. By conducting comprehensive user research—including surveys, interviews, and user feedback—the project aims to align closely with the needs and preferences of the target audience. This methodology ensures that the app not only meets a high standard in terms of design but also resonates well with the students it is intended to help.

1.5 Project Objectives

To conduct comprehensive user research to identify the specific needs and preferences of the target audience, which includes university students facing academic and emotional challenges.

To employ a user-centred design approach, ensuring that the app is developed with direct input and feedback from its intended users.

To prototype and iteratively test new features based on user feedback, aiming to refine these features to best support the users' academic and well-being needs.

In pursuit of these aims and goals, the project seeks not only to address the immediate needs of students but also to contribute to the broader dialogue on mental health and education technology by providing a scalable, evidence-based tool that can be adapted for wider use across educational settings.

2. Background and Literature Review

2.1 Context and Importance

University students in the UK face a demanding environment that directly hampers their ability to concentrate on their studies. The primary obstacle is exam stress, identified as a significant factor negatively impacting students' focus and academic performance (Deng, et al., 2022). This stress is not merely about academic challenges; it is also exacerbated by a multitude of social and personal pressures that students must manage.

Academic Stress and Focus

The impact of academic pressures on students' ability to focus is well-documented. The stress related to exams and rigorous academic expectations contributes to a range of mental health issues, such as anxiety and depression (UCL, 2023) (Steare, Munoz, Sullivan, & Lewis, 2023), which further distract from study and coursework (Macgeorge, Samter, & Seth J.Gillihan, 2005). There critical link between these pressures and the deterioration of mental well-being, indicating the pressing need for supportive measures in academic settings (Steare, Munoz, Sullivan, & Lewis, 2023). Moreover, the intense academic environment itself is a source of stress, undermining students' mental health and, consequently, their ability to focus on academic tasks (Barbayannis, et al., 2022).

Stress's Influence on Academic Outcomes

The negative effects of stress on academic performance are well-established, with studies showing that higher stress levels correlate with poorer academic outcomes (Talib & Zia-ur-Rehman, 2012). This creates a paradox where fear of underperformance induces more stress, which in turn leads to even poorer performance, trapping students in a detrimental cycle.

Variability in Student Experiences

Differences in background and circumstances among the student body introduce additional challenges. International students often struggle with cultural adjustment and language barriers, which can severely affect their focus and academic (Frampton, Smith, & Smithies, 2022). Students from diverse socio-economic backgrounds face disparities in accessing crucial resources like mental health support, affecting their ability to concentrate and succeed academically.

Challenges in Utilizing Mental Wellbeing Services

While universities offer various mental health services, numerous barriers prevent students from taking advantage of these resources. Concerns about stigma, fear of peer judgment, and worries about academic reputation often deter students from seeking necessary help (Campbell, et al., 2022). Additionally, a lack of awareness about these services, or finding them culturally inappropriate or inadequate, further limits their effectiveness in aiding students to maintain focus and perform well academically.

Addressing these issues comprehensively requires enhanced outreach by universities, integration of mental health education into the curriculum, and ensuring that services are accessible and tailored to meet diverse needs.

University Students Lack Focus

Academic stress significantly impacts students' ability to concentrate and maintain focus, affecting their overall academic performance. The stress experienced by students can stem from various sources including academic pressures, personal problems, and even societal expectations. This multi-faceted stress can lead to both physical symptoms like headaches and insomnia, and psychological effects such as anxiety, depression, and notably, a decreased ability to concentrate (CollegeNP, 2023).

Research indicates that academic stress not only hampers students' mental well-being but also directly correlates with their academic achievements. For instance, higher levels of perceived academic stress are associated with poorer mental well-being and lower academic performance (Barbayannis, et al., 2022). Furthermore, specific strategies can help mitigate these impacts, such as simplifying the learning environment to reduce overstimulation, which can significantly enhance a student's ability to focus (Smith, 2023).

Interventions like mindfulness and meditation have also been recognized for their potential to alleviate stress and improve focus. Mindfulness enhances self-regulatory functioning, a mechanism through which students may achieve better academic outcomes (Kuroda, Yamakawa, & Ito, 2022) (Alomari, 2023). Techniques like mindfulness-based stress reduction (MBSR) are particularly effective, helping reduce stress hormone levels, mental well-being, and improving overall cognitive functions including memory and attention. (Ostermann, Pawelkiwitz, & Cramer, 2022) (Giovana Gonçalves Gallo, Espíndola, Scattone, & Noto, 2023).

Thus, managing academic stress through targeted strategies and mindfulness practices can play a crucial role in improving students' concentration, focus, and by extension, their academic success. Implementing these practices into daily routines or educational settings can provide students with the tools they need to handle stress more effectively and optimize their academic potential.

The MindfulRevision App in its current state aims to use mindfulness techniques to aid students in their ability to concentrate on their studies.

2.2 MindfulRevision App Overview

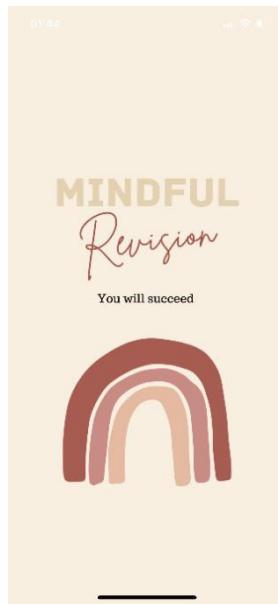


Figure 1: App Home Screen

The MindfulRevision app was developed by Daniel Amos to provide university students with a comprehensive platform for mindfulness practice, focus enhancement, and social support during exam revision periods. The app currently offers features such as guided meditation exercises, focus timers, an exercise planner, a to-do list and so forth. The features can be viewed in more detail below.

Features of the MindfulRevision App:

Main Menu

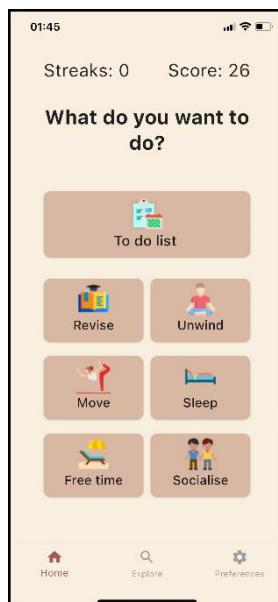


Figure 2: App Main Menu

The main menu presents a clean interface where users can choose from various activities to manage their day. This is the landing page after opening the app, where users can navigate to

different features. It likely offers options such as "To Do List", "Revise", "Unwind", "Move", "Sleep", "Free Time", and "Socialise". Each icon represents a different functionality or category within the app, designed to help users manage their study time and well-being effectively.

Movement and Exercise

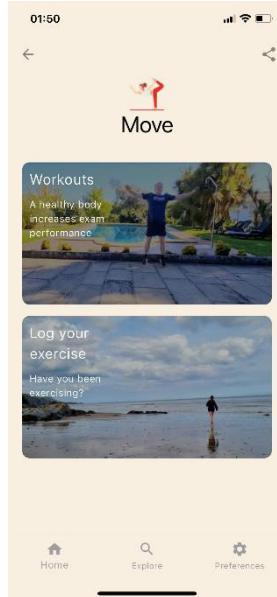


Figure 3: Move Feature

The "Move" section encourages physical activity, recognizing that staying active is crucial for mental and physical health, especially during periods of intense studying. It offers workouts and tips to make desk time more effective, such as short stress-busting workouts. This could be beneficial for users looking to integrate physical health into their study routines.

Study and Revision

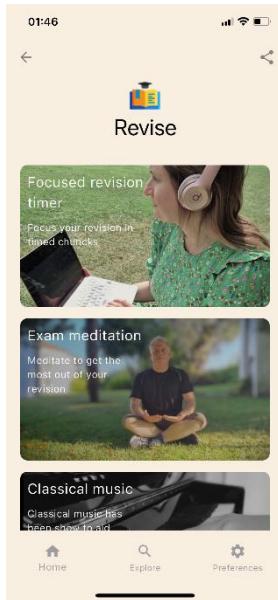


Figure 4: Revise Feature

Under "Revise," the app provides tools like classical music playlists for concentration, meditation sessions for exam preparation, and the Pomodoro Technique timer to enhance focus and productivity. This indicates a dedication to evidence-based strategies for improving learning efficiency. It's meant to help users optimize their study time and improve their learning outcomes.

Social Interaction



Figure 5: Socialise Feature

The "Socialise" feature allows users to plan and log social activities, recognizing the importance of maintaining a balanced social life for overall well-being and potentially preventing burnout during intense study periods.

Task Management

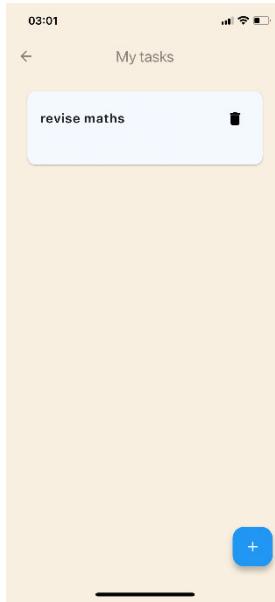


Figure 6: To Do List

The "To do list" functionality lets users list and track tasks, a feature that is central to keeping organized and prioritizing work.

Relaxation and Unwinding

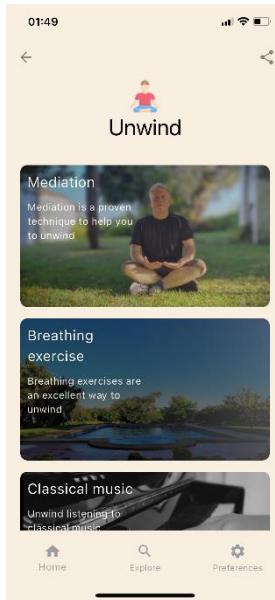


Figure 7: Unwind Feature

With options for meditation, breathing exercises, and calming music, the "Unwind" section is clearly focused on stress management, an essential aspect of maintaining mental health during challenging times.

Free Time and Rewards

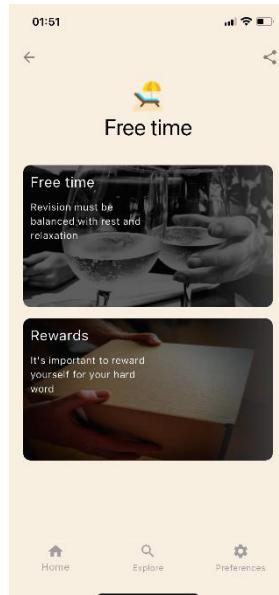


Figure 8: Free Time Feature

The "Free Time" and rewards system is designed to help users allocate downtime and set incentives for completing work. This could serve as motivation to maintain a steady pace in revision while ensuring time for relaxation.

2.2 Other Existing Solutions

The landscape of mental wellness and academic performance support for university students is populated with a variety of technological solutions, each designed to alleviate the stress and challenges associated with rigorous academic environments. Existing solutions can be broadly categorized into apps for mindfulness and meditation, study and productivity tools, and social support platforms. Below, these categories are explored in detail, identifying how each contributes to student well-being and where the MindfulRevision app fits within this ecosystem.

2.3.1 Mindfulness and Meditation Apps

Mindfulness apps like Headspace and Calm offer guided meditation sessions which are aimed at reducing stress and enhancing focus. These apps provide a variety of meditation techniques that can help students manage anxiety and improve their emotional resilience during exams. While these apps are highly beneficial for general stress reduction, they often lack customization features that adapt to the specific stressors faced by university students during exam periods.



Figure 9: Headspace App



Figure 10: Calm App

2.3.2 Study and Productivity Tools

Productivity apps such as Forest and Todoist help students manage their time effectively, encouraging them to stay focused and organized. Forest, for instance, uses a unique gamification approach where students grow a virtual tree as long as they do not use their smartphone for distractions. Todoist allows for task management with reminders and priority levels. These tools are excellent for enhancing productivity but do not directly address the mental wellness aspect, which is crucial during high-pressure academic times.



Figure 11: Todoist App



Figure 12: Forest App

2.3.3 Social Support Platforms

Platforms like CampusGroups and Unibuddy are designed to foster a sense of community and provide peer support among students. They offer a space for students to share their academic and personal challenges and receive support from peers who understand their struggles firsthand. While these platforms offer significant social support, their integration with direct academic support and mindfulness practices is limited, which could enhance the holistic support system that students require.



Figure 13: CampusGroups App



Figure 13: Unibuddy App

2.3.4 Specialized Academic Stress Management Tools

There are fewer apps that specifically target academic stress management by combining elements of mindfulness, study productivity, and social support. An example is the Studious app, which integrates stress management techniques directly tailored to academic activities like timed study sessions or group work, incorporating elements of both productivity and mindfulness.

2.3.5 Positioning of the MindfulRevision App

The MindfulRevision app distinguishes itself by integrating the features of mindfulness practices specifically tailored for academic contexts, support for managing study schedules, and elements of social interaction that are essential for student well-being. It aims to bridge the gaps identified in current solutions by providing a more integrated approach to managing stress, enhancing focus, and fostering social connectedness. The app's focus on customizable mindfulness exercises, interactive study tools, and a community feature for student interaction positions it uniquely in the market, promising a comprehensive solution to the multifaceted challenges faced by university students.

2.4 Areas of Improvement for MindfulRevision App

Despite the app's potential, user research conducted as part of this project revealed several gaps and areas for improvement. Through interviews and evaluations with students, it became apparent that many individuals struggle with exam anxiety, difficulty maintaining focus during extended study sessions, and feelings of isolation or lack of support from peers.

While the MindfulRevision app attempts to address these issues, the user research findings suggest that its current feature set may not fully meet the diverse needs of the student population. For instance, some students may require more personalized or tailored mindfulness exercises, while others may benefit from additional features to facilitate social connections or study group formation. Furthermore, the app's existing focus strategies and stress management techniques may not resonate with all users, highlighting the need for a more comprehensive and customizable approach.

To bridge this gap, it is crucial to understand the specific pain points and unmet needs of students through comprehensive user research. By examining the varying experiences and preferences of different student groups, the MindfulRevision app can be enhanced to provide more targeted and effective support across multiple dimensions, including stress management, focus enhancement, and social connectedness.

User-centred design (UCD) and iterative development processes are pivotal in crafting successful educational technology solutions. Studies demonstrate that incorporating UCD principles significantly enhances the effectiveness, user satisfaction, and overall adoption of technological tools in education.

For instance, a study on the redesign of the user interface for Blockly-Electron, an AI educational software, utilized a structured UCD methodology, revealing that usability significantly improves through iterations based on feedback from end-users, primarily teachers and students (Cen, et al., 2023). This approach showed that ease of use and usefulness are critical factors influencing overall user satisfaction, underscoring the importance of iterative testing and adjustments in the development process.

Similarly, research has illustrated the effectiveness of UCD in health services implementation, highlighting how aligning UCD strategies with implementation methodologies can enhance the impact and efficiency of health services (Dopp, Parisi, Munson, & Lyon, 2020). The study used concept mapping to integrate feedback from both UCD and implementation experts, affirming the significance of user involvement and iterative feedback loops in developing solutions that are both practical and user-friendly.

Another aspect critical to UCD's success in educational technology is its adaptability and focus on continuous improvement. By integrating real user feedback throughout the development cycle, UCD helps in pinpointing and addressing user needs more effectively, thereby not only improving the product but also enhancing user engagement and satisfaction (Khakhkhar, 2023).

By involving students throughout the design and evaluation stages, the MindfulRevision app can be tailored to better align with their needs, increasing the likelihood of adoption and sustained engagement.

This project aims to address the identified gaps by conducting comprehensive user research, employing a user-centred design approach, and iteratively improving the MindfulRevision app's features. By enhancing the app's capabilities in mindfulness practice, focus strategies, stress management techniques, and social support, it can become a more effective and engaging solution that meaningfully contributes to the well-being and success of university students during exam revision periods and beyond.

3. Methodology / Approach / Specification, Design, and Implementation

3.1 User Research Plan

To gain a comprehensive understanding of the needs, challenges, and desired features of university students in relation to the MindfulRevision app, a multi-method user research approach was employed. This approach involved both quantitative and qualitative research methods, ensuring a thorough exploration of user perspectives and experiences.

3.1.1 Participant Recruitment

The first step in the research process was to identify and recruit a diverse group of participants who closely matched the "Emily" persona, a user archetype representing students who struggle with maintaining focus during study sessions.

To effectively capture the needs and challenges of university students facing difficulties with focus and concentration, a user persona named "Emily" was developed based on prior user research conducted by Daniel Amos, the founder of the MindfulRevision app. This persona served as a representation of the target user group for the user evaluation and research undertaken in this project.

User Persona: Emily

Emily, a 23-year-old university student, has the primary goals of improving her focus and productivity to achieve her academic goals and developing more effective learning habits. However, she faces several challenges that hinder her ability to maintain focus and concentration during study sessions:

1. Difficulty sustaining focus for more than a few minutes at a time.
2. Easily distracted by her phone, social media, and other external stimuli.
3. Struggles with organizing study materials and creating a study schedule.
4. Finds it challenging to prioritize tasks and stay on track with her revision plan.
5. Becomes overwhelmed and anxious when she feels like she's not making progress.

The Emily persona encapsulates the common struggles and pain points experienced by a significant segment of university students who find it challenging to maintain focus and productivity during their academic pursuits. By centring the user research around this persona, the project aimed to gather insights and feedback that could directly inform the development of new features and improvements for the MindfulRevision app, tailored to address the specific needs of students like Emily who face similar challenges.

3.1.2 Aligning Participant Recruitment with the Target User Group

To ensure that the user research captured the perspectives and experiences relevant to the target user group, a screening questionnaire was developed and administered to potential participants. This questionnaire served as a crucial tool in identifying individuals who closely matched the characteristics and challenges represented by the Emily persona (see section 3.1.1 for more information).

The screening questionnaire consisted of a series of questions designed to assess participants' demographic information, study habits, challenges with focus and concentration, and goals related to improving productivity and well-being. By carefully crafting these questions, the screening process aimed to filter and select participants who shared similar traits and struggles as Emily, the user persona representing students facing difficulties with maintaining focus during study sessions.

Specifically, the questionnaire included questions that explored participants' self-reported ability to focus during study times, the frequency and factors contributing to distractions, the impact of focus-related challenges on academic performance, and their openness to strategies or techniques for improving focus and concentration.

This alignment between the screening questionnaire and the Emily persona ensured that the subsequent qualitative research, including in-depth interviews and follow-up questionnaires, involved participants who could provide valuable insights and feedback directly relevant to the needs and pain points represented by the persona.

By grounding the participant recruitment process in the Emily persona, the project established a strong foundation for gathering user data that accurately reflected the experiences and perspectives of the target user group. This approach facilitated the identification of specific areas for improvement and the development of tailored solutions within the MindfulRevision app, ultimately enhancing its effectiveness in supporting students facing challenges like those of Emily.

3.1.3 Quantitative Research: Initial Questionnaire

The screening questionnaire consisted of a series of questions designed to assess participants' demographic information, study routines, and difficulties with focus and concentration. This quantitative data provided insights into the prevalence and severity of focus-related challenges among the target user group.

Initial Questionnaire Content:

Section 1: Participant Consent (options: I agree, I disagree)

1. I confirm that I have reviewed the information sheet for the research project in question.

2. I affirm my understanding of the information provided, along with the opportunity to ask questions, all of which have been satisfactorily answered.
3. I understand that my participation is entirely voluntary, and I can withdraw from the study at any time without the need to provide a reason.
4. I acknowledge that this research is part of a module, and the data I provide will be anonymized and included as part of the coursework.
5. I hereby give my consent to participate in this research project.

Section 2: Demographics

6. Please select your age group (options: 18 – 21, 22 – 25, 26 and over)
7. Please specify your gender (options: Male, Female, Non-binary, Other)

Section 3: Focus related questions.

8. On a scale of 1 to 5, with 1 being "Not at all," and 5 being "Extremely," how would you rate your ability to focus during study sessions?
9. How often do you find yourself getting distracted or losing concentration while studying? (Multiple choice: Rarely, Sometimes, Neutral, Often, Very Often)
10. What do you think are the main factors that contribute to your lack of focus during study times? (Options: Distractions from phone or social media, Tiredness, or lack of sleep, Noisy or disruptive environment, Stress or anxiety about workload, other)
11. Have you tried any strategies or techniques to improve your focus and concentration while studying? If yes, please describe them and how effective they were. (Open-ended)
12. Do you feel that your lack of focus during study times has a significant impact on your academic performance? (Yes/No, followed by an open-ended question to elaborate if they answer "Yes")
13. Would you be open to having an interview held on zoom in which you provide feedback for the MindfulRevision App? (If yes, please provide your email address)

The link to the questionnaire is as follows:

<https://forms.office.com/Pages/ResponsePage.aspx?id=MEu3vWiVVki9vwZ1l3j8vJ5rG5YJVtDt wMGgwN9IN1URExWTk9aU0EwM1JUTTlRTVVGNUo3TELMVi4u>

3.1.4 Qualitative Research: Interview

Following the screening process, five participants who closely matched the "Emily" persona were selected for in-depth, semi-structured interviews. These interviews aimed to gather qualitative data on participants' study habits, time management strategies, stress management techniques, goal-setting approaches, and resource utilization.

Additionally, participants were asked to download and interact with the MindfulRevision app during the interview, providing valuable feedback on its features, design, and usability. The interviews allowed for a deeper exploration of user experiences, pain points, and desired improvements.

Interview Structure and Content

1. Welcome and Introduction

Welcome the participant and thank them for participating in the interview.

Briefly explain the purpose of the interview, which is to gather feedback on the MindfulRevision App and gain insights into their study habits, challenges, and coping mechanisms.

2. General Questions

These questions aim to understand the participant's study routines, time management strategies, stress management techniques, goal-setting approaches, and resource utilization.

2.1. What are your study habits and routines like?

Inquire about their typical study schedule, preferred study environment, and effective study strategies they employ.

2.2. What subjects do you find most challenging and why?

Identify areas that cause them the most stress and determine if there are underlying reasons for the difficulty.

2.3. How do you manage your time effectively during exams and assignments?

Assess their time management skills and identify areas for improvement, such as creating a study schedule or using time management techniques.

2.4. What are your coping mechanisms for dealing with exam stress?

Explore their stress management strategies and identify healthy ways to manage exam-related anxiety.

2.5. How do you set realistic academic goals and expectations for yourself?

Understand their goal-setting approach and determine if their expectations align with their capabilities.

2.6. What resources do you utilize to support your learning and preparation?

Identify the resources they rely on, such as textbooks, online resources, or tutoring services.

2.7. How do you seek help when you encounter difficulties with your studies?

Assess their comfort level in seeking help and identify potential barriers to accessing support.

2.8. How do you maintain a healthy balance between your academic commitments and other aspects of your life?

Assess their ability to balance academic responsibilities with personal well-being, such as hobbies, social activities, and relaxation time.

2.9. What are your strategies for staying motivated and focused during the exam period?

Identify their motivational factors and explore techniques they use to maintain focus and concentration.

3. App-Specific User Testing

This part of the interview will require the participant to download the App, open it and go through the app, and the participant will be given the opportunity to give feedback by answering questions.

Prior to the participant using the app, I will explain the purpose of the app, and demonstrate how to navigate through it.

Ask the participant to use the app for 20 minutes, ensuring they explore all features of the App and then ask them the following questions:

- 3.1. What is your overall impression of the app?
- 3.2. What do you find most helpful about the app?
- 3.3. What do you find least helpful about the app?
- 3.3. What would you change about the app?
- 3.4. How likely are you to recommend this app to others?

4. Closing

Thank the participant for their time and valuable feedback.

By following this structured approach, I will be able to gather comprehensive insights into the participants' study habits, challenges, and coping mechanisms, as well as obtain specific feedback on the MindfulRevision App. This information will be valuable for improving the app and developing effective strategies to support students' academic success and well-being.

The participant will then be required to use the app over a period of 4 days as part of their every study routine. After this period, I will then give a follow-up questionnaire.

3.1.5 Follow-up Questionnaire

After the interviews, participants were asked to continue using the MindfulRevision app for a period of four days as part of their regular study routines. A follow-up questionnaire was then administered to capture their extended experiences and impressions of the app. This questionnaire focused on gathering feedback on the app's overall experience, features and functionality, usability, and accessibility.

Follow-Up Questionnaire Content and Structure:

Section 1 - General App Experience

What is your overall impression of the MindfulRevision app?

What do you find most helpful about the app?

What do you find least helpful about the app?

What would you change about the app?

How likely are you to recommend this app to others? (Rate 1 – 5)

Section 2 – Features and Functionality

What are your thoughts on the app's design?

Is the app easy to use? (Rate 1 – 5)

Can you find the information you need easily?

Are the features of the app helpful for managing exam stress?

Are there any features you would like to see added to the app?

Section 3 - Usability and Accessibility

- Are there any navigation issues you encountered while using the app?
- Did you experience any technical difficulties while using the app?

Final Questions

- List 3 things that you like about the app.
- List 3 things that you think would improve the app.

The link to follow-up questionnaire is as follows:

<https://forms.office.com/Pages/ResponsePage.aspx?id=MEu3vWiVVki9vwZ1l3j8vJ5ZrG5YJvtDt wMGgwN9IN1UQzkxSEdFTEhFV1BZS1JJMFRYTzVDQjQ2NS4u>

3.2 Design and Prototyping Plan

3.2.1 Tech Stack

In the development of the MindfulRevision app, the utilization of Figma, Miro, and Wireframe Pro plays a pivotal role in the design and prototyping stages. These tools have been selected due to their specific features and capabilities that cater to the needs of creating a user-centric application aimed at improving student well-being and focus. Below is an overview of how each tool contributes to the project.

Figma

Figma plays a crucial role in the prototyping stage of the MindfulRevision App by providing a platform for creating interactive, mid to high-fidelity prototypes that closely mimic the final product. This section outlines the steps and methods for effectively using Figma during the prototyping process, ensuring a user-centred design approach that aligns with the needs and preferences of university students. This application will be pivotal in the role of creating mid to high fidelity prototypes for potential new features for the MindfulRevision App.

Miro

Miro serves as a digital whiteboard that facilitates the ideation and brainstorming phases of the project, making it an invaluable tool during the pre-design and early conceptualization stages. I will use Miro to brainstorm ideas after the user research phase. I will also annotate wireframes and prototypes using Miro, to provide a better understanding of the designs and justify my actions.

Wireframe Pro

Wireframe Pro is used to create structured, mid-fidelity wireframes that provide a visual guide for the application structure and layout. It is particularly useful in the early stages of the user interface design, allowing for quick iteration and modifications based on initial user feedback and usability testing results. By using Wireframe Pro, the team can rapidly prototype different

layouts and navigation flows without committing extensive resources to higher-fidelity prototypes too early in the process.

The combination of these tools supports a robust, iterative design process where user feedback is integrated continuously, leading to a more effective and user-friendly application. Figma's high-fidelity prototyping capabilities, combined with Miro's collaborative ideation environment and Wireframe Pro's efficient layout prototyping, create a comprehensive environment for developing a prototype that truly resonates with the needs and preferences of the target user group, enhancing the potential for successful adoption and positive user impact.

3.2.2 Pre-Design Stage

I aim to review all user research thoroughly to get more of an understanding regarding the user needs and overall feedback of the app.

After analysing the user feedback and data from the research phase, I will be able to identify key areas for improvement for the app, and hence be able to brainstorm some ideas for potential new features.

3.2.3 Ideation Phase

I will conduct collaborative sessions with Daniel Amos to generate ideas based on research insights. Getting feedback from Daniel will greatly help me understand the complexity of potential features, and if they are worth prototyping or not.

After brainstorming and discussing a few additional features, I will begin sketching some solutions and create wireframes.

I will then conduct some user evaluations of the proposed initial 3 potential new features. I believe it is better to conduct the user evaluation in this stage as this can provide me with important results in terms of which features to pursue prototyping. This way, I can prevent any major changes to iterations later in the process, which will be appreciated as a major change may take immense time to design.

3.2.4 Iterative Prototyping and User Feedback

Low Fidelity

I will firstly develop low fidelity prototypes, which are basic digital layouts and wireframing, and then iterate design concepts quickly. This will give me confidence later in the mid-fidelity prototyping stage, as the sketches will provide me with the most important aspects of the new features.

I will then gather user feedback for the low fidelity prototypes to decide which features are worth pursuing to make mid-fidelity prototypes.

Mid Fidelity

I will then move on to creating mid fidelity prototypes, which will use the low fidelity prototypes for inspiration. These prototypes will increasingly consider user experience and user interface principles.

I will then conduct user feedback sessions with the participants previously mentioned to gather feedback on the mid-fidelity prototypes. This will start an iterative design process, which uses constant feedback from users to refine the mid-fidelity prototypes.

High Fidelity Prototypes

Finally, I will create the high-fidelity prototypes. These should be detailed and interactive, it should closely mimic the final product.

3.3 User Evaluation and Feedback Plan

3.3.1 User Feedback Session: Low Fidelity Prototypes

I aim to sketch the wireframes for 3 potential new features, which will be brainstormed in the ideation phase (see Section 3.2.3).

I will then hold a feedback session, in which I will present the low fidelity prototypes to the participants and ask for feedback. The participants used for these user feedback sessions will be the same ones who participated in the previous phase of user research (see Section 3.1).

The questions asked in the feedback sessions for the low fidelity prototypes will be as follows:

1. Which features are you most interested in as a student and why?
2. Which features are you least interested in as a student and why?
3. What is your favourite feature?
4. Rank the features according to how useful they will be for you for improving your focus on studies.
5. Please provide some suggestions and improvements for the feature ideas.

After this process, 2 features will be shortlisted and then continue to be prototyped iteratively into the mid fidelity prototype stage.

3.3.2 User Feedback Session: Mid Fidelity Prototypes

The questions asked in the feedback sessions for the mid fidelity prototypes will be as follows:

1. What is your overall impression of the presented prototypes?
2. Would these features be useful for you as a student?
3. What do you like about the prototyped features?
4. Out of the 2 prototyped features, which one would be most useful for you?
5. What improvements and changes would you make?

I will gather results of these sessions and form a conclusion in terms of which prototyped feature to develop into the next stage, which would be mid to high fidelity prototypes.

3.3.2 User Feedback Session: High Fidelity Prototype

I will present the final high-fidelity prototype to the participants in the feedback session and then ask the following questions:

1. What is your overall impression of the presented prototype?
2. If this were a fully functional feature, how often would you use it?
3. What do you like about the prototyped feature?
4. What improvements and changes would you make?

5. Would this feature help you to focus on your studies?

4. User Research Findings

Please note that the full research results can be found in Appendix B: User Research.

4.1 Initial Questionnaire Results

Summary

The initial questionnaire received responses from 5 university students.

The respondents were from a mix of courses including Computer Science, Optometry, Accounting, and Management. Their ages ranged from 18-25 years old, with an even split between male and female participants.

When asked to rate their ability to focus during study sessions on a scale of 1 to 5, the responses varied quite a bit. Two students rated themselves a 2, indicating lower ability to focus, while the others gave themselves a 3, suggesting moderate focus.

The frequency of getting distracted or losing concentration also differed. Two students said they experience this "very often", two said "sometimes", and one said "often".

The main factors contributing to lack of focus included tiredness/lack of sleep, stress/anxiety about workload, distractions from phones/social media. Strategies tried to improve focus included meditation apps, breathing exercises, exercising, and trying to limit phone usage - with varying degrees of success.

All five students felt that lack of focus had a significant negative impact on their academic performance. Many cited procrastinations, inability to work at full potential, and daily distractions as issues.

Despite the challenges, the students provided insightful additional comments, expressing appreciation for the well-designed questionnaire and interest in the mindfulness app being developed.

Notably, all five students indicated willingness to participate in a follow-up Zoom interview and provide further feedback on the app. Their email addresses were provided in the responses.

Overall, the questionnaire results highlight the prevalent issue of struggling to maintain focus during studies and the need for effective solutions to improve concentration and academic success among university students.

Because all five participants in the questionnaire fit aspects of the "Emily" user persona, I contacted all five for the interview which aimed to ask them about their experiences as a student and consisted of app-specific user feedback for the MindfulRevision App.

4.2 Interview Results

4.2.1 General Questions Results

I contacted each participant using their email address provided, asking if they would like to participate in the interview for general questions relating to their studies and also giving

feedback for the MindfulRevision App. In this part of the project, I aimed to get a good understanding regarding the needs of the university students in relation to the app's features.

Category	Common Trends	Variability & Challenges	Strategies & Tools Used
Study Habits	Prefer quiet, distraction-free environments like libraries	Study routines vary from daily studies to burst modes	Use of meditation or planning apps
Challenging Subjects	Struggle with theoretical concepts, memorization, complex math	Philosophy, advanced mathematics, financial accounting	N/A
Time Management	Attempt to create schedules, especially during exams	Adherence to plans varies	Use of productivity apps, calendar reminders
Coping with Exam Stress	Physical activities like running, gym	N/A	Meditation, breathing exercises, sufficient sleep
Setting Goals	Importance of setting realistic academic goals	Challenges with overly ambitious goals	N/A
Resources Used	Textbooks, online tutorials, study groups	Diversity in resource usage	Preference for digital tools for accessibility and convenience
Seeking Help	Openness to approaching professors, peers	Initial hesitations fearing it shows weakness	Use of peer mentoring services
Maintaining Balance	Balancing academics with life can be challenging	N/A	Scheduling downtime, engaging in hobbies, maintaining social interactions
Staying Motivated	Setting small, achievable goals	N/A	Study groups for accountability, visualizing goals, celebrating wins

Insights

This research provides a comprehensive overview of the study habits, academic challenges, and coping strategies utilized by students to optimize their learning experiences and academic performance.

Study Habits: Most students prefer studying in quiet, distraction-free environments, such as libraries. There is significant variability in how students structure their study time, ranging from daily consistent sessions to intense study bursts as deadlines approach. This diversity

highlights the need for flexible study environments and tools that can accommodate different learning styles.

Challenging Subjects: Students typically find subjects with heavy theoretical content, extensive memorization, or complex mathematical requirements challenging. Courses like philosophy, advanced mathematics, and financial accounting are notably difficult. This suggests a demand for targeted support structures within educational institutions to help students navigate these complexities.

Time Management: While most students attempt to create study schedules, particularly during exam periods, adherence to these schedules varies widely. The frequent use of productivity apps and calendar reminders indicates a strong desire for enhanced time management strategies that could be better supported through formal training workshops.

Coping with Exam Stress: Physical activities such as running, or gym workouts are popular among students for stress management. Additionally, mental techniques like meditation and ensuring sufficient sleep are commonly employed. This points to the importance of holistic health programs on campuses that address both physical and mental well-being.

Setting Goals: Setting realistic academic goals is universally acknowledged as crucial. However, some students struggle with setting overly ambitious goals, which could be mitigated by institutions offering more structured guidance in goal setting.

Resources Used: There is a wide range of resources used by students, from traditional textbooks to digital tools and online tutorials. The high value placed on digital resources for their accessibility and convenience suggests that educational resources should continue to evolve digitally to meet student needs.

Seeking Help: Most students are open to seeking help, although some initially perceive it as a sign of weakness. Enhancing the culture of support within educational settings could further encourage help-seeking behaviour.

Maintaining Balance: Balancing academic responsibilities with personal life remains a challenge for many. Strategies like scheduling downtime and engaging in hobbies are vital for maintaining this balance, indicating that time management education should also include training on work-life balance.

Staying Motivated: Students employ various techniques to stay motivated, including setting small, achievable goals and using study groups for accountability. Celebrating small wins and visualizing long-term goals are also effective in maintaining focus and motivation.

4.2.2 MindfulRevision App User Feedback Results

MindfulRevision App User Feedback – Results

Participant	Overall Impression	Most Helpful Feature	Least Helpful Feature	Suggested Changes
Lorenzo	Appreciates the simplicity and approachability of the app.	Values the 'Revise' section, particularly the Pomodoro	Finds the 'Socialise' and 'Move' aspects unnecessary for planning	Suggests adding interactive features like gamification to

		Technique and calming music for managing distractions.	social interactions or workouts through an app.	earn rewards for completed study sessions to make the app more engaging.
Safa	Finds the app inviting and user-friendly, beneficial for someone who gets distracted easily.	Highlights the 'Meditation for exam revision' as beneficial for relaxation and concentration.	Describes the 'To Do List' as too simplistic for her needs, lacking detailed planning features.	Would prefer a more advanced task manager with deadline and priority settings, possibly integrated with a calendar app.
Sohaib	Likes the structured approach of the app, seeing it as a solid tool for study management.	Appreciates the classical music and meditation exercises in the 'Revise' section for aiding concentration.	Finds the main menu cluttered and suggests streamlining it.	Wants more customization options such as themes or colour schemes to cater to different user preferences.
Shakil	Praises the app's straightforward design for quick and easy use.	Enjoys the focused revision timer and Pomodoro timer for structured study time.	Feels the 'Free time' feature is out of place, as he doesn't need an app to dictate relaxation time.	Recommends integrating the app with study materials or linking it with educational resources to add more value.
Supna	Appreciates the minimalistic design of the app for its calming effect and ease of use.	Finds the Revise section and its use of the Pomodoro Technique particularly beneficial for structuring study sessions.	Describes the 'To Do List' as basic and lacking features like reminders or task categorization.	Suggests improvements to the to-do list such as notifications and the ability to categorize tasks, along with more visual elements like progress graphs.

Summary

The feedback indicates that while the app's design and specific features like the Pomodoro Technique and meditation aids are well-received, there are significant opportunities for improvement. Enhancements could include more sophisticated task management tools,

interface customization options, and the incorporation of gamification elements to increase engagement and utility. These changes could address the diverse needs of the user base, improving both functionality and user satisfaction.

4.3 Follow-Up Interview

Results

Overview

The MindfulRevision app appears to be generally well-received by its users, who appreciate its user-friendly interface and its focus on reducing stress during exam preparation through meditation and revision tools. The feedback encompasses both praises for its existing features and constructive suggestions for enhancement, indicating an engaged user base that sees potential in the app's development.

Positive Highlights

Design and Usability: Users consistently praised the minimalistic design and easy navigation of the app. Features such as the Revise section which has the Pomodoro timer, and integration of meditation and classical music are frequently highlighted as beneficial.

Stress Reduction: The app's core focus on meditation and its application for exam revision is well-appreciated. Features like "Meditation for exam revision" are noted as particularly helpful for maintaining focus and reducing anxiety.

Functional Features: The focused revision timer and structured content are also liked for helping users maintain concentration and effectively manage their study time.

Areas for Improvement

To-Do List: Many users expressed a desire for a more interactive and functional to-do list. Suggestions include adding notifications, integrating task priorities, and providing a more sophisticated task management system.

Content Expansion: Some feedback calls for broader content integration, such as linking educational resources directly within the app and including interactive elements like games or quizzes.

Navigation and Interface: Despite the praise for design, some users noted that the main menu could be streamlined and that certain sections like "Socialise" and "Move" are less useful and could be enhanced or better integrated.

Technical Feedback

Most users reported no significant technical issues, suggesting that the app is stable. A few minor navigation suggestions were mentioned, but they did not generally detract from the overall positive user experience.

Recommendations

The app is likely to benefit from incorporating the suggested improvements in the to-do list and expanding its content to include more interactive and educational features. Enhancing user engagement through gamification and additional stress management tools could also provide a more holistic approach to exam preparation.

4.4 Conclusions from User Research

The user research conducted for the MindfulRevision app has provided critical insights into the needs, preferences, and challenges faced by university students during exam preparation. The findings are instrumental in guiding the development of new features and enhancements aimed at optimizing student well-being and academic performance.

Key Insights

Prevalence of Focus Challenges

The research clearly indicated that students frequently struggle with maintaining focus, largely due to external distractions and internal stress. Enhancements in the app that promote concentration, such as advanced task management and personalized focus techniques, are necessary to meet these needs.

Demand for Personalized Experience

Feedback suggests a strong desire for more personalized app functionalities that cater to individual study habits and stress management needs. Features like customizable meditation sessions and the integration of a more sophisticated to-do list with reminders could serve this requirement.

Integration with Academic Resources

Participants expressed a need for direct links to educational content and resources within the app. Integrating study materials and perhaps collaborative tools could make MindfulRevision a more comprehensive study platform.

Enhanced Usability and Engagement

While the app's design was generally well-received, there is room for improvement in user engagement. Introducing gamification elements and rewards for study milestones could increase motivation and regular use of the app.

Social Features and Support

There was mixed feedback on the social features of the app. While some users found them unnecessary, others suggested enhancements that could facilitate better social interactions and peer support, critical for mental well-being and stress reduction.

Holistic Well-being Support

The research highlighted the need for features that support both mental and physical well-being. Integrating physical activities that users can perform while taking breaks from studying could address this need effectively.

Summary

The user research has underscored the importance of a flexible, user-centred approach in the development of the MindfulRevision app. The insights gained from the user studies suggest that while the app meets some of the students' needs, significant opportunities exist to make it more comprehensive, engaging, and supportive. The next steps would involve prototyping the new features based on these insights, followed by iterative testing and refinement to ensure that the enhancements meet the varied needs of the users effectively.

These findings will directly inform the design and prototyping phases, with a strong emphasis on enhancing the app's capability to support students in maintaining focus and managing stress, thereby contributing positively to their academic success and overall well-being.

5. Design, Prototyping and User Feedback

Please note that clear images of the prototypes developed can be found in Appendix A: Prototypes.

5.1 Initial Stages – Ideation Phase

5.1.1 Analysis of User Research Findings

The user research conducted provided valuable data on the challenges and needs of university students, particularly concerning focus and stress management during exam periods. Key findings highlighted a prevalent need for features that support sustained concentration, stress reduction, and efficient task management. Students expressed a desire for a more personalized user experience that could adapt to varying study habits and mental wellness needs.

5.1.2 Insights Driven Feature Ideation

Drawing from the data gathered, I conceptualized several potential features designed to enhance the usability and effectiveness of the MindfulRevision app:

Potential New Feature	Description
<u>Advanced Task Management System</u>	<p>Feedback indicated that the app's current task management tools were too simplistic. An advanced system could include:</p> <p>Task prioritization, allowing users to categorize tasks by urgency and type (academic, personal, extracurricular).</p> <p>Calendar integration to streamline task scheduling.</p> <p>Automated reminders to help users meet their deadlines efficiently.</p>
<u>Customizable Focus Modules</u>	<p>Many students expressed struggling with distraction. A customizable focus module could cater to various study preferences and needs:</p> <p>Flexible focus timer options, including traditional Pomodoro techniques or personalized timer settings.</p> <p>A choice of concentration-enhancing soundtracks, like white noise or calming nature sounds</p> <p>Features to schedule and track focus sessions to promote better study habits.</p>
<u>Stress Management Toolkit</u>	<p>Stress management emerged as a major need area in our interviews. A dedicated toolkit could include:</p> <p>Guided relaxation exercises, including meditation sessions and simple yoga stretches.</p> <p>Stress education modules teaching students about stress effects and coping mechanisms.</p> <p>Regular prompts to engage in stress-reducing activities during study breaks.</p>

<u>Study Group Feature</u>	Reflecting on the feedback, there was a notable interest in more collaborative features. A study group tool could foster a collaborative learning environment: Functionality to create virtual study rooms where users can invite peers to join sessions. Shared goals and progress tracking within the app to enhance group accountability. Integration of chat and file-sharing tools to facilitate group communication and resource sharing.
<u>Enhanced Social Features</u>	Although some users were sceptical about social features, there was still a clear demand for improved peer interaction to aid motivation and support: Mechanisms for forming study groups or buddy systems within the app. Gamification elements to reward participation and achievement, enhancing user engagement and motivation.
<u>Integration with Academic Resources</u>	Students wanted easier access to academic materials directly through the app: Direct links to institutional resources, online libraries, and essential academic tools Seamless integration with learning management systems and educational platforms Tools for group projects, such as shared notetaking and task delegation

5.2 Low Fidelity Prototypes

During the ideation phase I used the user feedback mentioned in Sections 4.2 and 4.3 to brainstorm possible additional feature ideas. I used Wireframe Pro (see Section 3.2.1) to make some wireframes and then narrowed down the possible new features to:

1. Adding and improving features for To Do List feature.
2. Adding a Study Group feature.
3. Adding gamification features.

5.2.1 To-Do List Additional Features – Wireframes



Figure 14: To-Do Feature Wireframes

To-Do List Screen (Left) - Wireframe

Design Features:

List View with Checkboxes

The To-Do List app features a list view that displays each task alongside a checkbox, a design choice that greatly enhances user interaction. Checkboxes provide immediate visual feedback, allowing users to easily mark tasks as completed. This simple yet effective mechanism caters to the natural human satisfaction derived from visibly ticking off completed tasks. The incorporation of checkboxes ensures that the app remains user-friendly and efficient, facilitating quick updates and reducing cognitive load, which is crucial for a productivity tool.

Priority Indicators

Tasks in the app are displayed with priority indicators, which categorize tasks into High, Medium, or Low urgency. This feature is critical for helping users quickly identify which tasks require immediate attention and which can be deferred. By displaying these priority levels prominently, the app encourages users to effectively manage their time by focusing on high-priority tasks that might be time-sensitive. This not only aids in better daily planning but also in long-term task management, allowing users to allocate their effort according to the importance and urgency of their tasks.

Date Display for Tasks

Each task is associated with a specific date, providing users with a clear deadline for task completion. This feature is instrumental in helping users manage deadlines and effectively schedule their tasks. The date display allows users to plan their workload over days, weeks, or even months, thus enhancing productivity and ensuring that no important task is overlooked. The integration of dates into the task list supports users in prioritizing tasks not just by urgency indicated by the priority level but also by the upcoming deadlines, enabling a well-rounded approach to task management.

Add Task Screen (Right) - Wireframe

Design Features:

Form Input Fields

The "Add Task" screen in the To-Do List app is thoughtfully designed with specific input fields for Title, Date, and Description. This meticulous design ensures that users can capture all necessary details about a task right from the onset. The Title field allows users to specify the task succinctly, while the Date field helps in setting a precise deadline. The Description field provides space for additional details, which is essential for tasks that require more context or specific instructions. This comprehensive approach to task entry minimizes the need for later adjustments, streamlining task management and enhancing overall productivity by keeping all pertinent information readily accessible.

Priority Selection

A critical feature on the "Add Task" screen is the priority selection mechanism, which lets users define the urgency of a task as Low, Medium, or High. This selection is facilitated through an intuitive toggle or radio button interface, making it easy and quick for users to categorize new tasks. By allowing users to set the priority at the point of task creation, the app aids in immediate and effective planning and prioritization. This feature helps in organizing tasks in a manner that aligns with their importance and urgency, enabling users to manage their time and workload more efficiently.

Action Buttons: Add and Cancel

The design of the "Add Task" screen includes clearly marked 'Add' and 'Cancel' buttons, which provide straightforward options for users to either save a new task or discard it. The 'Add' button confirms the entry of a new task into the system, while the 'Cancel' button allows users to back out without saving changes, should they decide against adding a new task or wish to revise the information. This clear distinction between actions simplifies the user decision-making process, making the app easier to navigate and reducing the likelihood of user errors. The

simplicity and clarity of these action choices enhance user experience by making the app more accessible and user-friendly.

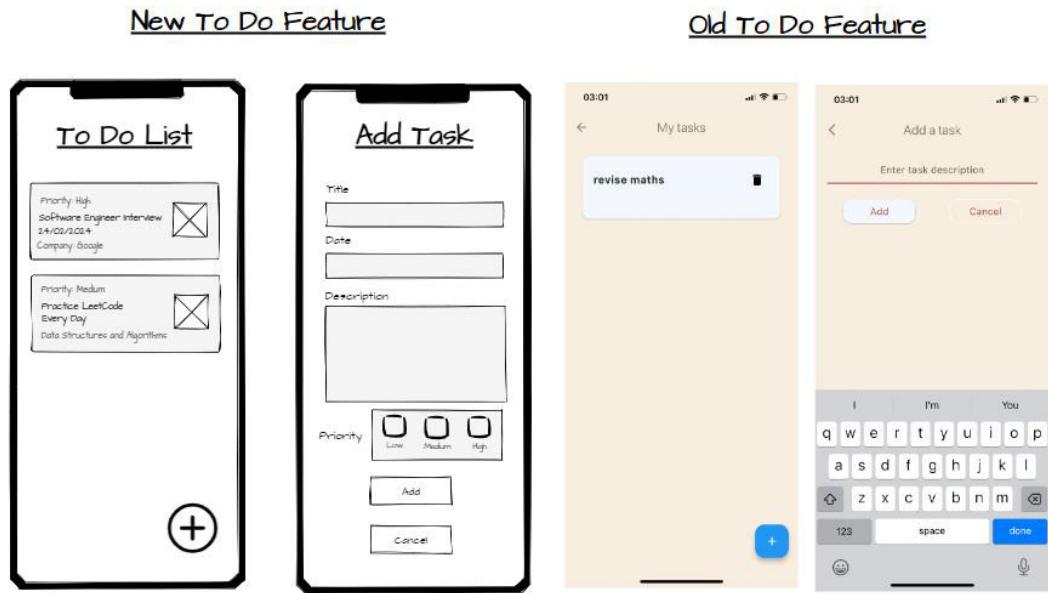


Figure 15: New To-Do Feature Wireframe vs Old To-Do Feature

Comparison	Old To-Do List	New To-Do List Wireframe
Interface and Layout	<p>The existing app screenshots show a simpler and less structured interface. The "My Tasks" screen directly shows an editable field for a task, with minimal categorization or detail.</p> <p>The "Add a Task" screen in the existing app includes only a single field for entering the task description and simply 'Add' or 'Cancel' options, indicating a basic functionality that primarily captures task text without additional categorization or details.</p>	<p>The wireframe depicts a more structured interface with a dedicated "To Do List" screen that displays tasks categorized by priority levels (e.g., high, medium).</p> <p>An "Add Task" screen offers a form to input detailed task information, including Title, Date, Description, and Priority (with radio buttons to select priority level). This structured form supports a more organized and detailed task input method.</p> <p>The new features give a minimalist design with dedicated fields for each piece of information and logical navigation between tasks and adding a new task.</p>
Features	<p>Lacks explicit priority settings, which may result in a less organized task management experience.</p>	<p>Priority Setting: Allows users to categorize tasks by priority (Low, Medium, High), which helps in managing tasks more effectively based on urgency.</p> <p>Detailed Task Information: Users can set a title, date, and a more detailed description for each task.</p>

	Only basic task addition with a single description field, missing out on detailed categorization or scheduling capabilities.	task, making it easier to understand and follow up on tasks. Categorization and Organization: Tasks are visibly organized by priority in the main list, enhancing the ease of tracking task completion and focusing on important tasks.
User Experience	Simplicity could be beneficial for users seeking a straightforward, no-frills task management tool. However, the lack of detailed task management features might not be suitable for users needing to manage a more complex or larger volume of tasks.	The structured input and categorization are likely to enhance the user experience by making task management more intuitive and efficient. Visual indicators for different priorities and a clear separation between task viewing and adding tasks could lead to a more organized approach to managing tasks.

Summary

The new To-Do List wireframe demonstrates significant improvements over the old version, primarily through enhanced structure, prioritization, and detailed task management. Unlike the old app, which had a basic interface with limited functionality for task categorization and detail, the new version introduces a more organized layout. Tasks in the new app can be categorized by priority levels (low, medium, high), which not only aids in better management of tasks based on urgency but also improves overall task visibility and organization.

Additionally, the "Add Task" feature in the new app is much more comprehensive. It allows users to input detailed information such as title, date, description, and priority, which is a significant upgrade from the old app's single-field entry. This structured approach not only makes task management more intuitive but also enhances the user experience by providing visual indicators for task priorities and a clearer separation between viewing tasks and adding new ones.

Overall, the new To-Do List app is better equipped to handle a larger volume and variety of tasks, making it a more effective tool for users needing detailed and organized task management.

5.2.2 Study Groups Feature - Wireframes

As described in Section 4.2.1 ("Study groups for accountability, visualizing goals, celebrating wins"), a common theme found amongst participants was the idea of studying in groups, to reinforce accountability amongst their student peers. This led me to sketch a wireframe for an additional feature relating to these findings.

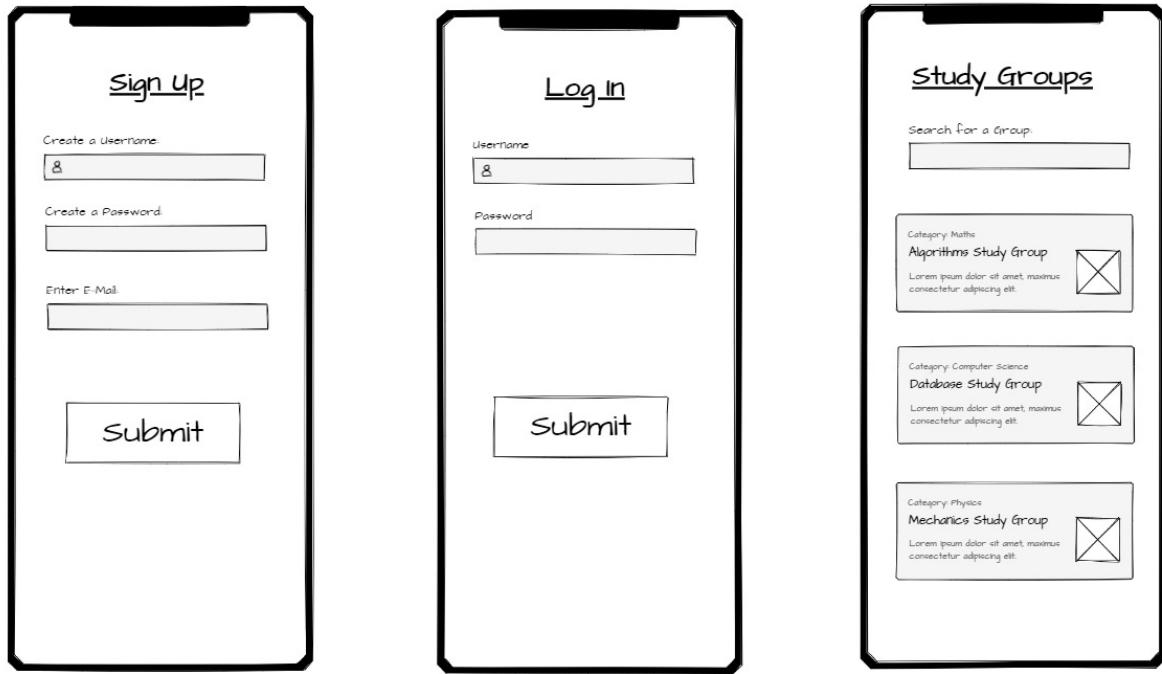


Figure 16: Study Group Wireframes

Sign Up and Log In Screens

Simplicity and Clarity: Both the Sign Up and Log In screens have a straightforward layout, making it clear what information the user needs to provide—username, password, and email (for Sign Up). This simplicity helps reduce user confusion and streamlines the account creation and access processes.

Consistency: The design maintains consistency across these two screens, using similar text boxes, button styles, and layout structures. This consistency is crucial for user experience as it sets predictable patterns that users can quickly learn and feel comfortable with.

User-Friendly Forms: The form fields are large and clearly labelled, which enhances readability and accessibility. The presence of icons next to the username and password fields can help users quickly identify the purpose of each field, though these are more indicative in the context of real applications with more detailed icons.

Action-Oriented Submit Buttons: The use of prominent 'Submit' buttons indicates a clear action point for the users to complete their task. This is an effective UI practice to guide users towards the next step in their interaction with the app.

Study Groups Screen

Search and Filtering: This screen offers a search bar at the top, allowing users to quickly find specific study groups. This feature caters to the needs of users looking for groups in particular subjects, enhancing the usability of the app.

Categorization: Groups are categorized by subject, such as Math, Computer Science, and Physics, with each group described briefly. This categorization helps users navigate and select groups that match their interests or study needs.

Information Hierarchy: Each group entry includes a title and a brief description. This hierarchy of information helps users make quick decisions based on the group's relevance to their academic interests.

Icons: Each group have the option of selecting an icon to represent the study group, which can help students recognise the content in the study group.

5.2.3 Gamification – Wireframe

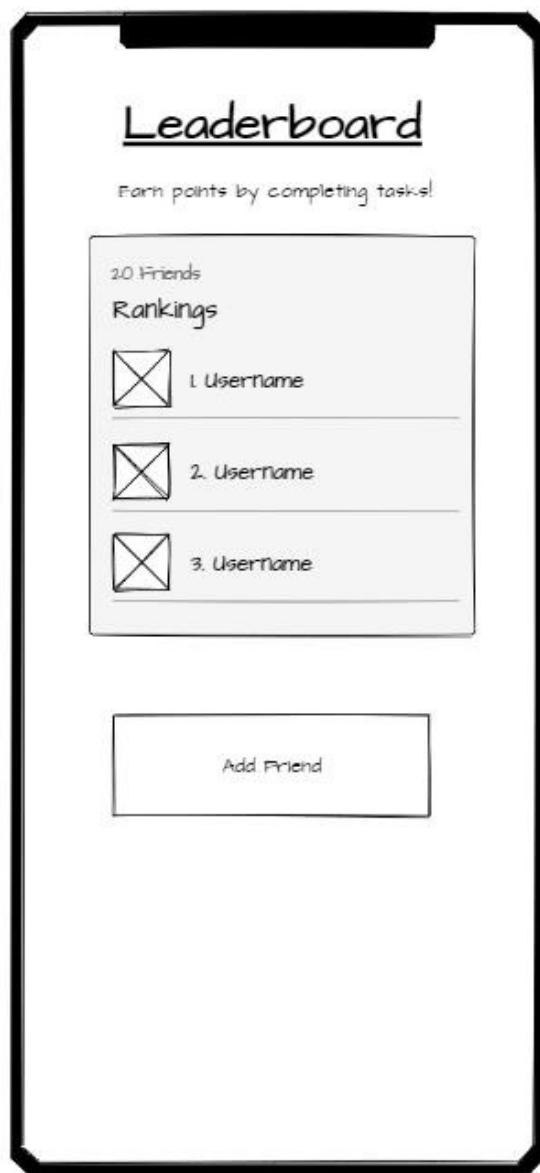


Figure 17: Gamification Wireframe

This wireframe showcases the "Leaderboard" feature for the MindfulRevision app, aimed at enhancing user engagement through social gamification. Here's a breakdown of its elements and functionalities:

Header

This section clearly labels the screen, indicating that the user is viewing the leaderboard. It's direct and concise, aligning well with a user-friendly design.

Introduction Text

A brief message, "Earn points by completing tasks!", serves as an instructive tagline that motivates users by linking the leaderboard rankings to their activities within the app. This helps clarify the purpose of the leaderboard and how it operates.

Friends Rankings

The main body of the screen lists user rankings among friends, suggesting a social competitive element. Displaying only three rankings can make the competition feel more intimate and manageable. Each ranking entry includes a checkbox (perhaps intended as a placeholder for user avatars or icons) and the username, making it personal and relatable.

Add Friend Button:

Located at the bottom, this feature facilitates social interaction by allowing users to easily add friends to their network, thereby potentially expanding the leaderboard and enhancing the competitive environment. It encourages users to engage more deeply with the app through social connectivity.

5.2.4 User Feedback for Low Fidelity Prototypes

New To-Do List App Features (see Section 5.2.1)

Summary of User Feedback:

Name	Feedback
Supna	"I really like the minimalistic design and how it eases the use, which is calming during hectic study periods. The detailed task entry in the new To-Do List is a great improvement. However, the functionality could still be enhanced. For instance, integrating notifications for upcoming deadlines and categorizing tasks could help manage my workload better. Also, the use of icons would be good as it would make it more aesthetically pleasing."
Shakil	"The focus on improving organization in the new To-Do List is good, but I think there's room for integrating it with study materials or linking it with educational resources. This would add significant value, making the app not just a task manager but a comprehensive study tool. Also, the task items should be simple and convey important details."
Sohaib	"I find the structure of the new To-Do List to be a solid improvement over the old version. It's more organized and the user interface seems more intuitive. Customization options would be highly beneficial though, like being able to change themes or adjust layouts according to personal preference, which would make the app more visually appealing to me. In addition, the screens should make the use of multiple colours."
Safa	"The new task management features seem promising. I particularly like the idea of setting priorities for tasks—it helps in focusing on what's important. However, as someone who juggles multiple projects, I would appreciate even more advanced features like integration with a calendar app for better scheduling and time management."

Lorenzo	"As someone who appreciates simplicity and direct functionality in apps, I find the new design of the To-Do List to be quite refreshing. The ability to categorize tasks by priority is exactly what I need to manage my busy schedule more efficiently. However, I'd suggest adding some interactive features, perhaps like a gamified reward system, which could make the process of completing tasks more engaging."
---------	---

Study Groups Feature (see Section 5.2.1)

Name	Feedback
Supna	"I appreciate the clean design of the Study Groups feature; it makes it easy to find and join groups relevant to my studies. However, I'd like to see more personalized features, such as recommendations based on my course and previous group interactions. It would make the feature feel more tailored to my needs. For the next iteration, it would be great if there was the use of icons and images to make it more visually appealing"
Shakil	"I like the idea of the Study Groups feature as it facilitates collaborative learning, but I think linking it directly with educational resources would be beneficial. It would be great if the app could integrate with university resources, allowing us to access relevant materials directly from the study group discussions."
Sohaib	"The structured approach to the Study Groups feature is solid and provides a good foundation. However, the interface could be streamlined a bit more. Perhaps incorporating fewer, more meaningful categorizations and an advanced search feature would improve my experience. Having a place to store resources for the topics for each group would be good."
Safa	"The categorization and simplicity of finding study groups are great. But it would be much better if there were options to rate groups or see ratings from others to ensure the quality and relevance of the group. Also, a function to filter groups by level of study or even specific topics within subjects would enhance the usability."
Lorenzo	"The new Study Groups feature is practical and seems useful for collaborative learning. However, I think the groups could benefit from more interactive features, like real-time chat or video calls, making it more engaging and useful for study sessions. Also, including a feature to set up and notify about upcoming group meetings would be helpful."

Gamification Feature (see Section 5.2.1)

Name	Feedback
Supna	"I really appreciate the simplicity of the design, and the idea of earning points through tasks is quite motivating. However, the competitive aspect of a leaderboard doesn't really appeal to me. I use apps more for personal growth and less for competing with friends. So, while the design is clean and straightforward, I'm not sure I would engage much with this feature."
Shakil	"I think the leaderboard feature looks visually appealing and the idea behind it is great for fostering a community spirit. Nonetheless, my use of the app is more about personal time management and less about seeing how I stack up against others. I'm afraid this feature wouldn't be very relevant to me, and I wouldn't find myself using it much."
Sohaib	"The leaderboard is well-structured, and I can see how it could be a fun way for users who enjoy a bit of competition. However, for me, studying is a personal

	journey, not a competitive sport. I prefer features that help me manage my study habits without comparing myself to others. So, I doubt I would use this feature very often, if at all."
Safa	"The design is user-friendly, and I like how clearly everything is laid out. The 'Add Friend' button is a nice touch for connectivity. However, I'm more focused on my own progress and find comparisons with others to be a distraction. This feature doesn't align with my goals for using the app, so I probably wouldn't engage with it much."
Lorenzo	"The layout of the leaderboard is clear, and the feature is well implemented. However, I'm not particularly motivated by rankings or competition. I'm more interested in features that enhance my individual learning experience. Therefore, while I see the value in such a feature for others, it's not something that would benefit me personally."

Summary

Going by the user feedback for the low fidelity prototypes, the 2 favoured features are the improved to do list features and the study group feature. Therefore, these 2 features will move on to the mid fidelity prototype stage.

5.3 Mid Fidelity Prototypes

After gathering feedback from the low fidelity user feedback sessions, I analysed the results and made decisions relating to the next iteration of the prototypes, in the mid fidelity stage.

I narrowed down the possible additional features to the new To-Do List feature and the Study Group feature, seen in sections 5.2.1 and 5.2.2 respectively. Now progressing to the mid fidelity stage, I will consider the user feedback for the low fidelity prototypes and create the next iterations of the prototypes with desired features stated in the results.

5.3.1 New To-Do App Mid Fidelity Prototype

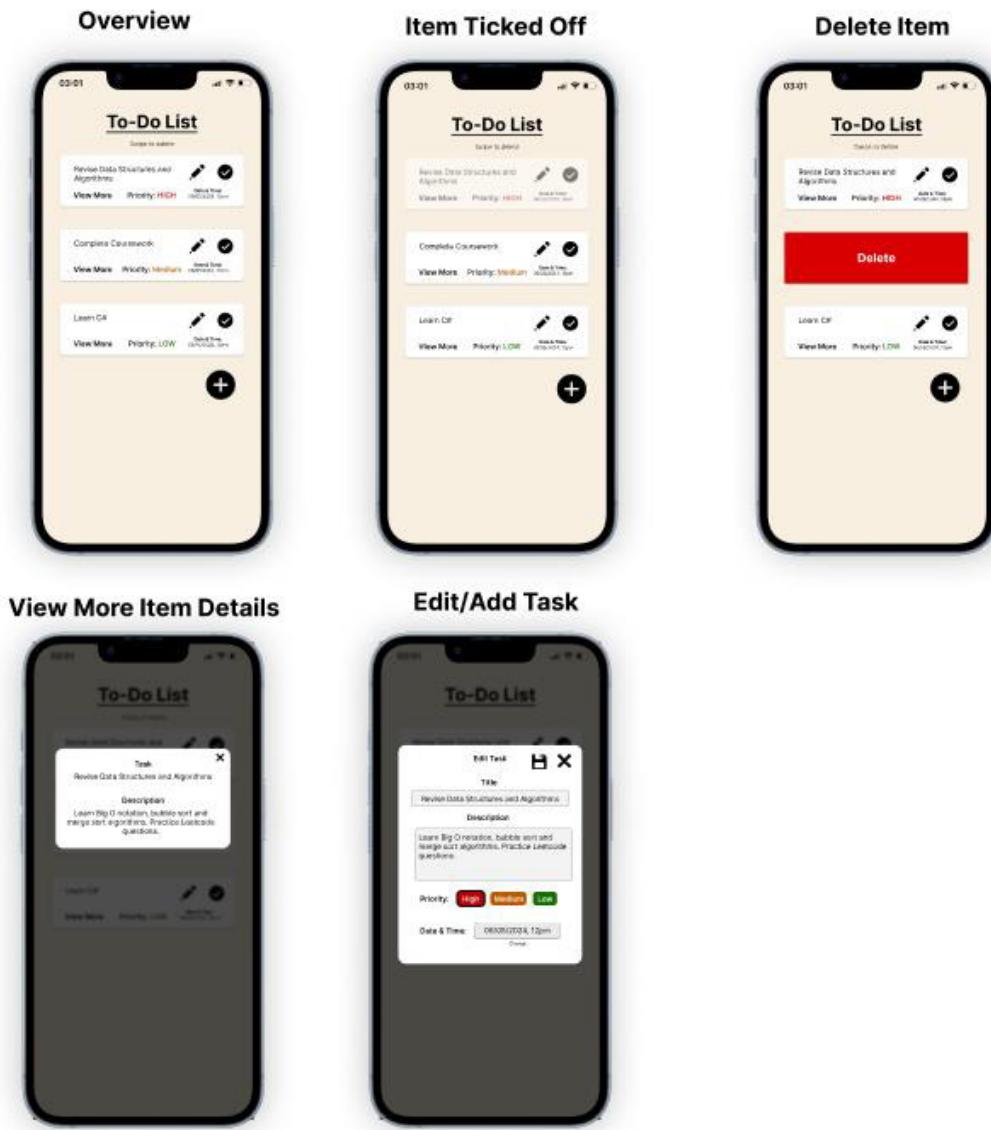


Figure 18: Improved To-Do App Mid Fidelity Prototype

Screens

Overview Screen:

This screen serves as the main dashboard for the To Do List app, displaying a list of tasks with checkboxes to mark tasks as completed.

Each task includes a brief description and a priority indicator, helping users quickly understand the task's importance.

The layout is clean and user-friendly, with a "+" button prominently displayed at the bottom, allowing users to easily add new tasks.

Item Completed Screen:

This screen illustrates the interface after a user has marked a task as completed. The task now is faded out (lower opacity) visually confirming the completion. The user can do this by pressing the tick icon for a task.

This screen highlights the app's responsive feedback to user actions, which is essential for a satisfying user experience.

Delete Item Screen:

Featured on this screen is the functionality to delete a task. A red "Delete" button appears when a task is selected, providing a clear option to remove the task from the list. The user can perform a deletion by swiping the task item, which will reveal the red box with white text. The user can then press the box to confirm deletion.

This design choice underscores the app's commitment to easy task management, allowing users to maintain their lists efficiently.

View More Item Details Screen:

This screen expands on a selected task to show more detailed information, including a longer description and specific details relevant to the task.

It's designed to provide users with context or additional instructions without cluttering the main list view, enhancing the usability for tasks that require more extensive details.

Edit/Add Task Screen:

The screen for editing or adding a task is comprehensive, with fields for the task title, description, and priority level. There is also a date picker, enhancing the task's scheduling functionality.

A "Save" button ensures changes are stored, and a "Cancel" button allows exiting without changes. This setup fosters a user-friendly experience by offering clear options for task management.

Improvements from Low Fidelity Prototype

Improvements made from the low fidelity prototype were inspired by the results of the user feedback sessions conducted, see Section 5.2.2 for more details.

Visual Design and Aesthetics: The mid fidelity prototype has a more refined visual design, with a consistent colour scheme and more visually appealing interface elements such as buttons and icons. This enhances the overall user experience and makes the app more engaging.

Detailed Interaction Elements: The mid fidelity screens include more detailed elements such as checkboxes, swipe gestures to tick off items, and buttons for actions like adding or deleting tasks. These elements provide clearer interaction cues to users, making the app more intuitive and easier to use.

Information Hierarchy and Layout: In the mid fidelity prototype, the layout is better organized with clearer demarcations between different sections and tasks. The use of space and alignment improves readability and usability, making it easier for users to scan and find the information they need.

Functionality Representation: The mid fidelity prototype shows more advanced functionalities such as viewing more details of a task, editing, or adding tasks through more comprehensive forms. This contrasts with the basic functionality shown in the low fidelity prototype and indicates a deeper consideration of user needs and interactions.

Feedback Mechanisms: The mid fidelity prototype incorporates feedback mechanisms such as confirmation dialogs for deleting items and visual indicators for completed tasks. These feedback loops are crucial for ensuring that users understand the impact of their actions within the app.

Consistency in UI Elements: The mid fidelity prototype uses a consistent set of UI components across different screens, which helps in creating a cohesive user experience. Consistent UI elements reduce the cognitive load on users as they navigate through different parts of the application.

Summary

Overall, the mid fidelity prototype represents a more complete and functional approach to the design, suggesting a progression towards a fully functional application that prioritizes user experience and ease of use.

5.3.2 Study Groups Feature Mid Fidelity Prototype

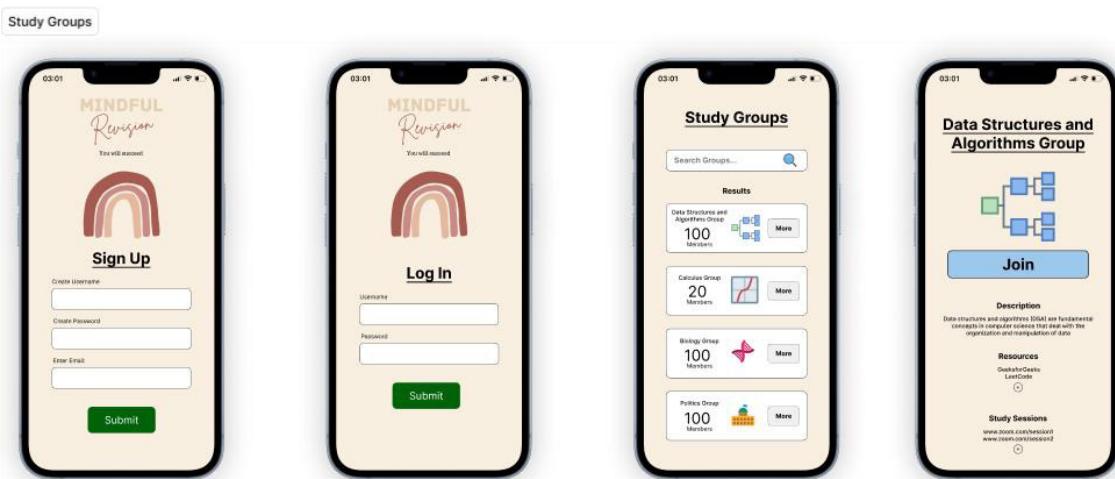


Figure 19: Study Group Feature Mid Fidelity Prototype

Screens

The mid fidelity prototype for the study groups app comprises four distinct screens, each designed to cater to different user interactions within the app. Here's a detailed breakdown of each screen:

Sign Up Screen

Purpose: Allows new users to create an account to access the app.

Design Elements: The screen features a simple layout with fields for entering a username, password, and email address. A submit button is prominently displayed. The branding is clear at the top, including the app logo and the title "Mindful Review."

User Experience Features: The fields are clearly labelled, and the form is straightforward, encouraging easy and quick sign-up. The use of soft colours and rounded form elements makes the interface gentle and user-friendly.

Log In Screen:

Purpose: Enables returning users to access their accounts by entering their credentials.

Design Elements: Similar in design to the sign-up screen, maintaining consistency in layout and style. It includes fields for username and password and a submit button.

User Experience Features: The consistency in design between the log-in and sign-up screens helps in reducing cognitive load for users, making the navigation between these two operations intuitive.

Study Groups Screen:

Purpose: Allows users to browse various study groups they can join.

Design Elements: This screen introduces a search bar at the top, followed by a list of available study groups categorized by subject. Each group listing includes user ratings, the number of members, and a brief description. Icons are used to represent different statistics like ratings and membership count.

User Experience Features: The use of icons and brief descriptions makes it easy to quickly assess the groups. The categorization and visual hierarchy facilitate easy browsing and selection.

Individual Study Group Screen:

Purpose: Provides detailed information about a specific study group, in this case, a Data Structures and Algorithms group.

Design Elements: This screen is more detailed, with information on group ratings, number of members, group leader details, and upcoming sessions. A prominent "Join" button is provided.

User Experience Features: The detailed presentation of the group's information helps users make an informed decision about joining. The information is segmented clearly for ease of reading, and visual elements like stars for ratings and icons for user counts enhance the data's readability.

Each screen in the mid fidelity prototype is crafted to provide a visually appealing, coherent, and user-friendly experience. The design choices such as colour, typography, and layout consistently reflect the app's purpose and ensure a smooth navigation path for users, from registration to participation in study groups. This step-up from the low fidelity prototype adds layers of detail that are vital for the next phases of user testing and development.

Improvements from Low Fidelity Prototype

The transition from the low fidelity prototype to the mid fidelity prototype in the study groups app feature showcases several improvements that contribute to a more visually appealing and user-friendly design. The improvements were inspired by the user feedback received, see Section 5.2.2 for more details. Here's a breakdown of the enhancements observed in the mid fidelity prototype compared to the low fidelity version:

Visual Design and Aesthetics:

Colour Scheme and Branding: The mid fidelity prototype introduces a colour scheme and branding elements (like the logo at the top of the screens), which are absent in the low fidelity prototype. This not only makes the screens more visually appealing but also provides a cohesive look that can help in brand recognition.

Typography: The use of more refined typography in the mid fidelity prototype enhances readability and aesthetic appeal. The font choices are more visually engaging and likely chosen for better on-screen readability.

User Interface Elements:

Button and Input Field Design: In the mid fidelity prototype, buttons and input fields are more defined with rounded corners and shading, providing a more modern and tactile feel. This contrasts with the basic, flat design in the low fidelity prototype.

Icons and Visual Cues: The use of icons and other visual elements in the mid fidelity prototype, such as stars for ratings and graphical representations of stats, improves the interface's intuitiveness and makes information quicker to digest.

Information Hierarchy and Layout:

Structured and Spaced Layout: The mid fidelity prototype displays a better-organized layout with clear spacing and grouping of elements, which helps in guiding the user's eye through the features smoothly. For example, in the study group details screen, information is compartmentalized into segments that are easy to differentiate at a glance.

Enhanced Navigation: The introduction of a more detailed and visually differentiated navigation bar and headers in the mid fidelity prototype helps users understand where they are within the app and how to move to other sections easily.

Detailing and Content:

Descriptive Text and Labels: The mid fidelity prototype uses more descriptive text for buttons and labels, which aids in clarity. For example, the addition of concise descriptions under the 'Join' button in the study group details provides immediate context about what happens next.

Realistic Content: Instead of placeholder texts, the mid fidelity screens use realistic content that helps in understanding the context and utility of the app features better.

Overall, the transition from low to mid fidelity in this app prototype marks significant strides in usability, aesthetic design, and the overall user experience, making the app not only functional but also engaging for the end-users. These changes are crucial as they often lead to better user retention and satisfaction by making the app more intuitive and easier to navigate.

5.3.3 User Feedback for Mid Fidelity Prototypes

Improved To-Do List App Feature (see Section 5.3.1)

Summary of User Feedback:

Name	Feedback
Supna	Positive: The checklist style interface helps clearly visualize tasks and priorities, which is great for organization.

	Improvement: Could use more sophisticated features like integration with calendars or automated deadline reminders to enhance its utility for academic and personal tasks.
Shakil	Positive: The prioritization of tasks and visual feedback on completion are very intuitive. Improvement: Including a feature for recurring tasks or project milestones could make it more versatile for long-term planning.
Sohaib	Positive: The interface is user-friendly, and tasks are easily manageable with just a few taps or clicks. Improvement: More customization options for themes and task display would cater better to personal preferences.
Safa	Positive: The design is clean and straightforward, making it easy to keep track of tasks. Improvement: Needs more detailed task management tools, such as sub-tasks and progress levels, to handle complex projects.
Lorenzo	Positive: Effective at facilitating task management with a clear overview of daily responsibilities. Improvement: Integration with other apps, like email or document editors, would enhance its functionality.

Study Groups Feature (see Section 5.2.1)

Name	Feedback
Supna	Positive: The ability to search and join study groups based on subjects is very beneficial for collaborative learning. Improvement: It would be helpful to add features like live chat or video call integration for real-time discussion.
Shakil	Positive: The categorization of groups makes it easy to find relevant academic partners. Improvement: Additional functionalities like group task assignments or progress tracking could enhance the collaborative experience.
Sohaib	Positive: Facilitates academic collaboration effectively with easy navigation. Improvement: A built-in scheduler for planning group study sessions would be very useful.
Safa	Positive: Provides a platform to connect with peers, which is great for shared learning. Improvement: Incorporating an interactive element like quizzes or peer reviews could make learning more engaging.
Lorenzo	Positive: The feature to join or create study groups is well-implemented and useful for collaborative study. Improvement: Adding a function to share resources directly within the group could improve usability.

Feature Preference

Feature	Votes
Improved To Do List Feature	4
Study Group Feature	1

Summary

There was an overwhelming majority of participants in favour of the development of a high-fidelity prototype for the new to-do list feature. Therefore, this feature will go through another iteration into a high-fidelity stage.

5.4 High Fidelity Prototype: Improved To-Do List Feature

5.4.1 Tech Stack

Overview

In developing the high-fidelity prototype of the improved To-Do List feature for the MindfulRevision app, I utilized the react mobile app development framework React Native. This choice was influenced by React Native's ability to provide a seamless and efficient development process for both Android and iOS platforms, ensuring a consistent user experience across devices.

Core Technology: React Native

Cross-Platform Compatibility: React Native enabled me to write code and test on both major mobile platforms, significantly reducing development time and maintaining consistent functionality and appearance across devices.

Component-Based Architecture: The modular nature of React Native allows for reusable components, which simplifies the development process when building or scaling user interfaces. This is particularly beneficial for features like task lists and interactive menus, where elements are repeatedly used.

React Native has proven to be an invaluable framework in the development of the high-fidelity prototype for the improved To-Do List feature of the MindfulRevision app. Its utilization facilitated the rapid iteration of both the iOS and Android versions of the app while maintaining a high level of performance and user experience consistency across platforms.

Justification for the Prototype's Lack of Backend

The decision to develop the high-fidelity prototype of the To-Do List feature without a backend was strategic and intentional, based on several key considerations:

Focus on Frontend User Experience: The primary goal in this phase was to refine the user interface and interaction without the complexities introduced by backend integration. This allowed me to focus solely on the user experience aspects, such as the interface layout, usability, and interactive elements, ensuring a highly polished frontend experience.

Speed of Iterations: Prototyping without a backend significantly sped up the development cycle. Changes could be implemented and reviewed in real-time without the need to accommodate backend updates, which can often introduce delays and complications.

In conclusion, the development of a frontend-only prototype was a deliberate strategy to optimize resource allocation, streamline the development process, and focus intensely on user interface design and functionality. This approach has not only facilitated a more focused and agile development process but also ensured that the prototype remains adaptable for future backend integration.

5.4.2 Prototype

This React Native application functions as a task management or to-do list feature, providing users with the ability to manage their tasks directly from their mobile devices. Here's an overview of the app's features and functionality:

Screens:

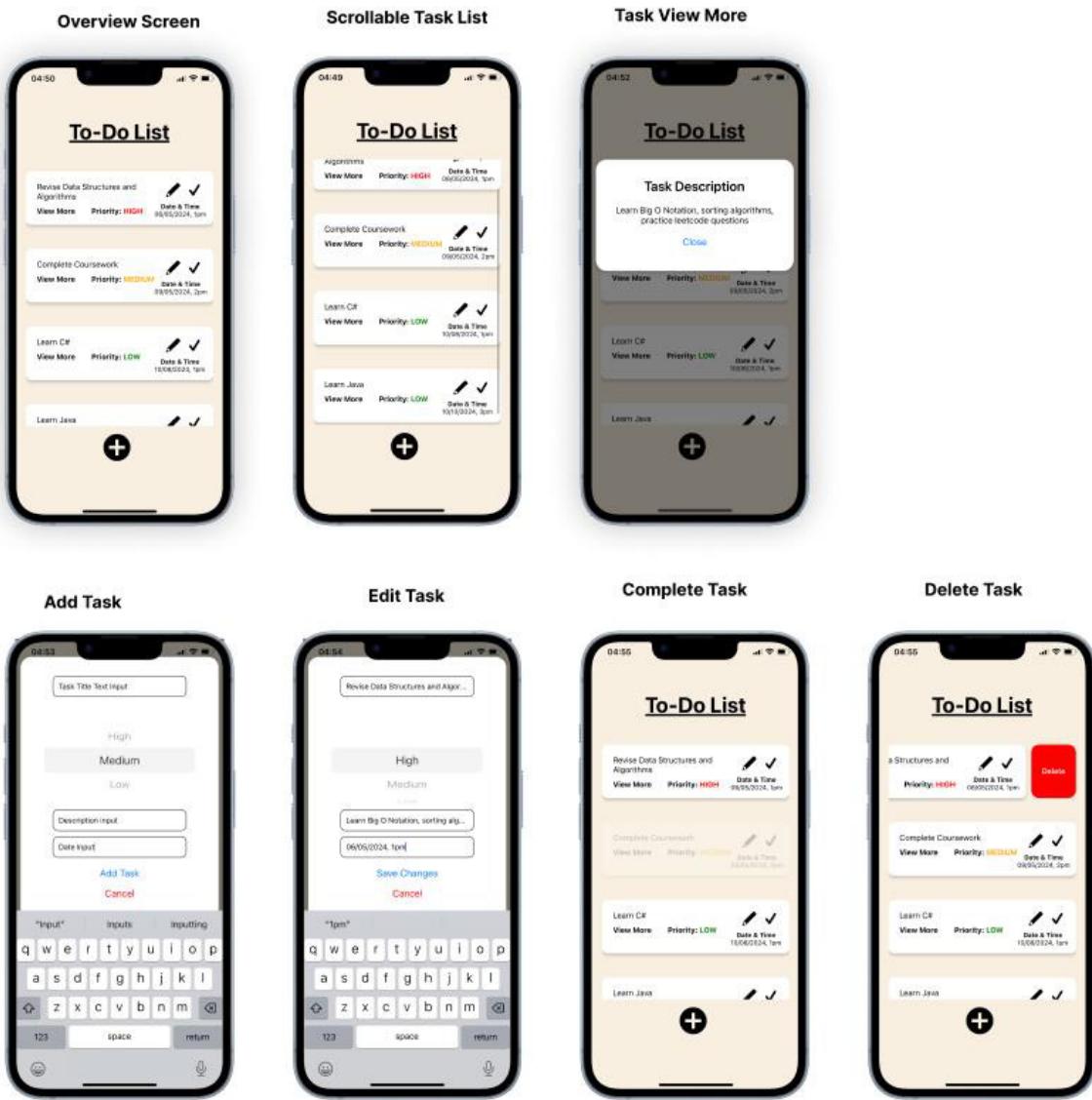


Figure 20: Improved To-Do Feature High Fidelity Prototype

The screenshots provided illustrate a clean and intuitive user interface for a to-do list application, designed for enhanced user experience on mobile devices. Here's a detailed analysis of the visual elements and user interface design:

Overview and Scrollable Task List Screens:

Layout: Tasks are organized in a vertical scrollable list that displays each task as a separate card. This layout makes it easy for users to browse through tasks quickly.

Design: Each task card has a minimalist design with clear, easy-to-read fonts, and icons that are self-explanatory. The use of shadows gives a subtle depth that helps each task stand out against the light background.

Task Interaction:

Edit and Delete Options: Swiping on a task reveals options to delete, marked by a red background and a trash icon, emphasizing a typical gesture-based interaction for mobile users.

Complete Task: A checkbox icon is used to mark tasks as completed, turning the task's text opacity down to indicate its status visually, which is a straightforward visual cue for completion.

Add and Edit Task Screens:

Input Fields: The screens for adding and editing tasks are clearly laid out with labelled input fields for the task title, priority level, and description. This ensures that the user knows exactly what information is required.

Priority Selection: The priority of a task can be selected using a dropdown menu, which is a familiar interface element for setting attributes.

Modal Windows:

Focused Interaction: The use of modals for adding, editing, and viewing details of tasks focuses the user's attention by dimming the background and presenting a single task's details centrally.

Consistency: The modal windows maintain a consistent design language with the rest of the app, using rounded corners and shadows for depth.

Visual Feedback:

Buttons and Touch Feedback: Interactive elements like buttons and task cards provide visual feedback when tapped, such as changes in colour for priority and opacity for completion, which is crucial for touch interfaces to confirm user actions.

Colour Scheme and Typography:

Colour Palette: The app uses a soft, neutral background colour that is easy on the eyes, combined with contrasting colours for interactive elements and priority indicators (red for high, orange for medium, green for low), which helps in quick visual sorting.

Typography: The app uses bold and distinct typography to make headings, task titles, and priority levels easily distinguishable. This aids in readability and helps users quickly scan through information.

Overall, the visual design of the app supports functionality with an aesthetically pleasing and user-friendly interface. The choice of colours, spacing, and interactive elements enhance the user experience by making task management both efficient and enjoyable.

Task Management Functionality Overview:

Adding Tasks: Users can create tasks by entering details such as task title, priority (High, Medium, Low), description, and date. Once a task is added, it is listed in the main view.

Editing Tasks: Each task can be edited by selecting an "edit" icon. This action populates the input fields with the task's existing data, allowing the user to update and save changes.

Completing Tasks: Tasks can be marked as complete by tapping a "check" icon. This changes the task's visual state to indicate completion, by lowering the opacity giving a faded look of the task.

Deleting Tasks: Tasks can be swiped to reveal a delete option, allowing users to remove tasks from the list.

Viewing Task Details: Users can view more detailed information about a task in a modal window by tapping a "View More" link under each task.

Modal Windows:

Task Input and Edit Modal: This modal is used for both adding new tasks and editing existing ones. It contains input fields for the task's title, priority, description, and date, and buttons to either save the task or cancel the operation.

View More Modal: Displays the description of the task in more detail.

User Interface Components:

Task List: Displays all tasks in a scrollable view. Each task is represented in a card-like format that shows the title, priority, and a brief option to view more details or edit.

Add Task Button: A button represented by an icon at the bottom of the screen allows users to open the modal for adding a new task.

State Management:

The app uses React's useState hook extensively to manage the state of tasks, modals, and form inputs.

The list of tasks and their details (like completion status and ID) are stored in state, enabling dynamic and responsive updates to the UI based on user interactions.

Styling and Layout:

The application uses styles extensively to provide a visually appealing and user-friendly interface, including modals, buttons, and input fields.

5.4.3 React Native Code Overview – App.js

Please note that the full code can be obtained in the zip file as part of the submission.

In this section, I will give a code overview to provide an insight to the high-fidelity prototype app functionality. Please note that the code snippets seen here do not contain the full code as there are many lines. Please see the attached zip file with the source code for all lines.

Imports and Dependencies

This block imports the necessary components from react-native and third-party libraries. It sets up the basic building blocks for creating a mobile application interface, handling gestures, and including icons for visual enhancements.

```
import React, { useState } from 'react';
import {
  StyleSheet,
  Text,
  View,
  Modal,
  TextInput,
  Button,
  TouchableOpacity,
  ScrollView,
} from 'react-native';
import Icon from 'react-native-vector-icons/Entypo';
import { Swipeable } from 'react-native-gesture-handler';
```

The imports set up the foundational elements used throughout the app, including UI components and hooks for state management. They enable gesture handling and add visually appealing icons.

Main Function Component: 'App'

Here, several states are initialized to manage tasks, input fields, modals, and other functionalities critical for task management operations.

State Management

```
const [tasks, setTasks] = useState([]);
const [count, setCount] = useState(0);
const [inputTitle, setInputTitle] = useState("");
const [inputPriority, setInputPriority] = useState("MEDIUM");
const [inputDesc, setInputDesc] = useState("");
const [inputDate, setInputDate] = useState("");
const [modalVisible, setModalVisible] = useState(false);
const [isEditMode, setIsEditMode] = useState(false);
const [editableTaskId, setEditableTaskId] = useState(null);
const [viewMoreModalVisible, setViewMoreModalVisible] = useState(false);
const [currentDescription, setCurrentDescription] = useState("");
```

This set of state hooks manages various aspects of the app such as the task list, form inputs, modal visibility, and task editing states. It enables dynamic updates and interactivity within the app.

Adding a New Task:

This function handles the addition of a new task to the task list, incrementing the task ID counter and resetting the input fields after a task is added.

```
const addTask = () => {
  const newId = count + 1;
  setCount(newId);
  const newTask = {
    id: newId,
    title: inputTitle,
    priority: inputPriority,
    date: inputDate,
    desc: inputDesc,
    isComplete: false,
  };
  setTasks([...tasks, newTask]);
  setInputTitle("");
  setInputPriority("MEDIUM");
  setInputDesc("");
  setInputDate("");
};
```

Edit and Save Task Functions

```

const editTask = (taskId) => {
  const taskToEdit = tasks.find(task => task.id === taskId);
  setInputTitle(taskToEdit.title);
  setInputPriority(taskToEdit.priority);
  setInputDesc(taskToEdit.desc);
  setInputDate(taskToEdit.date);
  setEditableTaskId(taskId);
  setIsEditMode(true);
  setModalVisible(true);
};

const saveTask = () => {
  const updatedTasks = tasks.map(task => {
    if (task.id === editableTaskId) {
      return { ...task, title: inputTitle, priority: inputPriority, desc: inputDesc,
    }
    return task;
  });
  setTasks(updatedTasks);
  setIsEditMode(false);
  setModalVisible(false);
};

```



The editTask function loads a task's data into the form fields for editing, while saveTask updates the task list with the modified task data, ensuring the changes are reflected in the UI.

Task Component

The Task component defines how each task is visually rendered and interacted with, including swipe-to-delete functionality. This component renders individual tasks as swipeable elements. It shows details of a task and allows users to perform actions like deleting a task through swipe gestures.

```

const Task = ({ id, title, priority, desc, date, isComplete, onDelete }) => (
  <Swipeable renderRightActions={() => (
    <TouchableOpacity onPress={() => onDelete(id)} style={styles.deleteButton}>
      <Text style={styles.deleteText}>Delete</Text>
    </TouchableOpacity>
  )}>
    <View style=[[styles.taskCard, isComplete ? styles.complete : {}]]>
      /* Task details */
    </View>
  </Swipeable>
);

```

Modal for Add/Edit Task

```
<Modal visible={modalVisible} animationType="slide" transparent={true}>
  <View style={styles.centeredView}>
    <View style={styles.modalView}>
      <TextInput style={styles.input} placeholder="Enter Task Title" value={inputTitle}>
        {/* Other input fields */}
      <Button title={isEditMode ? "Save Changes" : "Add Task"} onPress={saveTask} />
    </View>
  </View>
</Modal>
```

Displays a modal window for inputting task data, providing a focused environment for adding or editing tasks without leaving the current screen context.

Styles

```
const styles = StyleSheet.create({
  deleteButton: {
    backgroundColor: 'red',
    justifyContent: 'center',
    alignItems: 'center',
    height: 100,
    borderRadius: 15,
  },
  taskCard: {
    backgroundColor: 'white',
    padding: 20,
    borderRadius: 10,
  },
  complete: {
    opacity: 0.5,
  },
  input: {
    borderWidth: 1,
    padding: 10,
    borderRadius: 10,
  },
  modalView: {
    backgroundColor: 'white',
    padding: 35,
    alignItems: 'center',
    shadowOpacity: 0.25,
  },
});
```

Specifies the visual design of the application, including colours, margins, paddings, and other properties to ensure a cohesive and appealing user interface.

5.4.4 User Feedback for High Fidelity Prototype

	Overall Impression	Usage Frequency	Likes	Improvements	Focus on Studies
Supna	Really appreciates the clean and intuitive design, user-friendly and straightforward	Daily	Simplicity of task addition and clear visibility of task priorities and deadlines.	Adding reminders, notifications for deadlines, and colour coding for tasks.	Yes, helps organize tasks and reduces stress of forgetting deadlines.
Sohaib	Robust and well-designed, clean layout, well integrated functionalities	Several times a week	Inclusion of priority settings and ability to view more details about tasks.	Adding customization options such as themes or colour schemes.	Yes, helps in prioritizing academic work and other commitments
Shakil	Straightforward and effective for task management, clear and easy to use.	Daily	Simple yet functional task management , easy editing and deleting of tasks.	Integrating study materials or linking with educational resources.	Yes, helps structure revision time better.
Lorenzo	Sleek design, very intuitive user interface, professional and easy to navigate.	Frequently	Clean design, minimalist approach that helps focus on tasks without distractions.	Adding interactive elements like gamification and a rewards system for task completion.	Yes, helps visually organize and prioritize tasks, enhancing focus on studies.
Safa	Very appealing visually and functionally, seems very useful for students.	Daily	Ability to add, edit, and prioritize tasks efficiently.	Making the to-do list more advanced, integrating with a calendar and more detailed planning tools.	Yes, managing tasks effectively is key to focusing on studies.

The user feedback on the high-fidelity prototype of the To-Do List app provides valuable insights into how different users perceive its functionality and design. Each participant has provided detailed responses that highlight the strengths and potential areas for improvement in the app, emphasizing its role in enhancing academic and personal task management.

Overall, the feedback indicates that the To-Do List app is well-received for its design and basic functionality, with each user suggesting specific improvements that would make the app more useful in their academic and personal lives. Enhancements like integration with calendars, educational resources, customization options, and advanced task management features are commonly desired. These improvements would not only enhance the usability of the app but also its effectiveness in supporting the academic success and daily life management of its users.

Conclusions and Future Work

This project focusing on the development of the MindfulRevision app has significantly advanced my understanding and capabilities in enhancing university students' well-being and academic performance through mindfulness and revision support tools. The iterative design process, grounded in comprehensive user research, has enabled the creation of a high-fidelity prototype that not only meets the immediate needs of students but also paves the way for future enhancements.

The final high-fidelity prototype of the MindfulRevision app represented a significant step forward in both design and functionality, aimed at enhancing the user experience for university students. This prototype was developed based on extensive user feedback gathered during the earlier stages of the project, including both mid-fidelity testing and direct interviews.

The development of the high-fidelity prototyped feature for the MindfulRevision app, which is an enhanced To-Do List feature, has been driven by a user-centric approach to design and implementation. This feature was meticulously refined through iterative design phases based on direct feedback from student participants. These enhancements have significantly aligned with the expressed needs of the students, facilitating a more organized, effective, and personalized study experience.

The improved To-Do List feature directly meets the needs of the students by offering a solution that enhances their ability to organize and prioritize academic tasks, which is crucial during busy study periods. The feedback from student participants, as documented in Section 5.4.4, highlighted several areas of user satisfaction and areas for future improvement:

Students reported they would have increase in productivity and reduced stress levels due to better task management facilitated by the To-Do List feature. The ability to visually prioritize tasks based on urgency and deadlines has allowed students to focus more effectively on their studies.

Students appreciated the seamless integration of task management into their daily routine, which helped maintain a balanced study schedule.

Feedback indicated a strong approval for the personalization options within the To-Do List, such as setting custom reminders for individual tasks. This personal touch has made the tool more adaptable to various study habits and personal preferences.

Recommendations for Future Improvements

This high-fidelity prototype can prove to be very useful for the overall development of the MindfulRevision App.

There are many ways the app can continue to progress after the development of this high-fidelity prototype:

Feature Enhancement

Develop an advanced task management system that integrates with academic calendars, providing students with real-time updates and reminders.

Enhance mindfulness modules to include a wider range of stress management techniques tailored to various student preferences and needs.

User-Centric Design Iterations:

Continue employing iterative design processes, utilizing ongoing feedback to refine app features.

Conduct additional user testing sessions to ensure the new features resonate with the target audience and effectively address their needs.

Broader Integration:

Explore partnerships with educational institutions to integrate MindfulRevision directly into student support systems.

Expand the app's capabilities to sync with existing educational tools and platforms, creating a more holistic support ecosystem.

Research and Validation:

Initiate longitudinal studies to track the app's impact on students' stress levels and academic performance over time.

Validate the effectiveness of newly introduced features in enhancing student productivity and well-being.

Scalability and Accessibility:

Enhance the app's scalability to support a wider range of devices and operating systems, ensuring all students have access.

Improve accessibility features to accommodate students with disabilities, ensuring the app is inclusive and equitable.

By addressing these areas, the MindfulRevision app can evolve into a more robust tool, supporting students not only during their examinations but throughout their educational journey. This continuous improvement will also contribute to the broader dialogue on mental

health and education technology, positioning the MindfulRevision app as a leader in student support technology.

Reflection on Learning

Through the course of developing the MindfulRevision app, my understanding of user-centred design deepened significantly. Engaging in user research, design, implementation, and evaluation provided a holistic experience that enhanced both my technical skills and personal development.

Acquisition of Knowledge and Skills

The project demanded a comprehensive approach, starting from user research where I learned to craft and administer surveys and conduct interviews. This initial phase was crucial for aligning the app's development with real user needs. The design phase taught me to utilize tools like Figma and Miro, essential for creating interactive prototypes that were then tested in user feedback sessions. Implementing the app required brushing up on my coding skills, specifically in React Native, which was challenging but immensely rewarding. Finally, evaluating the app through structured user feedback sessions allowed me to see the tangible impact of my work, refining my skills in data analysis and interpretation.

Challenges and Overcoming Them:

One major challenge was balancing the diverse needs of the app's potential users, which sometimes conflicted or were too broad to address effectively. To manage this, I employed a prioritization strategy based on user feedback, focusing on the most requested features first. Another challenge was the technical difficulty of integrating new features seamlessly. This was overcome through iterative testing and learning more about mobile app development nuances, which significantly boosted my problem-solving skills.

Limitations and Future Research:

One limitation of the current project was the scope of user testing, which was confined to a relatively small and possibly non-diverse group of university students. Future research should aim to include a broader demographic to ensure the app's features are universally effective and inclusive. Additionally, while the current features have improved user engagement, the integration with academic resources was outside the project's scope but represents a valuable direction for further development.

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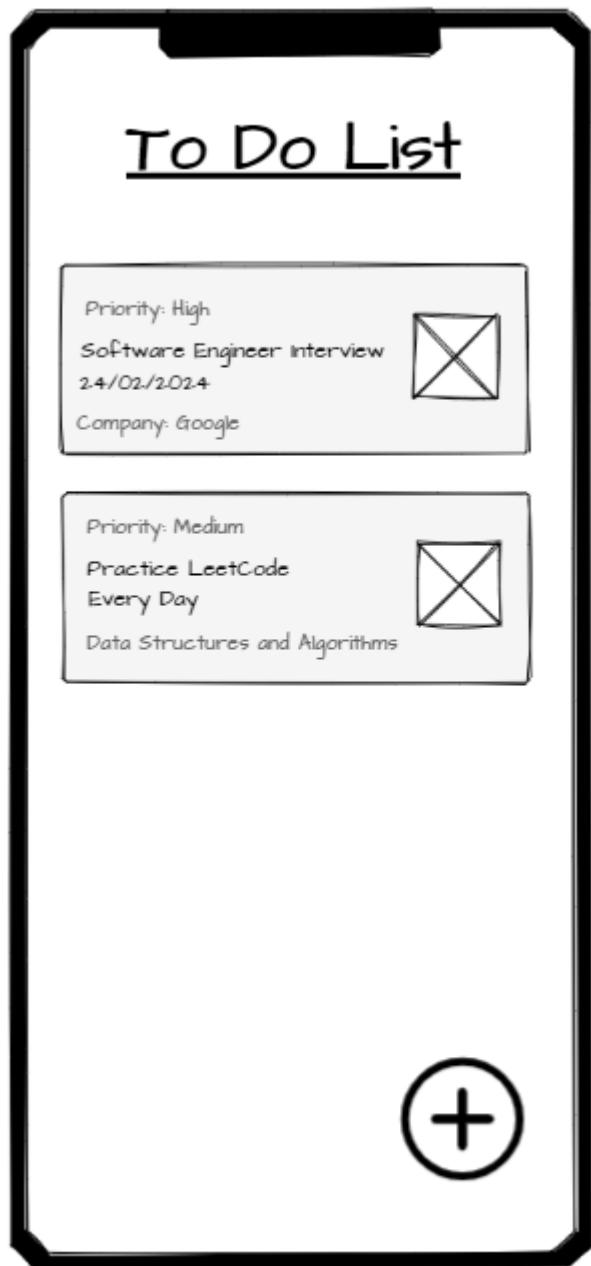
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Appendix A: Prototypes

Low Fidelity Wireframes

Improved To-Do List Feature

Overview



Add Task

Add Task

Title

Date

Description

Priority
 Low Medium High

Study Group Feature

[Sign Up](#)

The form is contained within a rounded rectangular frame with a thick black border. At the top center, the word "Sign Up" is written in a large, bold, sans-serif font. Below it, there are three input fields: a "Create a Username:" field containing the letter "g", a "Create a Password:" field, and an "Enter E-Mail:" field. At the bottom of the frame is a large, rectangular "Submit" button.

Sign Up

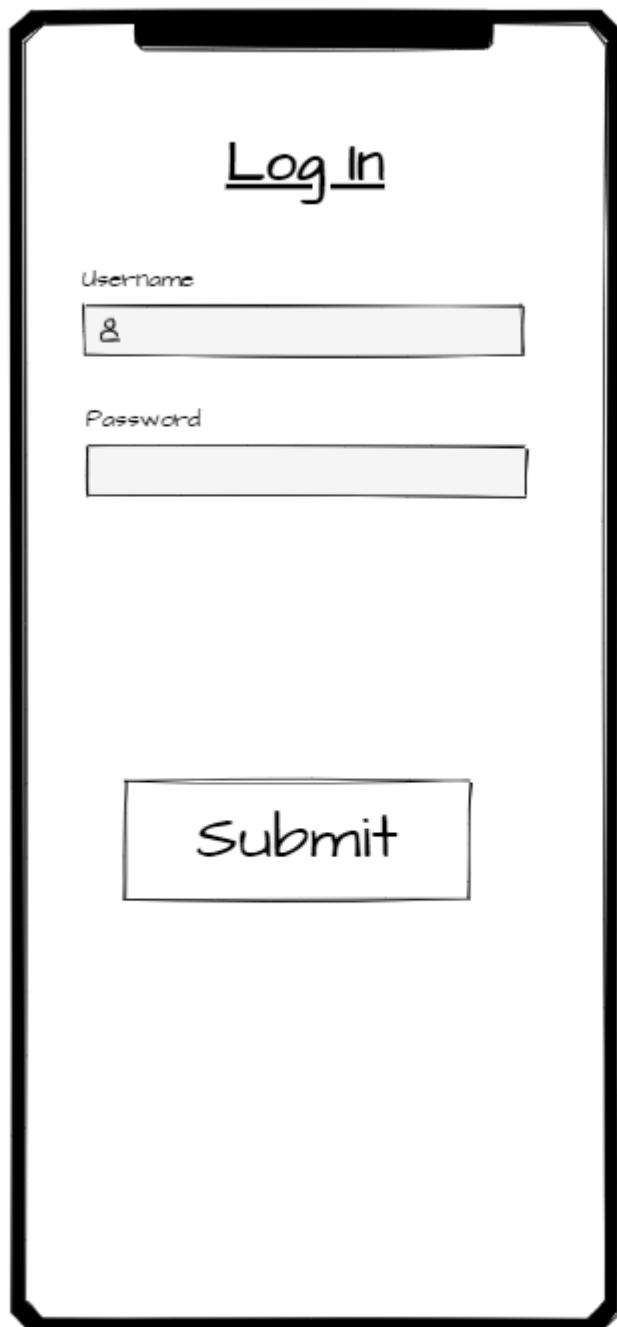
Create a Username:
g

Create a Password:

Enter E-Mail:

Submit

Log In



Study Groups

Study Groups

Search for a Group:

Category: Maths

Algorithms Study Group

Lorem ipsum dolor sit amet, maximus
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Category: Computer Science

Database Study Group

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Category: Physics

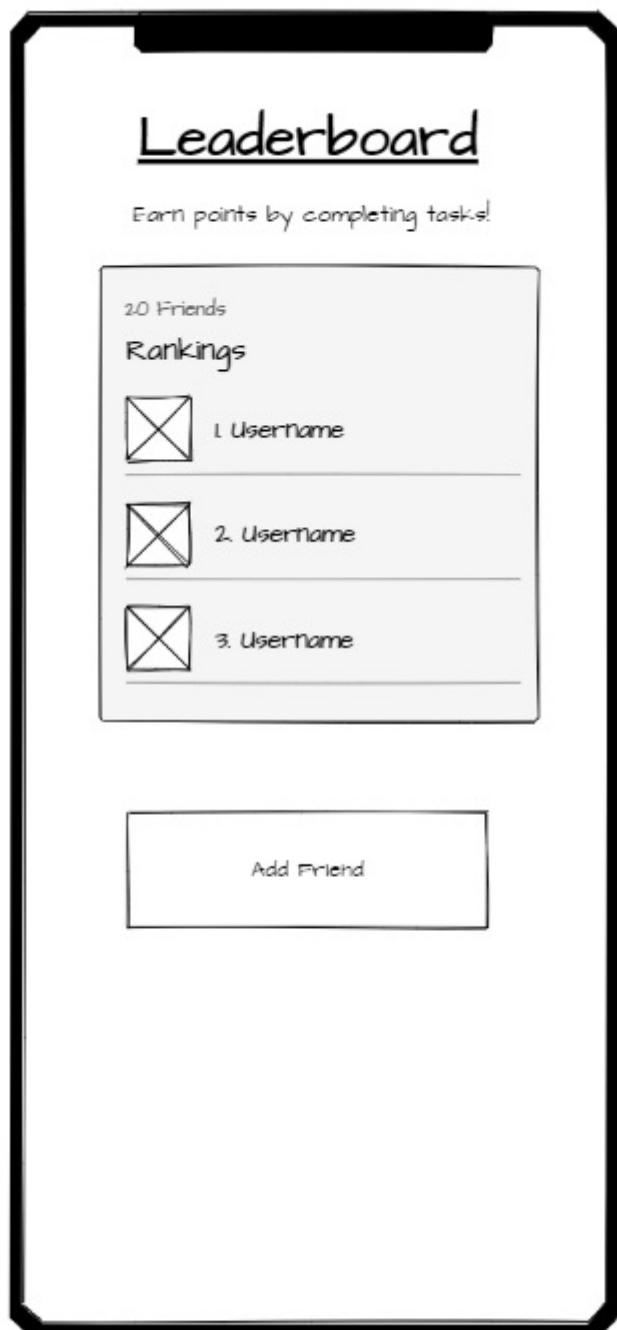
Mechanics Study Group

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consectetur adipiscing elit.



Gamification Feature

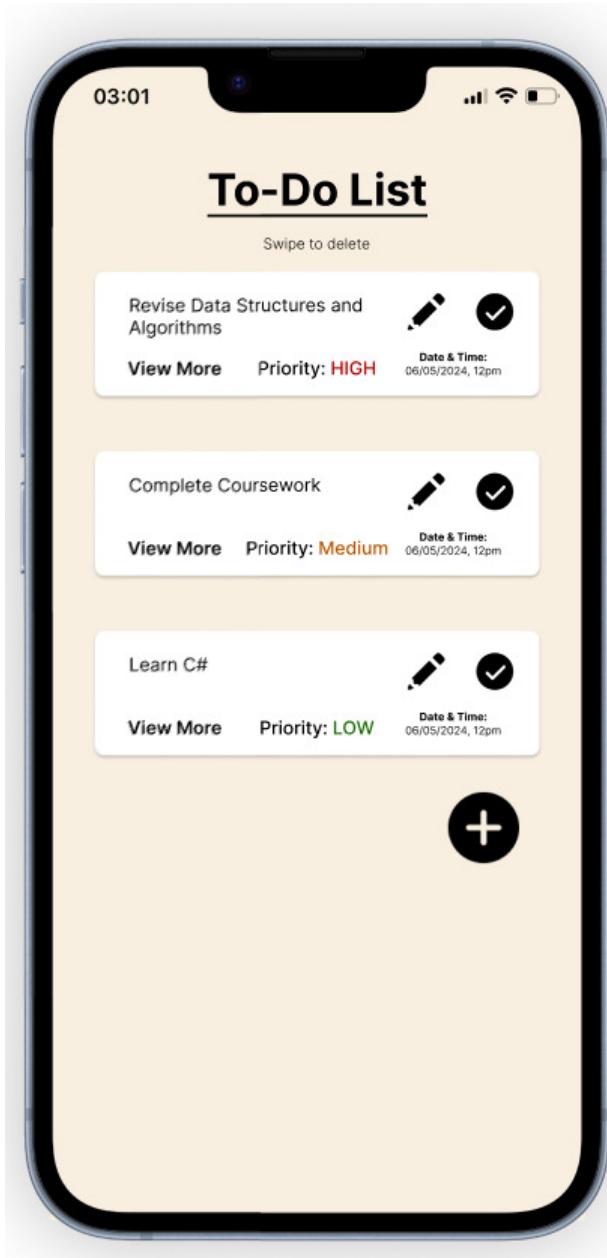
Leaderboard



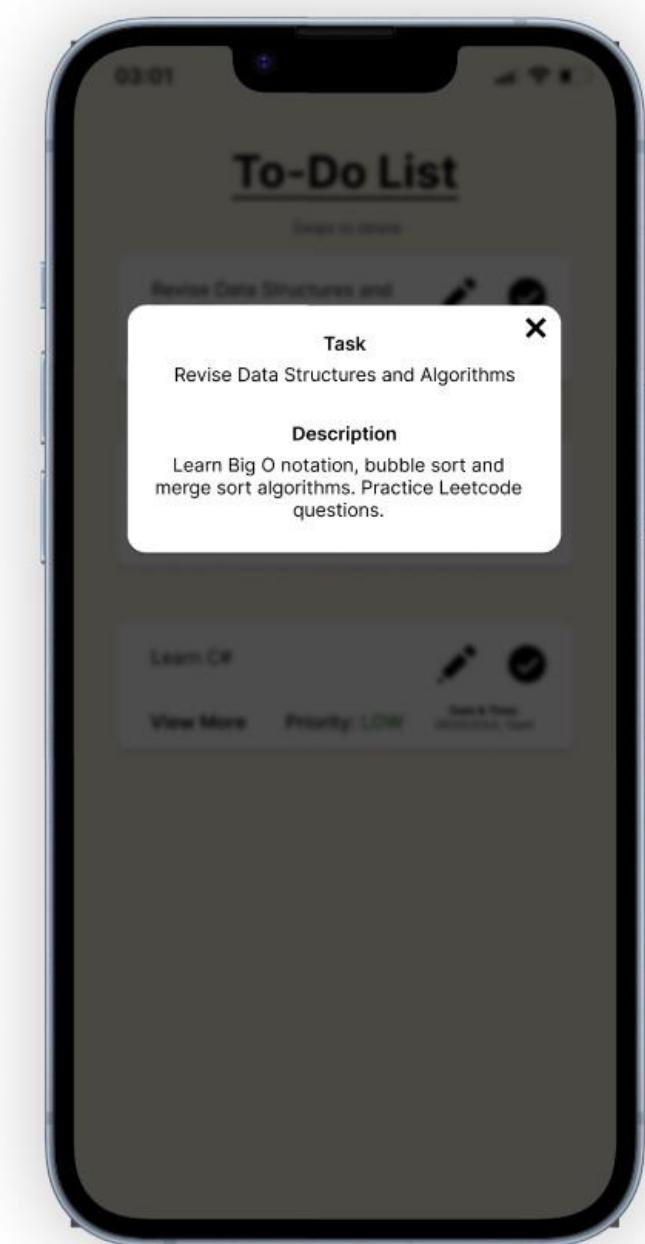
Mid Fidelity Prototypes

Improved To-Do List Feature

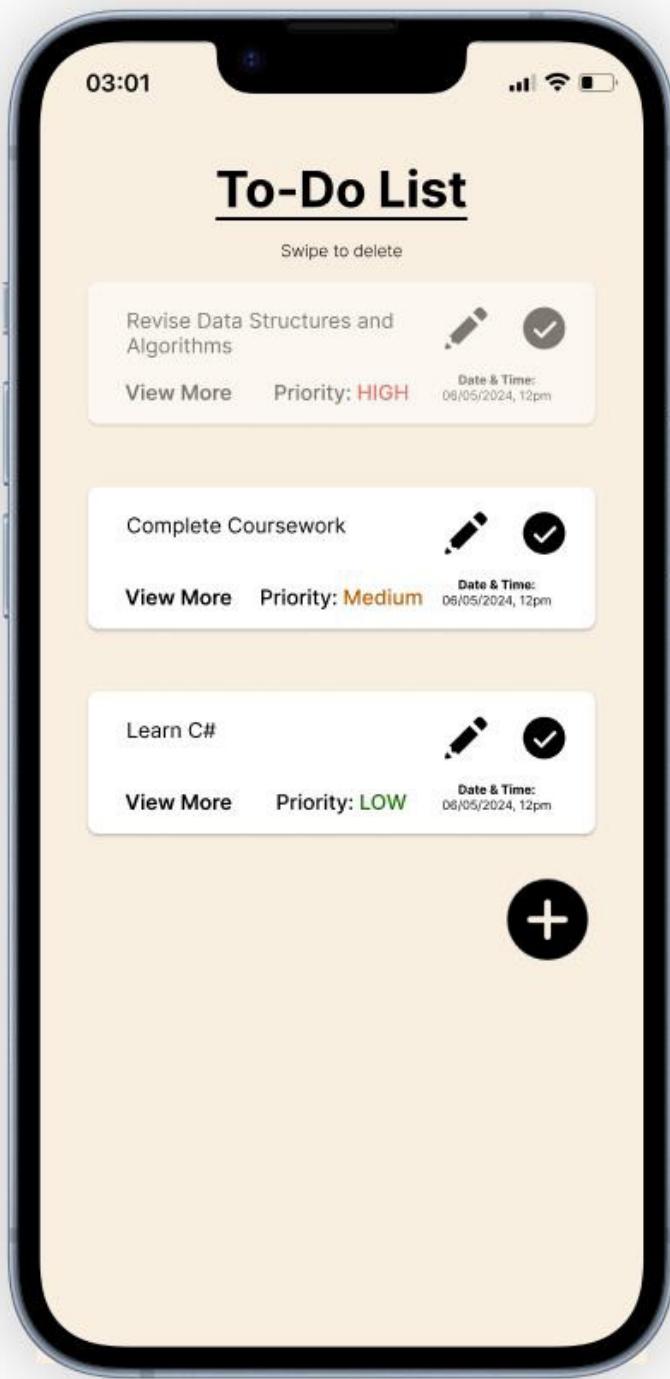
Overview



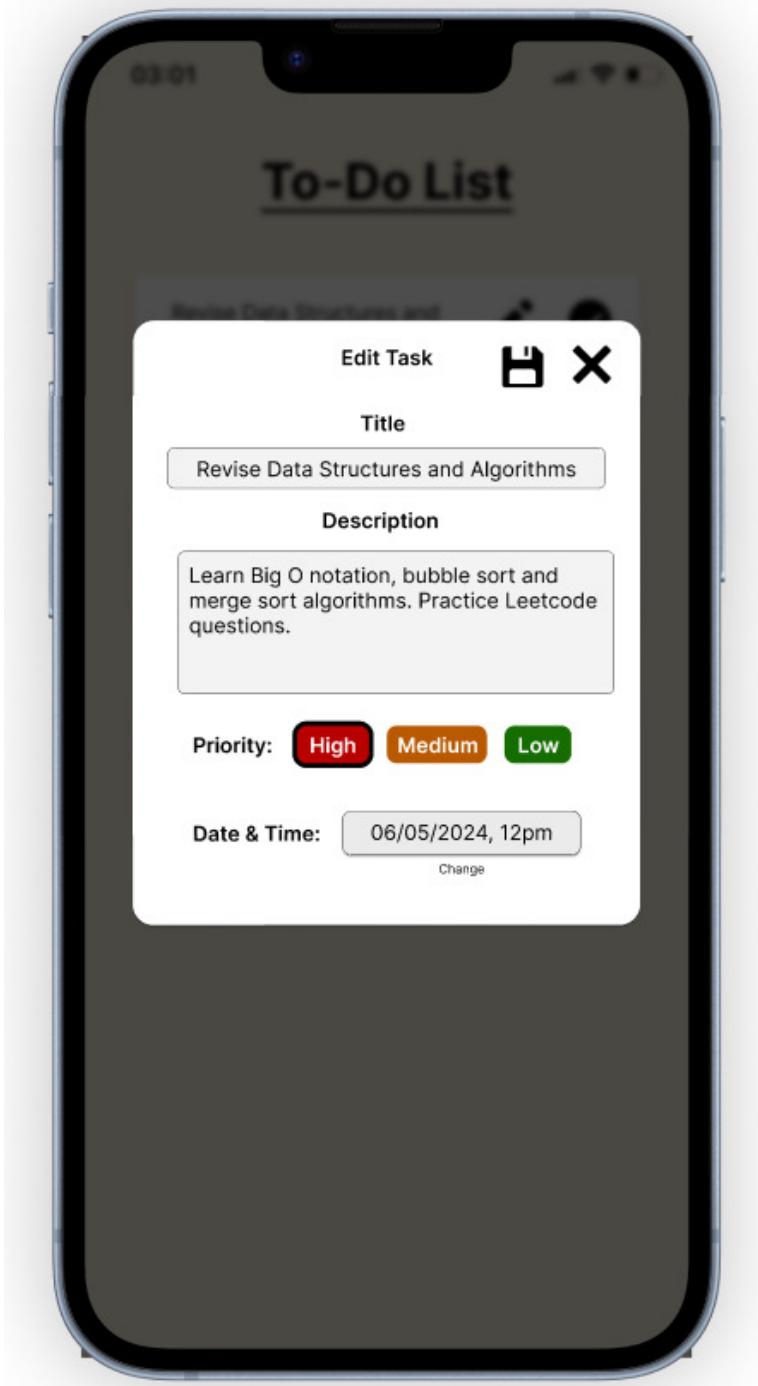
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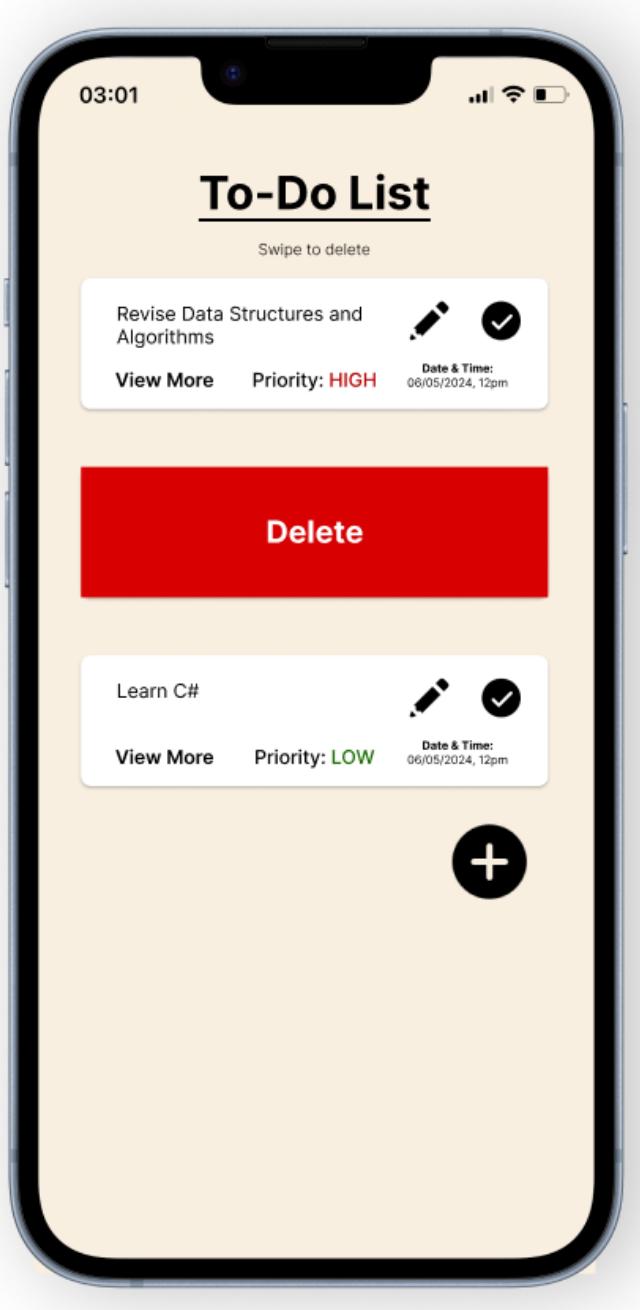
Task Completed



Edit/Add Task

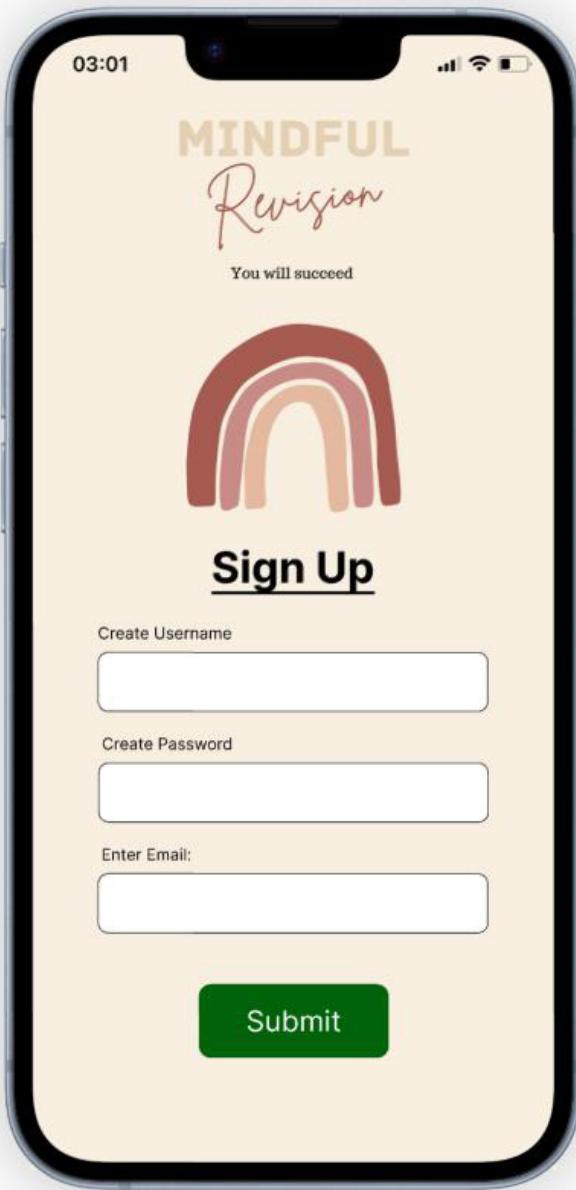


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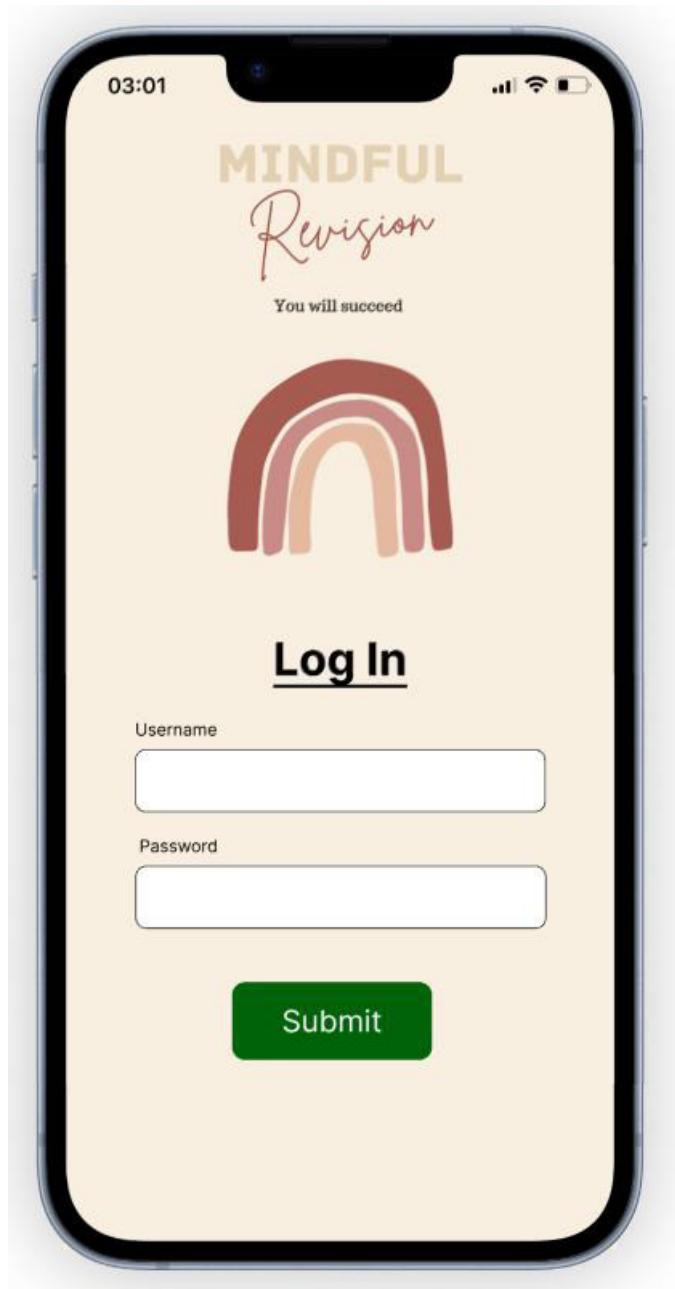


Study Groups Feature

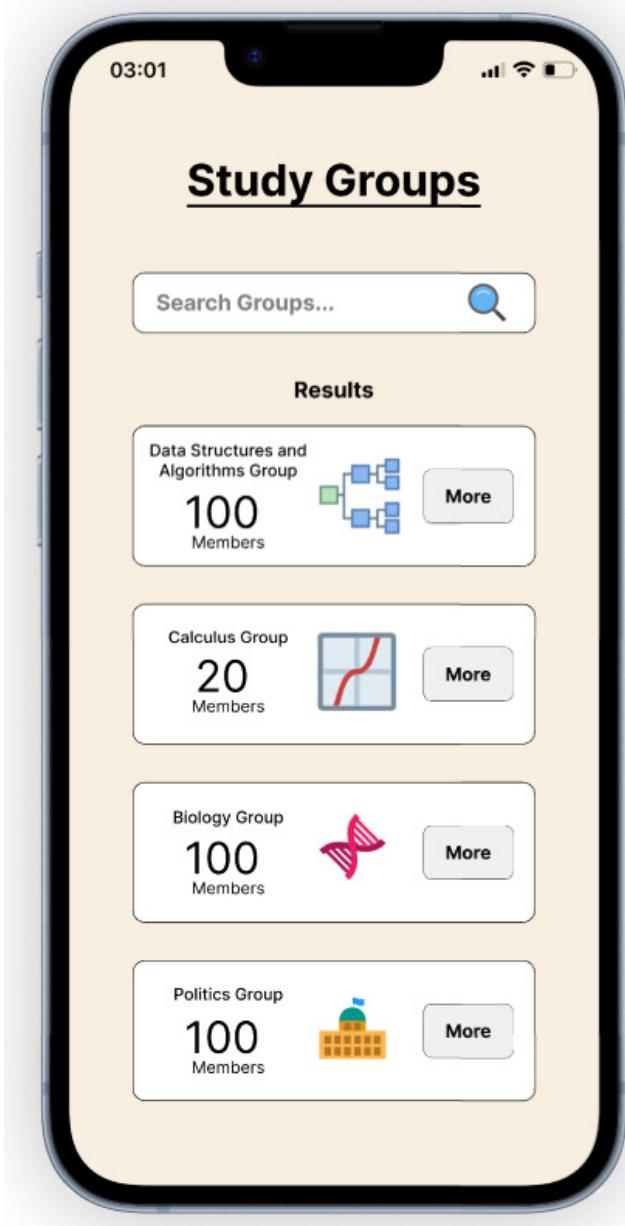
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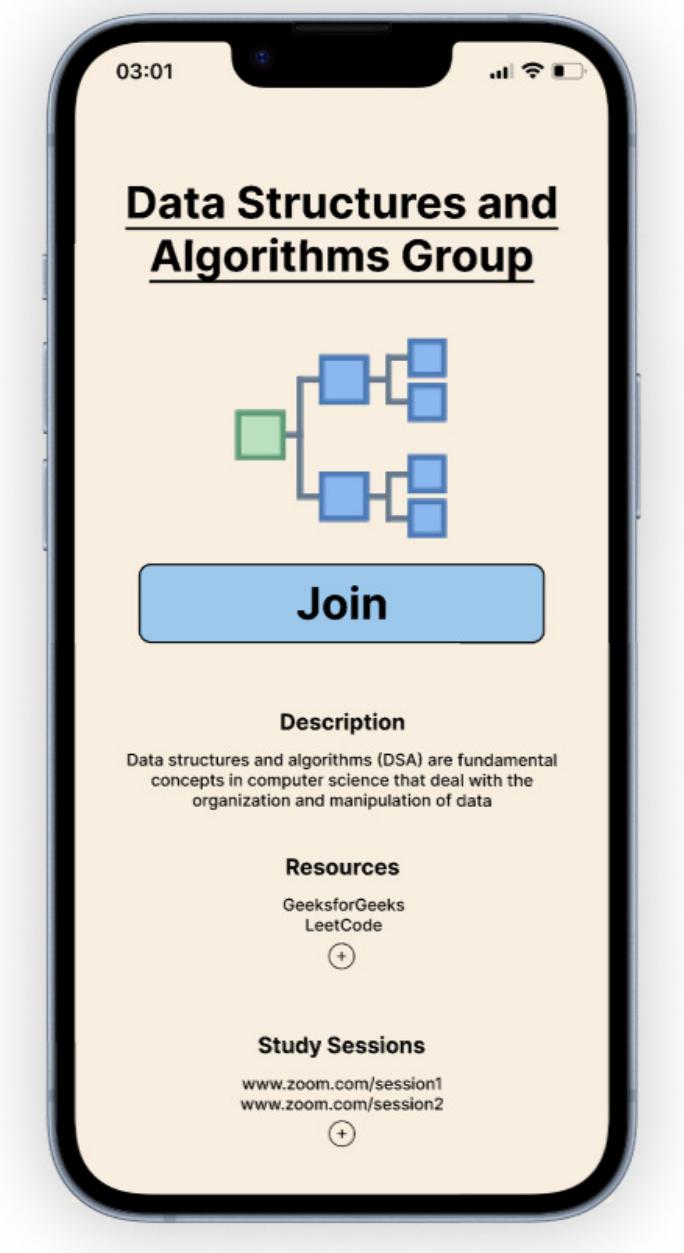
Log In



Study Groups

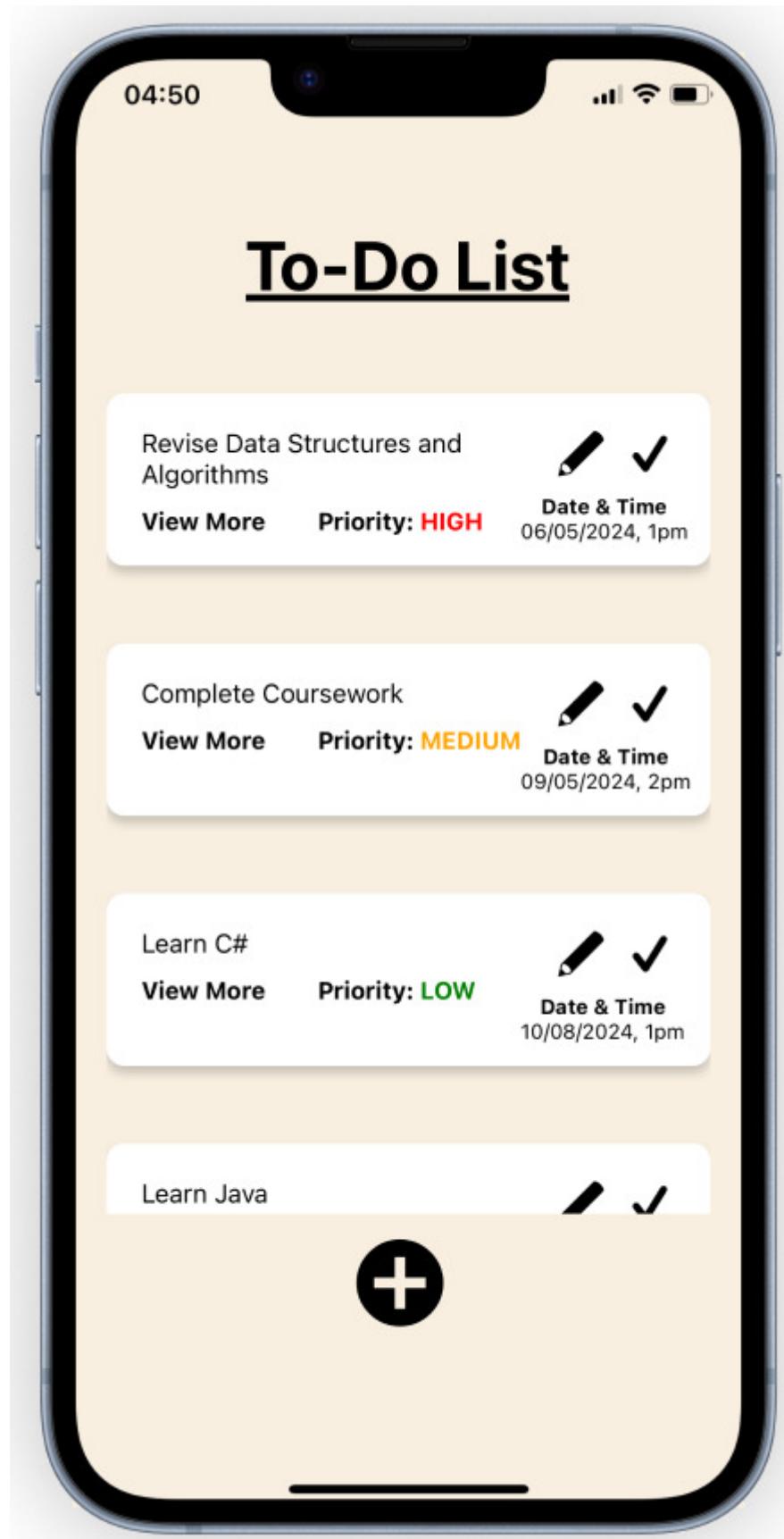


Individual Study Group

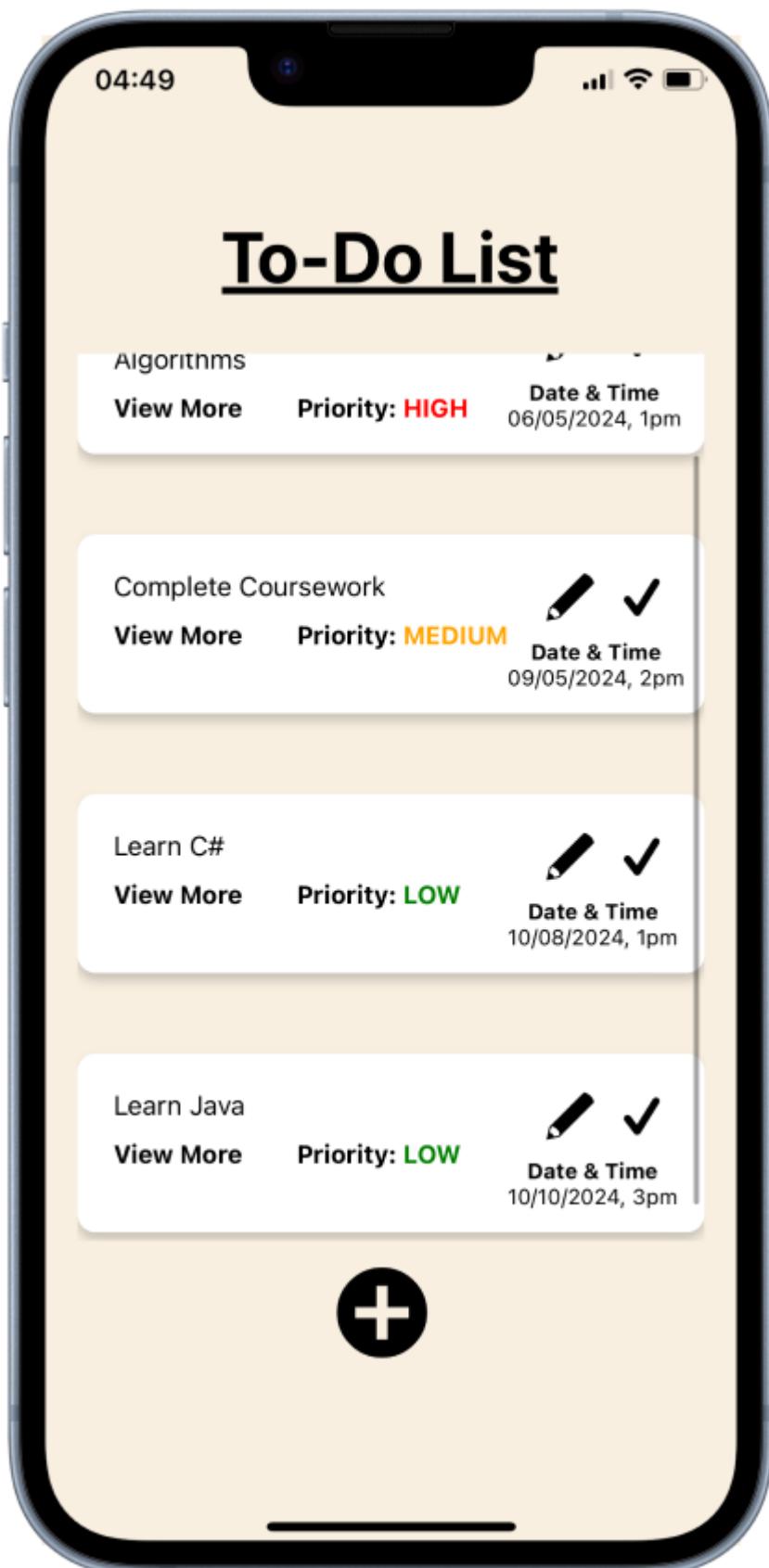


High Fidelity Prototype

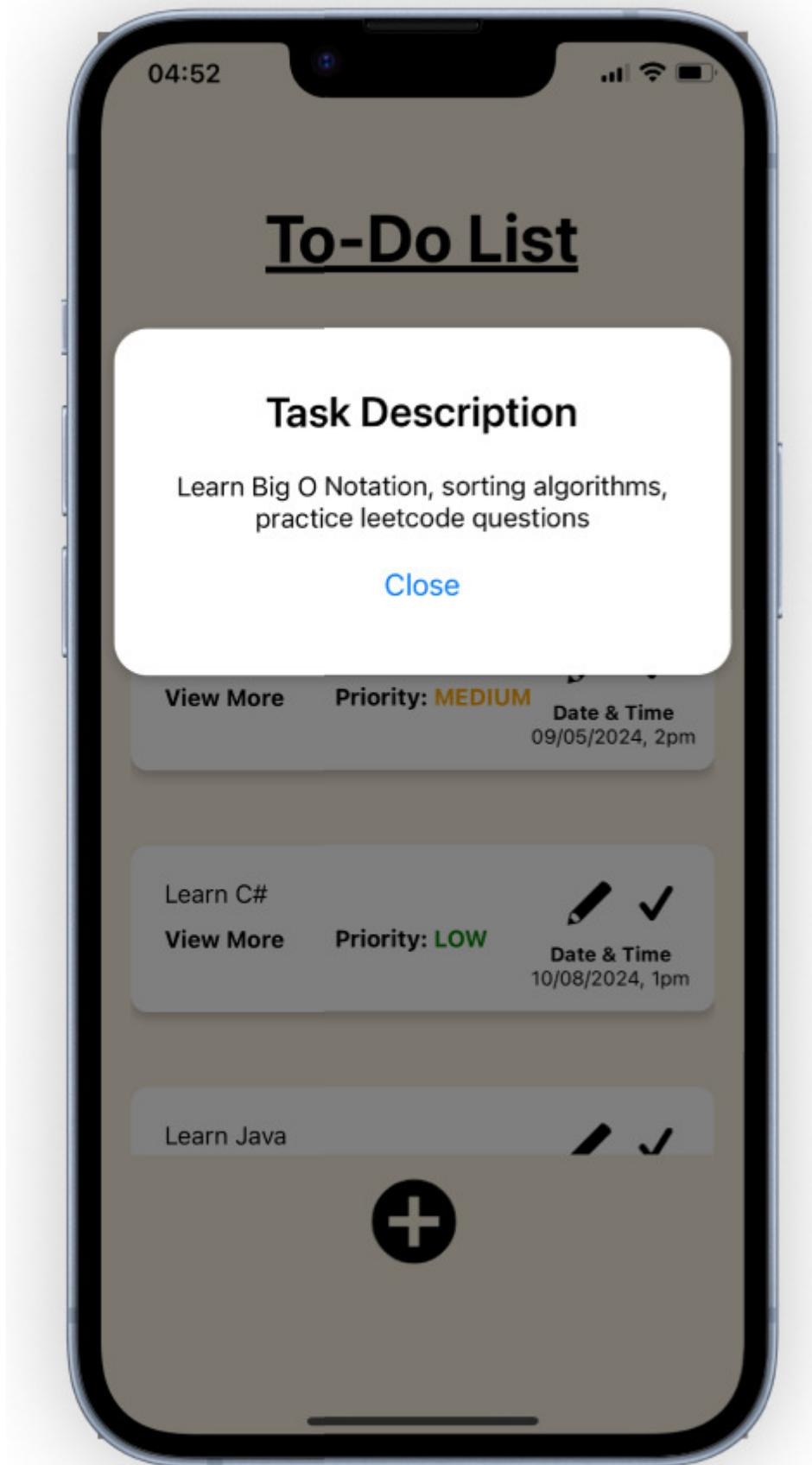
Overview



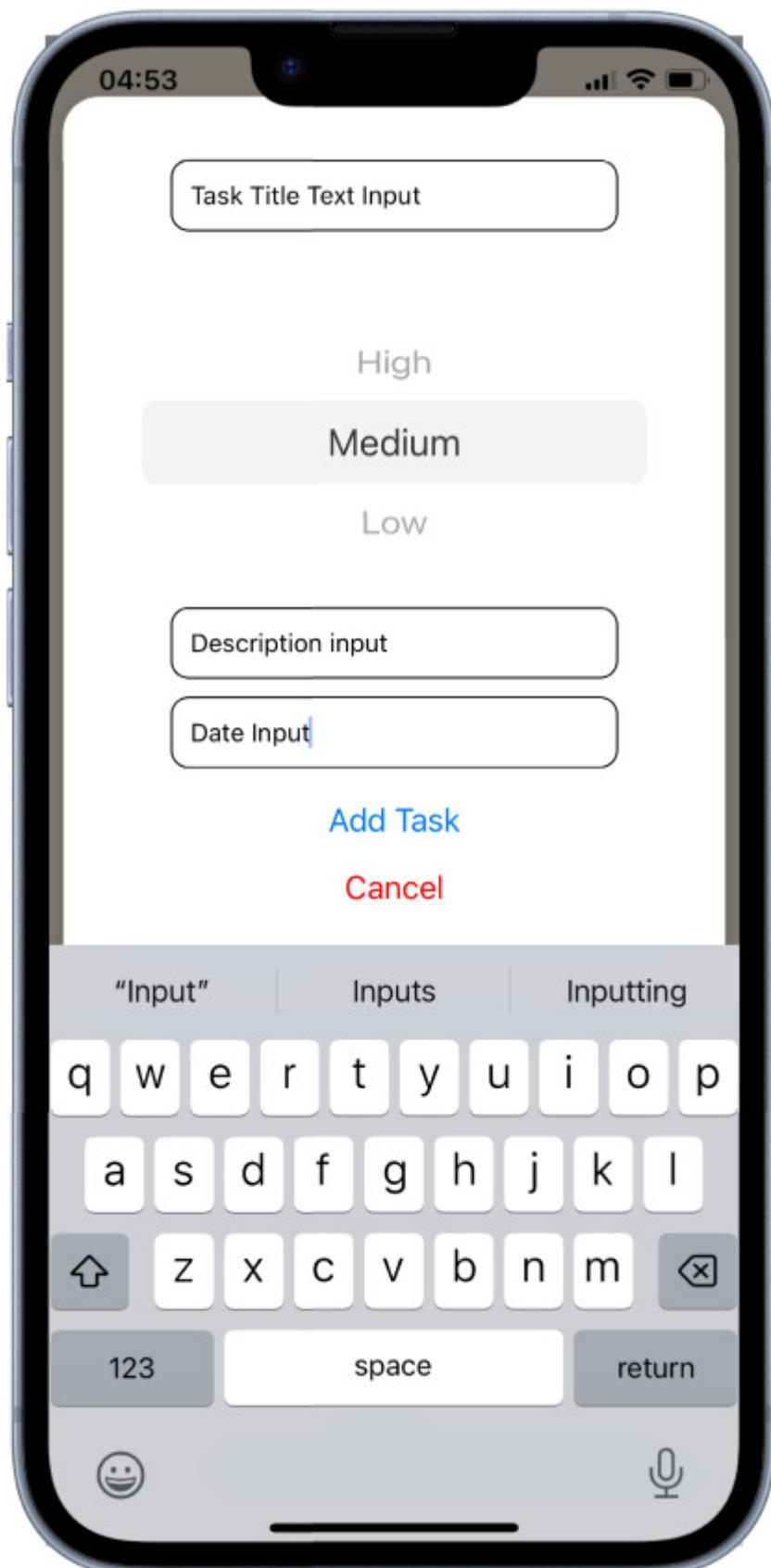
Scollable Task List



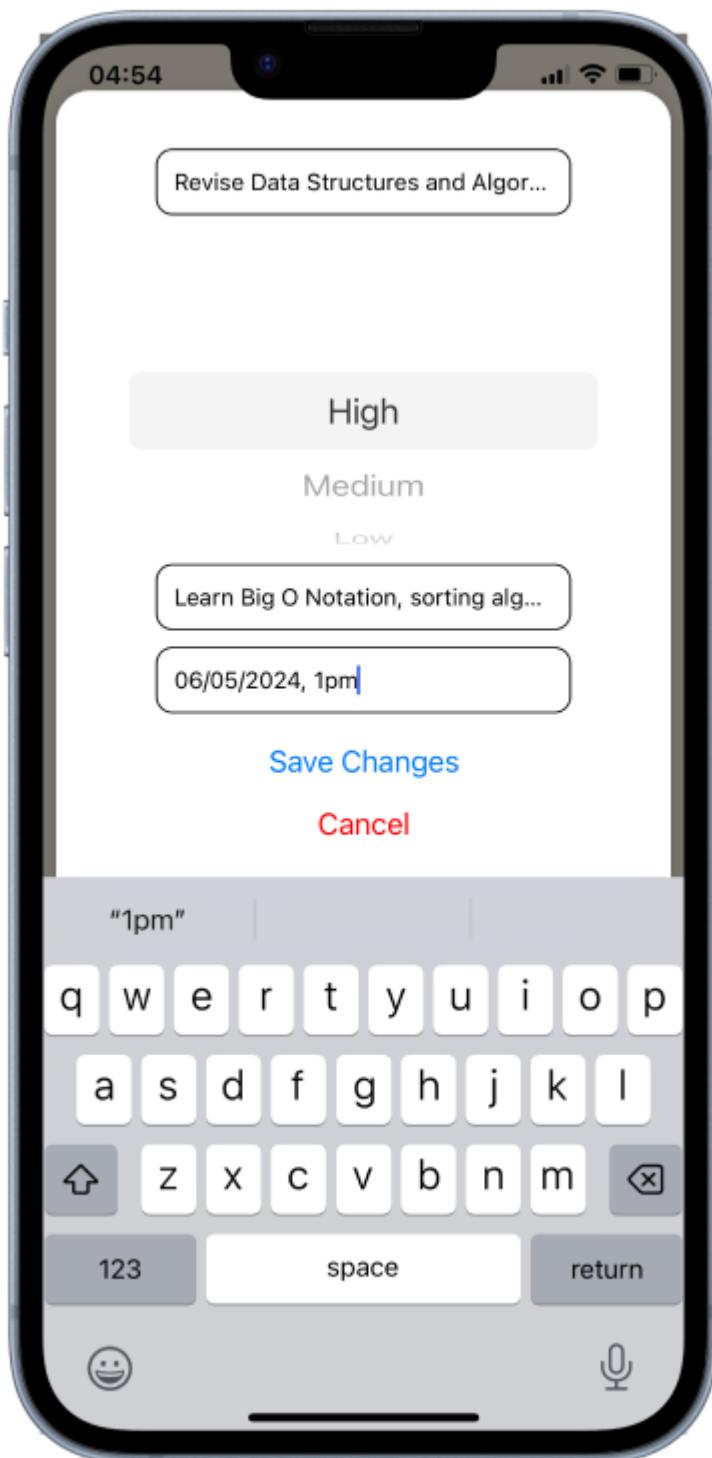
[Task View More](#)



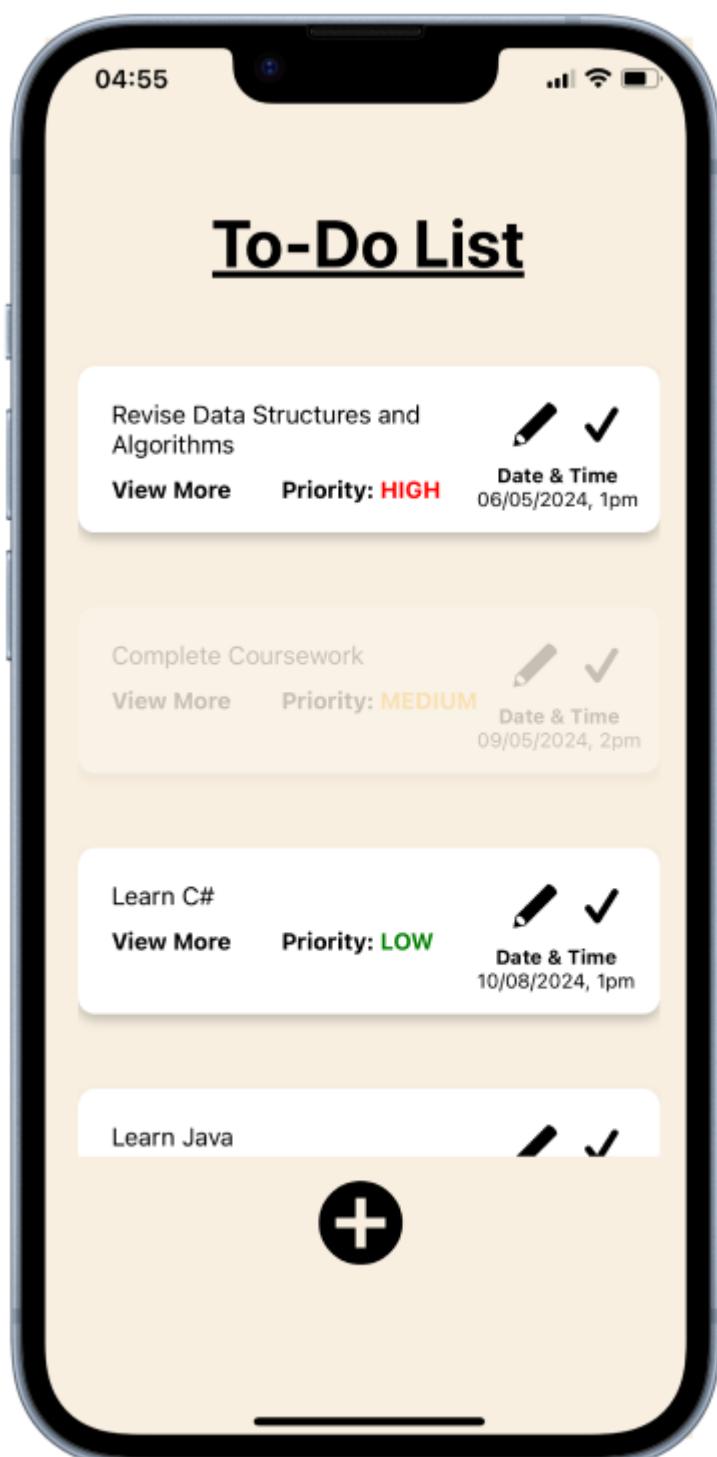
Add Task



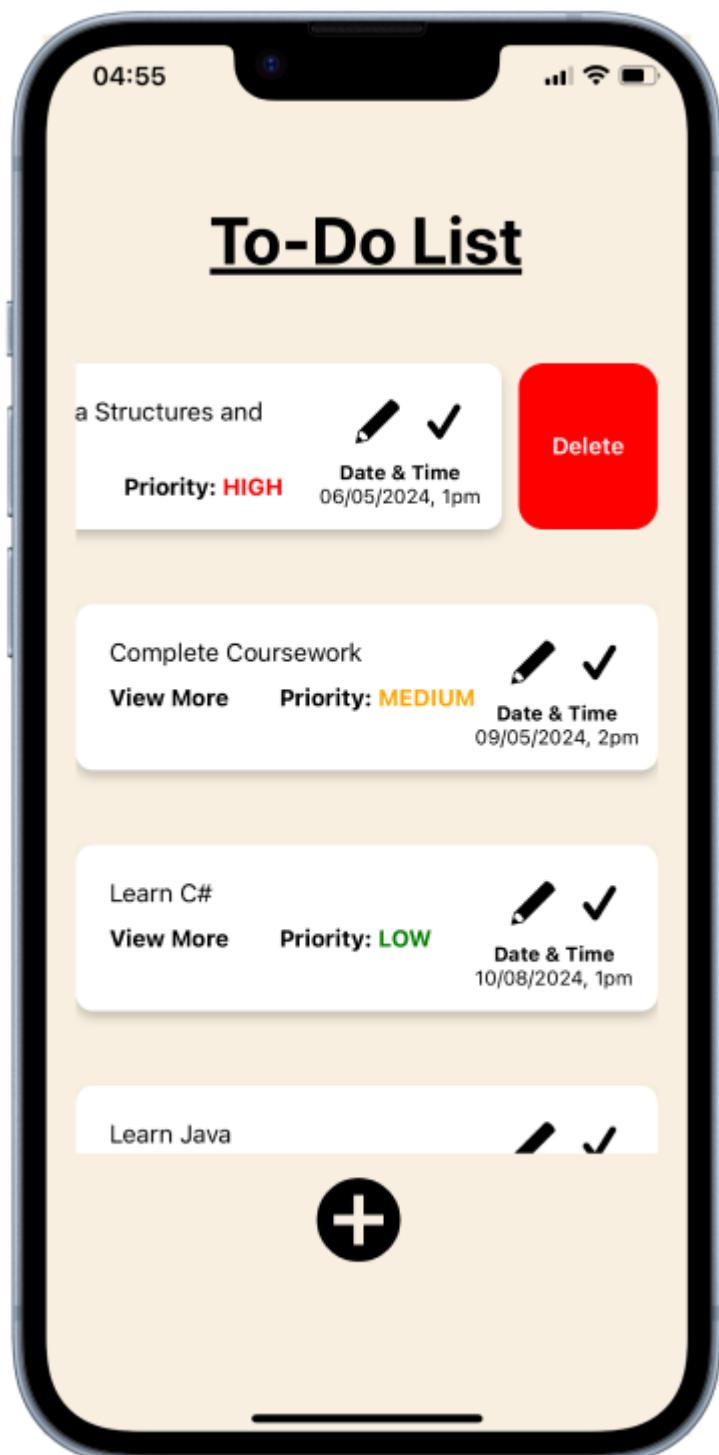
Edit Task



Complete Task



Delete Task



Appendix B: User Research Results

Initial Questionnaire Results

Name	Age	Gender	Course	Rate focus	Occurrence of lack of focus	Factors	Any strategies or techniques to improve your focus and concentration while studying.	Lack of focus during study times impact on your academic performance	Additional Comments	Open to Zoom Call for App Feedback?	If yes, please provide your email address:
Sohaib Ayub	22-25	Male	Computer Science	3	Sometimes	Tiredness or lack of sleep	I have tried to use meditation apps to relax me so I can go to sleep. These were effective for me.	Yes, because sometimes I can't focus on my work and I procrastinate a lot which could give me bad grades.	Very insightful and well-written questionnaire.	Yes	AyubS@cardiff.ac.uk
Supna Kerai	18-21	Female	Optometry	3	Sometimes	Stress or anxiety about workload	I have tried to do breathing exercises before studying to calm me, which help me quite a lot.	Yes, as it can hold people behind by hindering their ability to work on their studies.	Nice questionnaire, looking forward to the results.	Yes	keraism@cardiff.ac.uk
Safa Sattar	18-21	Female	Optometry	2	Very often	Stress or anxiety about workload	I have tried exercising which helps me de-stress and find it helpful.	Yes, as if your ability to focus is hindered, you cannot perform to your best potential.	Good experience answering questions.	Yes	sattars1@cardiff.ac.uk
Shakil Uddin	18-21	Male	Accounting	3	Sometimes	Distractions from phone or social media	I have tried to keep my phone at distance but I always end up using it excessively out of habit.	Yes, I am distracted and it means that I waste time instead of doing work.	Nice questionnaire mate.	Yes	UddinS@lboro.ac.uk
Lorenzo Cossari	18-21	Male	Management	2	Often	Tiredness or lack of sleep	I tend to listen to relaxing sounds in order to go to sleep, it works sometimes.	Yes, I cannot work to my full potential as I am sleep deprived.	Good questionnaire, I will have a look at the app on the app store.	Yes	cossaril@exeter.ac.uk

Participant	1.1 Study Habits	1.2 Challenging Subjects	1.3 Time Management	1.4 Coping Mechanisms	1.5 Setting Goals	1.6 Learning Resources	1.7 Seeking Help	1.8 Maintaining Balance	1.9 Staying Motivated
Supna	I don't really have a fixed routine but I try to study for a few hours every day either at home or at the library.	I struggle the most with subjects that are very theory-heavy like biology or history.	During exam season I make a study timetable allocating time for each subject.	Breathing exercises are very helpful for me in managing exam anxiety.	I try to be practical about my goals based on my past performance and the difficulty level of each subject.	In addition to textbooks I rely heavily on online video lessons, educational websites.	I don't hesitate to approach my professors during office hours or tutoring sessions.	However, I try to schedule breaks for socializing, exercise or just relaxing to avoid burnout.	Visualizing my future goals and the potential rewards of academic success is a big motivator for me.
Safa	My study habits are not very consistent, I tend to study in bursts closer to exam periods.	I struggle the most with subjects that involve a lot of theoretical concepts like philosophy or advanced mathematics.	Time management is an area I need to improve on. During crunch times I often end up cramming.	Exercise is my go-to stress relief during exam periods.	I often set overly ambitious goals for myself without considering my actual capabilities.	Apart from textbooks I heavily rely on online video tutorials and educational websites.	I've realized the importance of reaching out to professors, teaching assistants or even peers.	Honestly this is something I constantly struggle with.	During exam season I find it helpful to create a structured study schedule and set small achievable goals.
Sohaib	I tend to study in the evenings after classes usually at the library or a quiet spot on campus.	I sometimes struggle with mathematical concepts.	During exam periods I create a detailed study schedule allocating time for each subject.	Meditation has been incredibly helpful for me in managing exam stress.	I try to be honest with myself about my strengths and weaknesses in each subject.	In addition to prescribed textbooks I heavily rely on online educational resources.	I'm not too hesitant about seeking help when needed.	It can be challenging but I try to schedule dedicated time for activities outside academics.	Visualizing my long-term goals and the potential rewards of hard work helps me stay motivated.
Shakil	Well to be honest my study habits aren't the best. I tend to procrastinate a lot and leave things till the last minute.	The subject I struggle with the most is probably financial accounting and reporting.	Time management is something I'm still working on. I try to create a rough schedule during exam periods.	Exam stress is something I struggle with a lot. I find it helpful to take a break and get some physical activity.	I tend to be an over-ambitious person so I often set the bar quite high for myself academically.	For most modules I primarily rely on the textbooks, lecture notes, and supplementary materials.	I've learned that it's better to address issues early before they snowball.	Maintaining a balance is definitely a challenge, especially during busy periods.	Motivation can be tough to maintain especially when you're in the depths of intense exam prep.
Lorenzo	To be honest my study habits could use some improvement. I don't really have a set routine.	The subject I struggle with the most is quantitative methods and data analysis.	Time management is something I'm constantly working on, especially around exam periods.	Exam periods can definitely be high stress times for me. Exercise is a great way for me to clear my mind.	I try to set goals for myself that are challenging yet attainable based on my prior performance.	The main resources I rely on are the textbooks, lecture slides, and supplementary materials.	In the past I used to hesitate to seek help as I didn't want to come across as struggling.	Maintaining a balance is definitely an ongoing challenge but one I'm getting better at managing.	Staying motivated during the most gruelling parts of exam season can be really tough.

Participant	2.1 Overall Impression	2.2 Most Helpful	2.3 Least Helpful	2.4 Changes to App
Lorenzo	The simplicity of the app is its strength; it's not too complex and seems quite approachable.	The Revise section is key for me. The tools provided like the Pomodoro Technique and calming music address my frequent distractions.	The Socialise and Move aspects are not useful for me; I don't really need to use an app to plan social interactions and I don't really need to plan my workouts.	Including more interactive features like gamification to earn rewards for completed study sessions would make it more engaging for me.
Safa	The app looks inviting and user-friendly, which is a good start for someone like me who gets distracted easily.	The Meditation for exam revision is a standout. It helps me relax before starting a study session, addressing my concentration issues.	The Todo List is too simplistic for my needs. I would need a more detailed planner.	I'd prefer a more advanced task manager with deadlines, priority settings, and maybe integration with a calendar app.
Sohaib	I like the app's structured approach to studying. It seems like it could be a solid tool for staying on track with my computer science studies.	The availability of classical music and meditation exercises in the Revise section is a unique feature that can aid concentration.	The main menu seems a bit cluttered with options; streamlining it might be more effective.	I'd like to see some customization options, maybe themes or colour schemes that cater to different user preferences.
Shakil	The app's straightforward design is great for getting started quickly, which is perfect for my busy schedule.	The focused revision timer aligns with my need for structured study time. The Pomodoro timer is a fantastic tool.	I feel the Free Time aspect is a bit out of place. I don't need an app to tell me when to relax.	I'd recommend integrating the app with study materials or linking it with educational resources to add more value.
Supna	I really appreciate the app's minimalist design; it's calming and doesn't overstimulate my mind, making it easier to start studying.	The Revise section is a standout feature. The Pomodoro Technique resonates with me since I already create study timetables as it adds structure to my study sessions.	The Todo List could be more interactive. Right now it's quite basic and it doesn't have features like reminders or categorizing tasks by subject or urgency.	I'd suggest improving the to-do list with notifications and the ability to sub-categorize tasks. Also incorporating more visual elements like graphs to track progress could be motivating.

Name	What is your overall impression of the MindfulRevision app?	What do you find most helpful about the app?	What do you find least helpful about the app?	What would you change about the app?	How likely are you to recommend this app to others? (1 = Very Unlikely, 5 = Extremely Likely)	What are your thoughts on the app's design?	Do you find the app easy to use? 1 = Hard to use, 5 = Extremely easy to use.	Can you find the information you need easily?	Are the features of the app helpful for managing exam stress?	Are there any features you would like to see added to the app? If yes, please elaborate which features.	Are there any navigation issues you encountered while using the app? If yes, please describe:	Did you experience any technical difficulties while using the app? If yes, please describe:	List 3 things you like about the app:	List 3 things that you think would improve the app:
Supna	I find the MindfulRevision app quite impressive. The minimalist design of the app is calming, which is a big plus for me because it makes it easier to dive into studying without feeling overwhelmed.	The Revise section is particularly helpful to me. I like how it incorporates the Pomodoro Technique because it adds a structured approach to my study sessions, which is something I already practice with my study timetables.	The "To Do List" could be more interactive. Currently, it's quite basic and lacks features like reminders or the ability to categorize tasks by subject or urgency, which would make it more useful for organizing my studies.	I suggest improving the to-do list with notifications and the ability to sub-categorize tasks. Additionally, incorporating more visual elements like graphs to track progress could be motivating and help users like me see the overview of their study habits and improvements.	3	The app's design is minimalist and user-friendly, which I appreciate. It's not cluttered, which helps maintain focus, and the aesthetic is quite soothing.	4	Yes	Somewhat	I would like to see more interactive and detailed features for task management, like an enhanced to-do list with reminders. Perhaps a study group forum or community feature could also be beneficial for collaborative learning.	No significant navigation issues, but I think adding a quick-access toolbar for frequently used features could improve navigation further.	No, I haven't experienced any technical difficulties while using the app.	1. Minimalistic Design, 2. The Revise Section, 3. Breathing Exercises:	1. Enhanced To-Do List, 2. Progress Tracking, 3. Personalised Suggestions
Safa	The app looks inviting and user-friendly, which is crucial for me as I tend to get easily distracted. I'm generally pleased with the calming aesthetics and the focus on stress management.	The "Meditation for exam revision" feature is the most helpful for me. It addresses my need to relax and concentrate before diving into my studies.	The "To Do List" doesn't quite meet my needs. I need something more elaborate that can assist with detailed planning.	I would upgrade the task manager to include features such as deadlines, priority settings, and integration with a calendar app to help manage my study schedule more effectively.	3	The design is intuitive and calming, which I appreciate. It aligns with my preference for visual and practical tools.	4	Yes	Yes	I would suggest adding an advanced task manager, a visual planner for my study schedule, and perhaps some interactive learning tools for more theoretical subjects that I find challenging.	No.	No.	1. Focus on meditation and stress management, 2. Clean and calming design, 3. User friendly interface	1. More sophisticated task manager for organisation of tasks, 2. Visual planning tools for study schedule, 3. Interactive learning resources
Shakil	The app's straightforward design is definitely a plus for someone like me who needs to get down to studying without extra steps. It seems tailored for students with busy schedules who need to jump straight into focused study time.	The focused revision timer using the Pomodoro technique is a standout feature. It's exactly what I need to keep my study sessions structured and efficient.	The free time feature seems somewhat redundant. I generally don't require an app to schedule or remind me to take breaks.	I would suggest integrating the app with educational resources or study materials. Being able to access course-specific content within the app would make it more valuable and a one-stop solution for studying.	4	The design is functional and easy to navigate, which is ideal. It doesn't add to my stress, and that's important.	4	Yes	Yes	Alongside study material integration, a more nuanced task planner would be helpful, one that can predict and suggest study times based on my past behavior and upcoming deadlines.	No.	No.	1. Pomodoro Timer for studying, 2. Simple design without distractions, 3. Calming aesthetic provides focus	1. Incorporating direct link to educational content and resources, 2. Enhancing task planning features to make it personalised, 3. More intelligent free time management system
Sohail	My overall impression of the MindfulRevision app is quite positive. I appreciate the app's structured approach to studying, and it feels like it could be a solid tool for keeping on track with my computer science studies.	The inclusion of classical music and meditation exercises in the Revise section is particularly useful. They align with my habit of meditating before studying to clear my mind, which is essential for my focus, especially when tackling challenging subjects like mathematics.	I find the main menu to be a bit cluttered. Having a more streamlined interface might help me navigate the app more efficiently.	If I could change something, I'd like to have some customization options, maybe themes or color schemes, to make the app feel more personal and cater to different user preferences.	4	The app's design is functional, although, as I mentioned, a bit cluttered. A cleaner interface would improve the experience.	3	The information I need is generally accessible, though streamlining the menu would make it easier.	Yes	In terms of features I'd like to see added, maybe there could be a section for tracking progress on the different subjects I'm studying, especially the challenging ones, as I like to prioritize them during my revisions.	No.	No.	1. Classical music and meditation exercises, 2. Structured approach to studying promoted, 3. Scheduling and managing free time and socialising	1. Simplifying main menu to make navigation better, 2. Customisation options for themes/color schemes, 3. Progress Tracking feature for subjects
Lorenzo	My overall impression of the MindfulRevision app is positive. Its simplicity is a real strength's straightforward and user-friendly.	The "Revise" section is particularly helpful, with tools like the Pomodoro Technique and calming music that help me focus and combat frequent distractions.	I find the "Socialise" and "Move" sections the least helpful since I already have my ways of managing social interactions and workouts without the need for an app's assistance.	I'd include more interactive features like gamification, perhaps earning rewards for completed study sessions, to make it more engaging and to cater to my perfectionist tendencies that enjoy achievements.	4	I find the app's design to be clean and not overly complex.	5	Yes	Yes	I would like to see more focus on features that help me manage time and track progress because that's something I've been working on diligently.	No.	No.	1. User Interface is aesthetically pleasing, 2. Focus tools in revise section, 3. Scheduling functionality for time management	1. Interactive features like gamification and rewards, 2. Ability to track academic progress and milestones, 3. Customization options that would allow me to tailor the app more closely to my study habits and preferences.