

# Mindful User Manual

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# 1. Introduction (UPDATED)

Thank you for your interest in our application named **Mindful**. Mindful is a chrome extension that is meant to be a better alternative to the popular site blocking extensions on Chrome. The purpose of this application is to empower the average web user with the tool of awareness, by providing a layer of *productive* friction between them and websites they consider distractions. Our goal with this app is to keep the user *Mindful* as they are browsing the web by allowing them to answer a few set of questions before accessing distracting websites, which would remind them that they are about to wander off, and hopefully guide them back. The purpose of the questions is to strengthen the users existing skills, or allow them to learn new skills, which maximizes on their distraction while keeping them *Mindful*.

## 2. Prerequisites

### a. Chrome Browser

To install the application “Mindful”, you will need to have the Chrome Browser installed. You can download it from here: <https://www.google.com/chrome/>. Follow the instructions provided by Chrome to install it properly.

### b. Activating Chrome Developer mode

To be able to install the extension, you will need to enter the following url: `chrome://extensions`, and activate developer mode, which is located on the top right corner of the screen.

### 3. Installation

#### a. Download (UPDATED)

You can download the extension from the beta section of our website.

#### b. Extract

Once you have downloaded the zipped folder, you will need to extract the folder “mindful-master” from it and place it anywhere on your computer.

#### c. Load

To load the extension on your Chrome Browser go to the url “chrome://extensions” and press the button “load unpacked” on the top left corner. Then, select the folder “mindful-master” that you previously extracted and load it to chrome. You should now see the extension on the top right corner of your screen, where Chrome extensions are shown.

## 4. Usage guide

### a. General usage

The application Mindful allows a user to add a website that they deem distracting to a list of “blacklisted” websites. Then, whenever the user accesses one of these websites, they get asked to answer a challenging question before accessing the website. This question intends to keep the user mindful of their behavior, while also learning something new.

### b. How to Access the Settings

To access the settings, you will need to press the extension button on the top right corner of your chrome browser. If you don’t see the extension there, click the three dots button in the top right of chrome, and you will find it in the popup.

#### i. First, select a category of questions

You can change one of three categories of question prompts used in the app. The categories consist of “Coding” questions, “Languages” questions, and “Customized” questions (not implemented yet). You can select either of these with the first drop-down menu.

#### ii. Then, select an interval to repeat questions (UPDATED)

You can select an interval of time at which you’d like the questions to be repeated on the same page, after prolonged exposure to the distracting website. To do so, you can select a time in the “Repeat Every” dropdown menu, and select a time that is appropriate for your needs.

#### iii. Select a language and difficulty within the category

To select the language, click on the “Language” dropdown menu and select one of the shown options. You can select the difficulty of the questions by toggling the “Difficulty” dropdown menu.

#### iv. Lastly, add a website to the blacklist (UPDATED)

From the settings page, you can add a website to the blacklist by entering the “URL” in the box under the “Blacklist” section, and pressing the green “+” button. You can remove an element from the black list by pressing the red “-” button next to the website.

### c. How to Answer questions(UPDATED)

To answer a question, first access a blacklisted website, then simply press the answer you think is appropriate for the question from the list of possible answers once the popup appears. These questions will appear on a random basis in order to give you proper spaced repetition.

#### i. What to do once you answered the question

When you answer a question, the application will indicate in green the correct answer, and in red if you answered wrong. You will then be prompted to either answer another question by pressing “Another Question” or to access the website you were trying to access by pressing “Access Website”.

### d. How to add custom questions (UPDATED)

To add a custom question, simply select the “Customized” category in the dropdown menu when selecting a category. Then, you can fill out the form with your own question and answers. Since this is a custom question, you won’t be given multiple choices for the question. The answer will simply be hidden from you until you press the “Answer” button, at which point you can confirm if you got the question right on your own.

## 5. Uninstall Extension

To uninstall the extension, simply access the url “chrome://extensions/”, locate the extension Mindful, and press “Remove”.

Thank you for using our application!