Team Proposal

Problem

Traditional journaling is often limited to text-only solutions, is time-consuming, and often lacks the guidance needed to maximize the benefits of reflection. Many people do not have time to sit down and journal, especially in today's fast-paced world. Day-to-day journaling loses sight of larger goals and dreams that influence user actions and motivations. There is a need for a guided, accessible, and varied journaling platform to support people's well-being.

Evolution

Our idea started as a smart journaling application with the ability to bring back previous memories for further reflection and insights. This feature was inspired by an effort to generate more meaningful insights from journal entries over time. After group formation, we combined complementary group ideas. We added feature considerations for multi-format input and an emphasis on a quick, accessible entry pipeline.

Through readings, individual assignments, and class discussions, we selected a specific user group to focus our idea. We gathered that busy students and recent college graduates often face challenges in managing stress and navigating life transitions. This insight led us to refine our ideas to focus on providing a more accessible, insightful method for accessing past memories and being more mindful.

Target users

The core goal of our solution is targeting individuals who would benefit from journalistic reflection, especially those who may feel hindered by text-based entries and avoid traditional journaling. Additional target user groups include people who want to gain actionable insights from their previous experiences and related thought and emotional patterns. These users may want to track their emotional well-being over time and would like to incorporate mindfulness practices into their daily routines.

We are considering students, staff members, and recent college graduates who are navigating the transition from academic to professional life. These individuals are often pressed for time and are in periods of transition. They would benefit from a flexible way to manage their stress. Many of our users may be hesitant to seek out mental health support, and existing apps on the market lack a direct pipeline to reflection based on journal entry contents. We would be interested in interviewing students from different majors, years, and graduation status to test our application.

Solution

A mobile-first web application that allows for multi-format input journal entries with the main goal of connecting with past memories and ideating actionable goals to improve their habits one simple step at a time. When a user wants to add a new entry, they can go into Memosphere and press a single button to start recording or writing an entry. On installation, the user will be prompted for their default entry method and can be changed later on. One of the key features of MemoSphere is its user-friendly method for accessing past memories without the need for tedious scrolling and searching. This retrieval process utilizes an AI chat interface, enabling users to access memories based on various attributes, such as sentiment and other related characteristics. Our app's varied entry options afford accessibility for individuals originally dissuaded from traditional journaling.

Tech plan

Language: We will code our interface using TypeScript and React for the frontend, Java for the backend, and MySQL for the database. We are going to containerize each tier in docker to make the environment setup much easier.
Platform: Our application will be a mobile-friendly website.
High-Level Components

- We are using TS/React because that is the industry standard for modern and responsive web apps which is our target platform.
- We are using Java for the backend because we need a way to create API calls from our database and third-party sources and send them to our frontend. Our group is the most familiar with Java over other backend languages.
- We are using MySQL for the database because we only need a simple implementation for journal entry and user storage and we are most familiar with MySQL.
- To power our AI chat interface, we will connect to the ChatGPT API, because that is the simplest way to incorporate AI.

Risks

The biggest risks we have identified for our idea working at this time arise from user adoption of our app and project timeframe. Our risks with user adoption are that users will not feel inclined to incorporate our app into their daily routine as we intend. This risk can be resolved through further user testing. We plan to conduct interviews and examine users as they generate mock-entries to simulate what the user experience will look like and adapt our development accordingly. As for the project timeframe, we anticipate our project will be completed by the end of the semester. However, we must realistically consider the busy schedules of all team members. To mitigate the risk of our project not being completed on time, we strive to develop an MVP (minimum viable product) with the most relevant features and to hold weekly group standup meetings to discuss status updates. Through these weekly meetings, we will debrief on the prior week's work and evaluate the allocation of effort based on team members availability and feature status for the coming week.