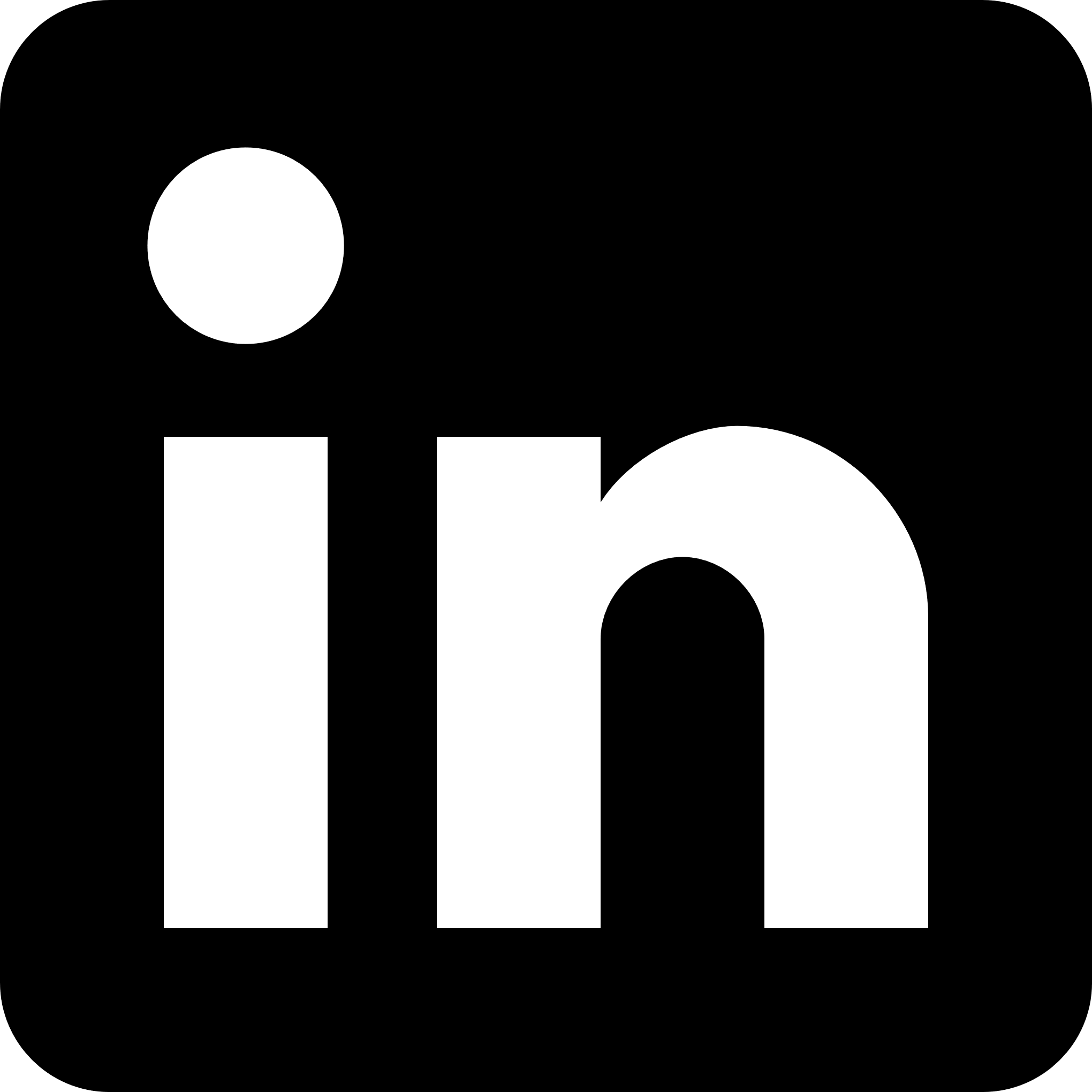


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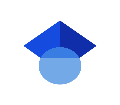


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MONIKA JINGAR (she/her)



Google Scholar [[link]](https://scholar.google.com/citations?user=xaR04XcAAAAJ&hl=en)

RESEARCH EXPERIENCE

[**REACH2020:**](https://reach2020.eu/)Feb 2017 – July 2017

Funded by [Horizon 2020](https://ec.europa.eu/programmes/horizon2020/en) | Eindhoven, The Netherlands

* Aim of the sub-project I was part of: Building a solution to facilitate behaviour change process for healthy eating habits among older adults.
* Worked with a team of four researchers conducted three short projects, using participatory and human-centred design approach using qualitative methods such as semi-structured interview, contextual inquiry, co-design and co-reflection session.
* The outcome of the project was personalised framework for healthy eating behaviour change, smart table to coach older adults to cook step by step and a mobile game to persuade older adults to eat healthy.

[**@GEING ONLINE**](http://www.ageingonline.fi/)**:** Feb 2018 – April 2019

Funded by [Interreg Botnia-Atlantica](https://www.botnia-atlantica.eu/) | Umeå, Sweden

* Worked as the lead HCI researcher on the Swedish side of the research team.
* Conducted focus group, semi-structured interviews and surveys with target user group and stakeholders.
* Design and developed iteratively various versions of prototypes of the digital coaching application.
* Designed and organised user testing sessions for usability test of the developed application with older adults in Sweden and Finland.
* Inform the findings of the developed application to an interdisciplinary research team.

[**STRESS PROJECT**](https://www.umu.se/en/research/projects/managing-stress-and-cognition-in-stress-related-disorders-a-digital-coach-for-a-sustainable-life/) **:** Feb 2018 – Sep 2019

Funded by [Vinnova](https://www.vinnova.se/en/) | Umeå, Sweden

* Worked as a lead design and user researcher for the development of an AI coaching system for stress management.
* Conducted qualitative and quantitative research using surveys, focus group and semi-structured interviews.
* Organised a workshop to explore nonverbal feature of tangible AI coach.
* Communicated results of findings via presentations and scientific articles.

PROFESSIONAL EXPERIENCE

**Oct 2016 - Oct 2018** User System Interaction trainee, Department of Industrial Design

Eindhoven University of Technology (TU/e) | Eindhoven, The Netherlands

* Worked in teams to inform the design and development of products and services in multiple short and long-term projects for various stakeholders.
* Performed project management and facilitated teamwork in several projects in an agile environment as a Scrum Master.
* Applied a mix of qualitative and quantitative research methods approach using user-centered and worth-centered design approaches for a given project.

**Jun 2013 - Oct 2016** Freelance Content Designer

The Critical Thinking Child LLC | Chicago, USA

* Create mind streaming puzzles focus on supporting children’s cognitive and critical thinking development based on neuropsychological research.
* Assisted to develop a series of learning tools including abstract puzzles and graphic illustrations involving patterns, number sense, spatial orientation, and two-dimensional (2D) mental rotation (paperfolding).

EDUCATION

**Feb 2018 – Feb 2022** Doctor of Philosophy (PhD)-Artificial Intelligence (AI) and Human-Computer Interaction (HCI)

Department of Computing Science, Umeå University   
| Umeå, Sweden

**Oct 2016 - Oct 2018** Professional Doctorate in Engineering (PDEng) - User System Interaction (USI)

Department of Industrial Design, Eindhoven University of Technology (TU/e) | Eindhoven, The Netherlands

**Aug 2010 - Oct 2015** Integrated Master and Bachelor of Technology - Computer Science and Engineering

Department of Computer Science, Mewar University

| Rajasthan, India

Over a decade of experience in freelance, industry and academia settings with background in software engineering, algorithm design and human-computer interaction (HCI), specialised in UX design and user research using mix-method approaches. Currently I am working as a PhD researcher at Umeå University, Sweden, as a lead design and user researcher of my research group, where my research contributes to the design and development of AI coaching systems for behaviour change.

TECHNICAL SKILLS

**Research Methods** A/B testing, Usability Studies, Artifact Analysis, Heuristic Evaluation, Surveys, Structured and Semi-Structured Interviews, Affinity Diagram, Thematic Analysis, Participatory Design, Co-Design, Focus Groups, Persona, Crowdsourcing, Literature review, Scenarios, Storytelling, Storyboards, Think-Aloud Protocol and Wizard of OZ.

**Design Approach** Human Centered Design (HCD), Activity Centered Design (ACD), User Centered Design (UCD), Worth Centered Design (WCD) and Value Centered Design (VCD).

**Software** MATLAB, Adobe Illustrator, Adobe InDesign, Affinity Designer, Axure RP, Figma, Miro, Microsoft Office, Visual Studio and Blend for Visual Studio.

**Programming Languages** HTML5, CSS3, JavaScript, C# and UML.

[**T-REX**](https://www.northpop.se/en/home-2/)**:** Dec 2018 – Jan 2020

Supported by [NorthPop](https://www.northpop.se/en/home-2/) | Umeå, Sweden

* Worked as a lead design and user experience (UX) researcher for the developing a digital application for the training and assessment of executive function for preschool children called T-REX (**T**esting **R**esponses **EX**ecutive functions).
* Developed mini games with various puzzles designed to adapt and personalised for each player’s profile to train, motivate, assess and measure their executive function growth.

[**STAR-C**](https://www.umu.se/en/research/projects/star-c-sustainable-behaviour-change-for-health-supported-by-person-tailored-adaptive-risk-aware-digital-coaching-in-a-social-context/)**:** Oct 2019 – Ongoing

Funded by Forte | Umeå, Sweden

* Aim of the project: Sustainable behaviour change for health supported by person-Tailored, Adaptive, Risk-aware digital Coaching in a social context.
* My role: Lead UX researcher for the design and development of STAR-C application.
* Worked in interdisciplinary group as a human-centred AI researcher using participatory and mix-methods design approaches during the desing and development of the STAR-C application.

[**AI-PAL**](https://www.umu.se/en/research/projects/digital-companions-as-social-actors-employing-socially-intelligent-systems-for-managing-stress-and-improving-emotional-wellbeing/)**:** Jan 2020 – Ongoing

Funded by WASP-HS | Umeå, Sweden

* Aim: Digital companions as social actors for employing socially intelligent systems for managing stress and improving emotional wellbeing.
* My Role: Lead user researcher to build the user model for the to be developed socially intelligent system.

SELECTED PUBLICATIONS

* (PDEng Thesis) Monika Jingar. A Substantial Design of Technology for Older Adults: Towards an Adaptive and Personalized User Interface, 2018. [[link]](https://research.tue.nl/en/publications/a-substantial-design-of-technology-for-older-adults-towards-an-ad)
* Monika Jingar and Helena Lindgren. 2019. Tangible Communication of Emotions with a Digital Companion for Managing Stress: An Exploratory Co-Design Study. In Proceedings of the 7th International Conference on Human-Agent Interaction (HAI '19). 28-36. [[link]](https://dl.acm.org/doi/abs/10.1145/3349537.3351907)
* Marcus Westberg and Monika Jingar. Preserving Personal Perspectives in Coaching Technology. To be appear in the proceedings of the International Research Conference Robophilosophy 2020. [[link]](https://www.researchgate.net/publication/347745496_Preserving_Personal_Perspectives_in_Coaching_Technology)

SOFT SKILLS

* Ability to deliver insights verbally and visually in a way that generates empathy, emotion, and engagement from the product team and other stakeholders.
* Can combine my knowledge as an entrepreneur, an engineer, programmer, designer, and researcher to deliver an optimal solution of a given problems.
* Ability to work with multidisciplinary and multicultural team in academic and industrail settings.

OTHER WORK

* Supervised and coach students and assistant researchers working with my research group at Umeå University, Sweden. My primary role was to manage and assign tasks to them, while guiding them during the whole lifecycle of their research projects.
* Worked as PhD council chair for the term 2019-2020 at the department of computing science of Umeå University, my main tasks involved counselling with PhD students for their wellbeing and organizing social activities among PhD students.
* Participated as student volunteer and led a team of volunteers in various international scientific conferences, workshops and UX camps.
* Worked as a peer reviewer in scientific conferences specialised in the domain of health informatics, AI, HCI and human-AI interaction.
* Presented and published research work work in CORE rank international scientific conferences in HCI and AI domain, workshops and UX camps.

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TRAINING AND CERTIFICATION

Certification of Scientific IntegrityOct, 2018| Stan Ackermans Institute - 4TU.Federation, The Netherlands

Cisco Certified Network Associate (CCNA)July, 2013| Mumbai