

Programming the Next Step: Final Report

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Description

This package aims to help people be more practical in their use of technology, by reducing distraction with the number of apps they need to have installed, as well as developing more intentional use of screens.

When running the interface, users can select what tools they want displayed on their screen, as well as remove the generated sequence of quotes that change every 10 seconds. Users must run the function below to open the interface in a new window:

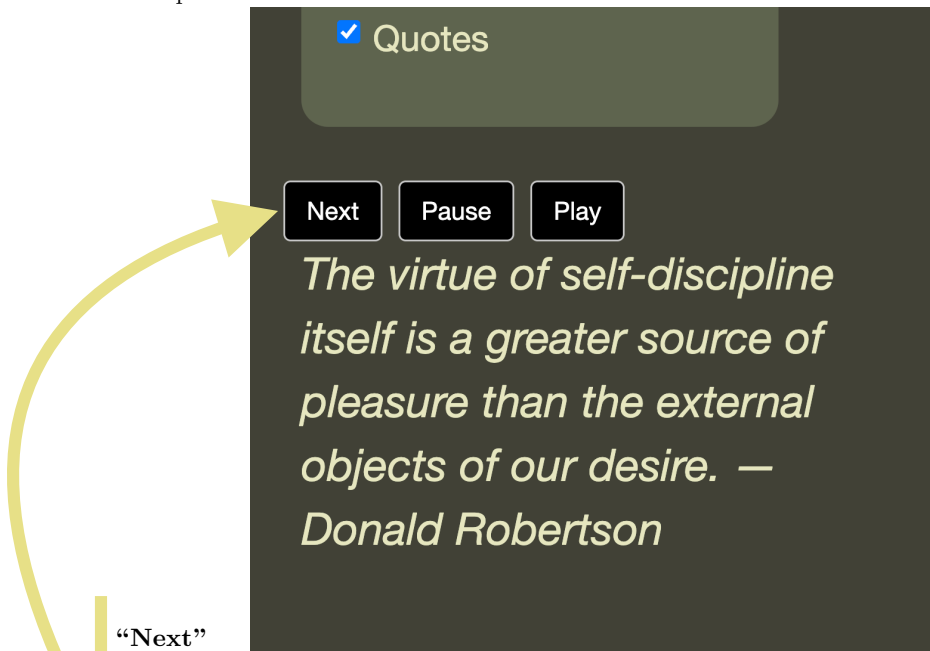
```
shiny_app()
```



Tools

Quotes Tool

The quotes tool is activated by default when users load the Shiny interface. The displayed quote changes every 10 seconds to another one. The theme of the quotes revolve around philosophical and psychological concepts.



“Next”

Users can press “next” as many times as they like to skip to the next quote

“Pause”

Users can halt the generation of the next quote. Users must then press “Play” in order to resume the generation of new quotes every 10 seconds.

“Play”

When first loading the interface, new quotes are automatically in playing (generated) every 10 seconds. Users can click “Play” to resume the generated quotes after pausing them.

Sampling quotes function

If users are not interested in the Shiny app interface, they can still decide to use the quotes sampling tool, using the function below. When running this function, a new quote is randomly sampled from all the available quotes in the Shiny interface.

```
quotes_sample()
```

```
## [1] "You must be prepared to work always without applause. -Ernest Hemingway"
```

Journaling Tool

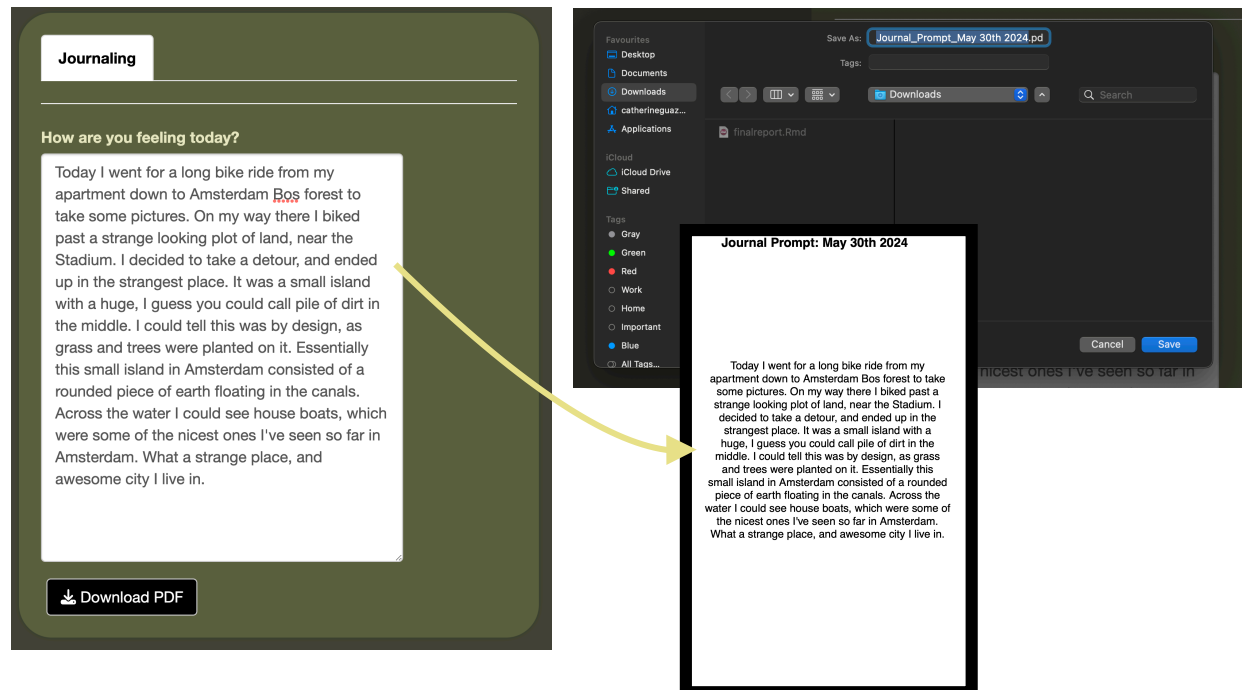
Text box

Users can write a text prompt inside of the designated box, and export this prompt as a PDF that automatically formats the title as “Journal Prompt” followed by the current date.



“Download PDF”

Users can specify where the PDF file is saved, and the text prompt can be as long as they desire, as the PDF page number is automatically adjusted to the word count.



Pomodoro Timer Tool

This tool allows users to make time for focused work or study that includes breaks. Users can specify differing work and break lengths.

Pomodoro

Length of focus

25

Length of break

5

Start Timer Pause Timer Reset Timer

Time remaining: 24:33

Completed rounds: 0

“Start/Pause/Reset Timer”

“Start” automatically begins the Pomodoro timer countdown. “Pause” prevents the timer countdown from advancing, and “Reset” turns the timer back to the original specified work and break time. Once the work length is completed, a “work complete” sound plays and a message pops up telling the user to take a break. When this occurs, the specified break timer automatically begins. Once the break time is complete, a “ping” sound plays, and a “time to work” message pops up.

“Completed rounds:”

Once a work and break cycle is up, the completed pomodoros count increases by 1.

“Length of focus”

Users can select 15, 25 and 60 minutes of focused work.

“Length of break”

Users can select 5, 10 and 30 minutes for breaks.

Length of focus

25

15

25

60

Length of break

5

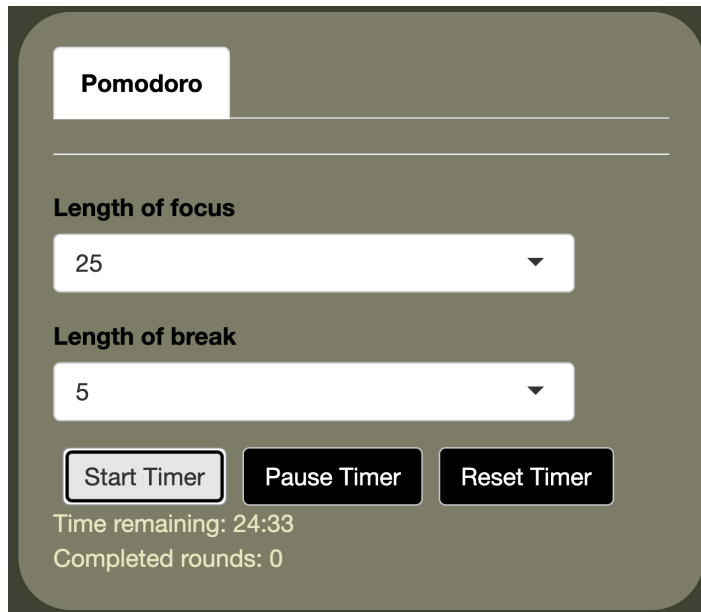
5

10

30

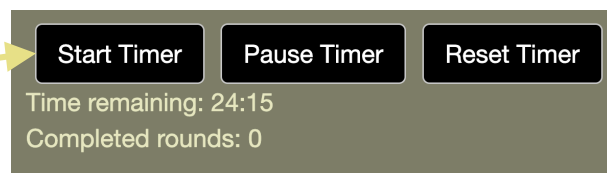
Pomodoro Timer Tool

This tool allows users to make time for focused work or study that includes breaks. Users can specify differing work and break lengths.



The screenshot shows the main interface of the Pomodoro Timer Tool. It has a dark olive green background with rounded corners. At the top, there's a white box with the word "Pomodoro" in black. Below this, there are two dropdown menus: "Length of focus" with "25" selected and "Length of break" with "5" selected. Underneath these are three buttons: "Start Timer" (white with black text), "Pause Timer" (black with white text), and "Reset Timer" (black with white text). At the bottom, it displays "Time remaining: 24:33" and "Completed rounds: 0" in a light green font.

“Start Timer”



This close-up shows the "Start Timer" button being clicked. A yellow arrow points from the "Start Timer" label to the button. Below the button, the timer state is updated: "Time remaining: 24:15" and "Completed rounds: 0".

This automatically starts the Pomodoro timer, with a small countdown display at the bottom. Once the work length is completed, a “work complete” sound plays and a message pops up telling the user to take a break. When this occurs, the specified break timer automatically begins. Once the break time is complete, a “ping” sound plays, and a “time to work” message pops up.

“Completed rounds:”

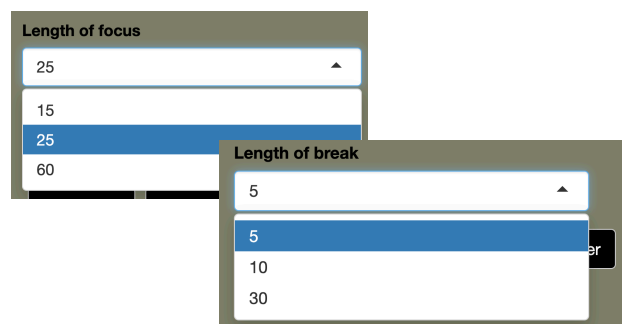
Once a work and break cycle is up, the completed pomodoros count increases by 1.

“Length of focus”

Users can select 15, 25 and 60 minutes of focused work.

“Length of break”

Users can select 5, 10 and 30 minutes for breaks.



This image shows two overlapping dropdown menus. The top one is "Length of focus" with options 15, 25, and 60; the "25" option is highlighted in blue. The bottom one is "Length of break" with options 5, 10, and 30; the "5" option is highlighted in blue.

To-Do List Tool

This tool allows users to input specified tasks, which then populate to the right side of the screen. Users can check off finalized tasks, which automatically move down to the bottom of the task list.

The screenshot shows a web application titled "To Do List". On the left, there is a form with the label "Enter task below:" above a text input field. Below the input field is a black button with the text "Add Task". To the right of the form, a list of tasks is displayed, each with a checkbox: "grocery shopping" (unchecked), "studying" (unchecked), "finishing programming the next step final report" (unchecked), and "call mom <3" (checked with a blue checkmark).

“Add task”

This button adds the inputted text to the list of tasks to complete.

Checkboxes

The checkbox for each task is used as a marker to signify if the task is complete or not.

This diagram illustrates the relationship between the task list and the input form. On the left, a list of tasks is shown with checkboxes: "grocery shopping" (unchecked), "finishing programming the next step final report" (unchecked), "call mom <3" (unchecked), and "studying" (checked with a blue checkmark). On the right, a form titled "Enter task below:" contains a text input field with the text "call mom <3" and a black "Add Task" button. A yellow arrow points from the "Add Task" button to the input field, and another yellow arrow points from the "Add Task" button to the "call mom <3" task in the list, indicating that the button adds the inputted text to the list.