

# SCREENTIME TO STUDYTIME

"When the Phone Chimes, It's Study Time"

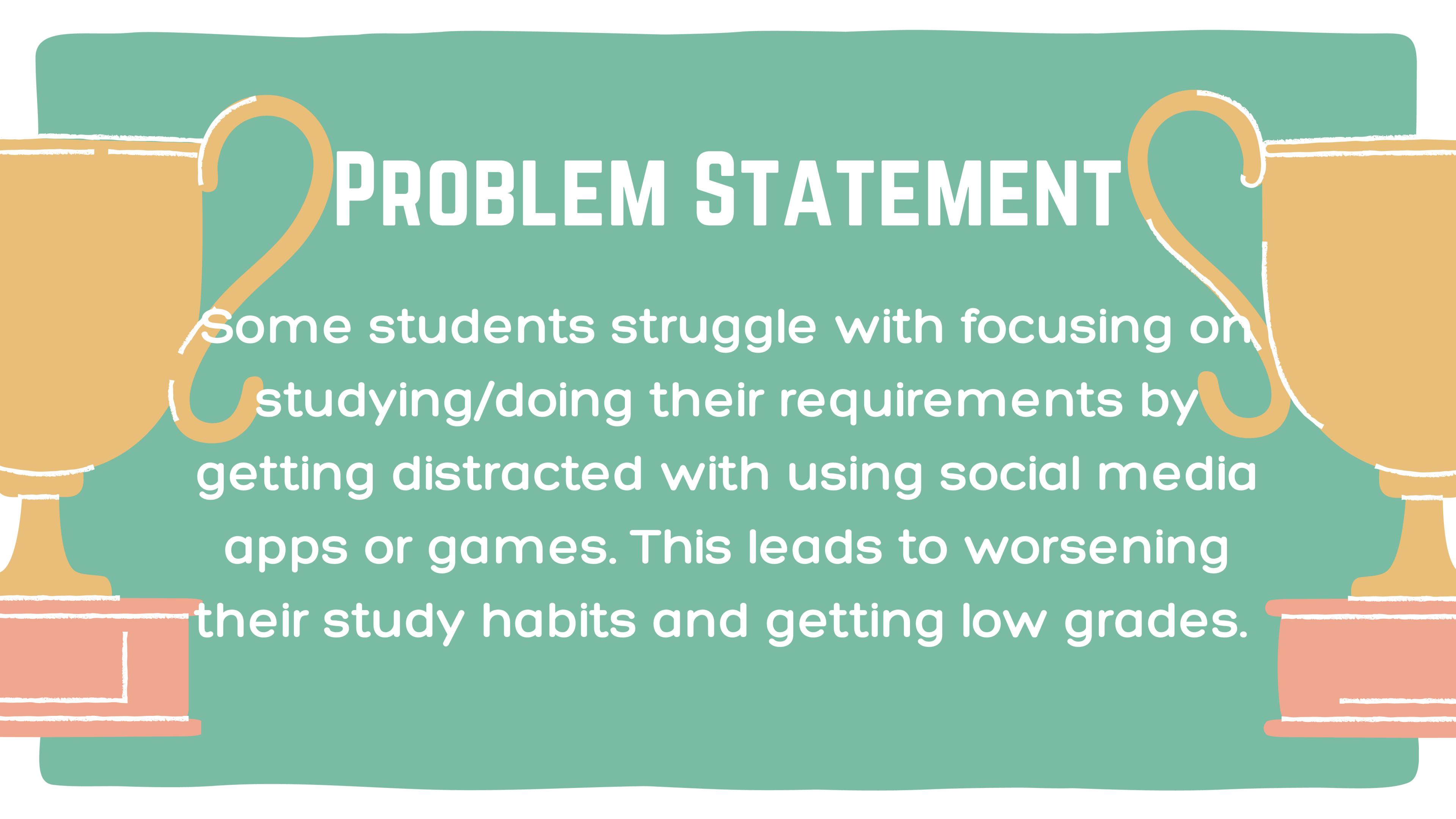
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# PROBLEM STATEMENT

Some students struggle with focusing on studying/doing their requirements by getting distracted with using social media apps or games. This leads to worsening their study habits and getting low grades.

# PROJECT DESCRIPTION

The project “Screentime to Studytme” focuses on helping students reduce distractions from social media while studying for quizzes and exams. It aims to turn wasted screen time into productive study sessions through simple strategies and tools. This encourages better focus, discipline, and academic success.

# OBJECTIVES

- Help students focus studying by having a pomodoro timer, which improves focus and prevents burnout, and a website blocker for no distractions.
- Motivate students by giving them motivation and rewards.



# FEATURES

Focus Timer - a built-in timer to manage study and break sessions (Pomodoro style).

Website Blocker - temporarily restricts access to distracting social media websites while studying.

Progress Tracker - monitors study hours and completed tasks.

Motivation Boost - reminders, quotes, or rewards to keep students encouraged.

Custom Study Plan - lets users set goals and organize subjects or topics efficiently.



# INPUTS & OUTPUTS

## INPUTS:

- Subject that the user will study.
- Time to be spent studying.
- Websites that the user requests to block while studying.

while studying.

## OUTPUTS:

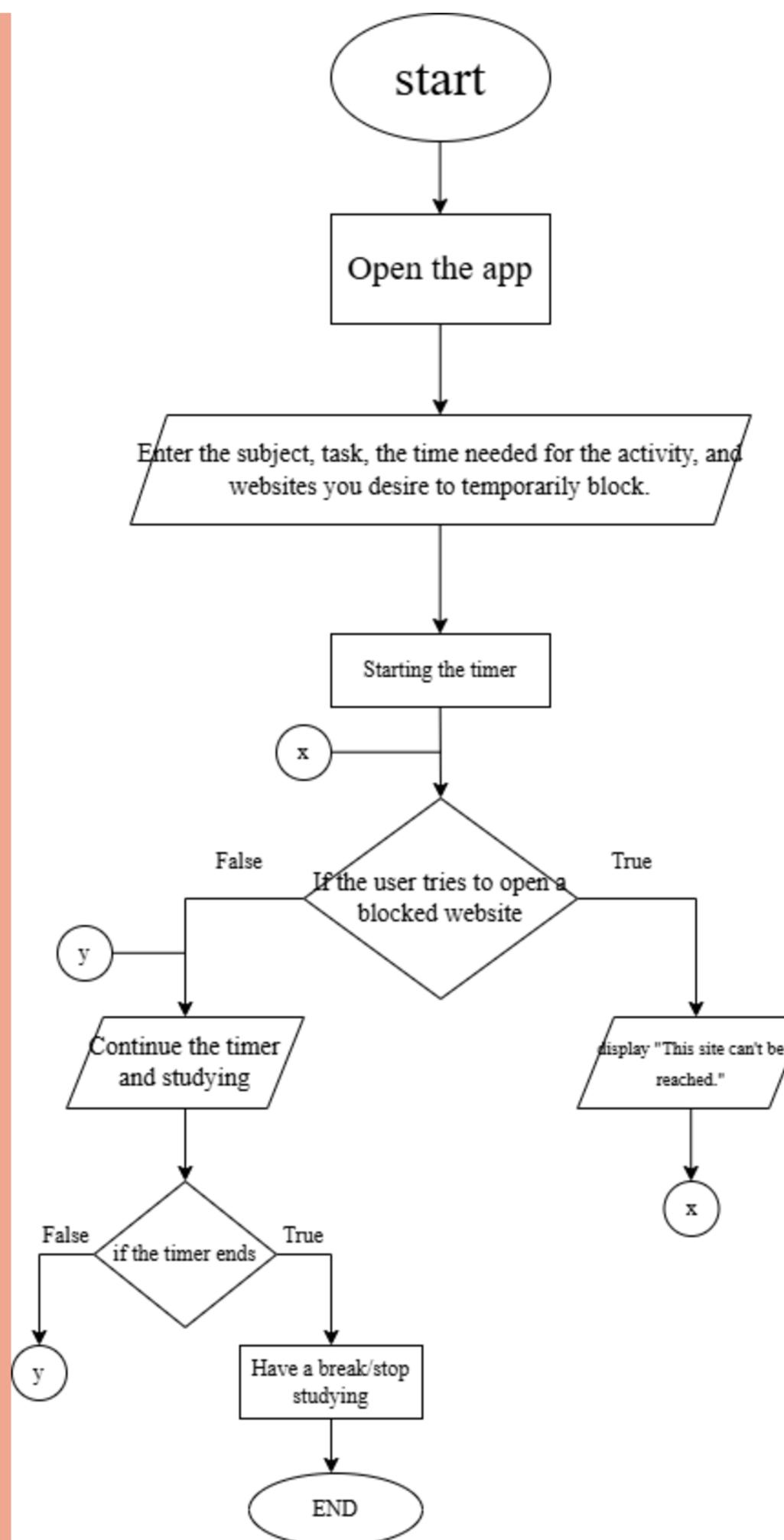
- Motivation Boost pop-up reminders/quotes/rewards
- Distraction Detector pop-up (if the user is trying to use an app )
- Tracked study hours



# **HOW TO RUN THE PROGRAM:**

- 1.Open the Program** - launch the application on your device.
- 2.Set Your Study Plan** - input the subject or task you want to focus on and the time you'll spend.
- 3.Enter Unwanted Websites** - input the link/s of the websites you want to temporarily block.
- 4.Start the Focus Timer** - the program will block distracting apps and websites while you study.
- 5.Take Breaks** - follow the timer's scheduled breaks to rest and refresh.
- 6.Check Progress** - after studying, view your tracked study hours and completed tasks.

# FLOWCHART



# EXAMPLE OUTPUT

Enter student name: Alice

Enter Subject, Task, and Time planned to Study:

Biology, Quiz, 1 hour

Enter Unwanted Websites (link):

facebook.com

instagram.com

tiktok.com

Start Focus Timer

After study sesh...

Progress: You studied your biology quiz for 1 hour!

Good Job!



# THANK YOU!

