Alpha Team

Remote Work Discipline App: A Productivity Enhancement for Remote Software Engineers

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Problem   The Challenges of Remote Work for Software Engineers

- **Distractions**
  - People working remotely can be exposed to a variety of distractions that are not present in the office, such as other family members or pets in the home.
- **Accessibility**
  - Working remotely makes it more difficult to reach out to supervisors and coworkers when issues arise.
- **Isolation**
  - People working remotely lose opportunities for face to face collaboration with coworkers and miss out on company social events and networking opportunities that could benefit their careers.
- **Lack of resources**
  - Many homes do not include office space and materials that are needed to create a work environment.
- **Laziness**
  - Working from home allows people to live a more sedentary lifestyle, as daily physical activity such as walking or driving to work is no longer necessary.

Proposed Solution

Remote Work Discipline App

- Phone will vibrate to prompt the user to perform different tasks
    - Taking breaks to exercise
    - Can identify when someone is working on a computer or scrolling through a phone
    - Monitor distractions, such as background noise
    - Monitor work environment, such as room temperature
    - Monitor ergonomics, such as the person's posture while working

Requirements Elicitation

- Technique used: Interviews
- Questions: Did you work remotely over the summer, and to what extent? Did working remotely positively or negatively affect your performance and work habits? What strategies did you use to stay productive?
- Results: Yes, negatively, turning on Do Not Disturb on my phone; No, N/A, N/A
- User story: As a software engineering intern working on a hybrid schedule, I want to maximize my productivity on the days that I am working remotely so that I can contribute effectively to the team and project.

How The Solution Improves Software Engineering

- **Optimizes Crucial Development Time**
  - ensures that the maximum amount of remote work time is put toward project development in an environment full of distractions
- **Improves Organizational Planning**
  - gives engineers the ability to more easily determine how to spend their time at work
- **Automates Administrative Overhead**
  - systematizes what is usually a complex part of a supervisor's role in the engineering process