

Work Smart

Minimizing distractions

Audrey & Tash

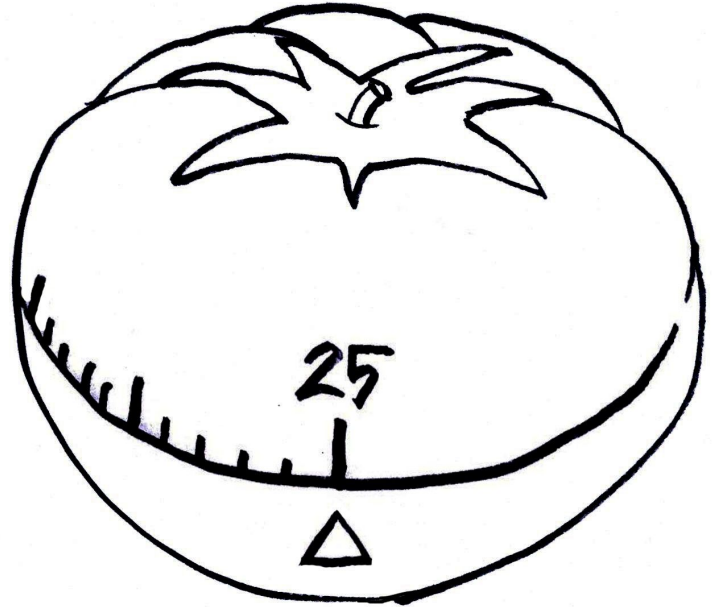


Work Smart

The “smart” Pomodoro technique

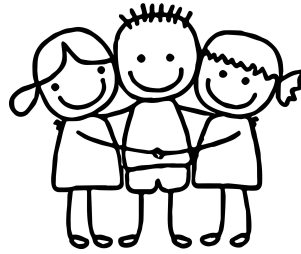
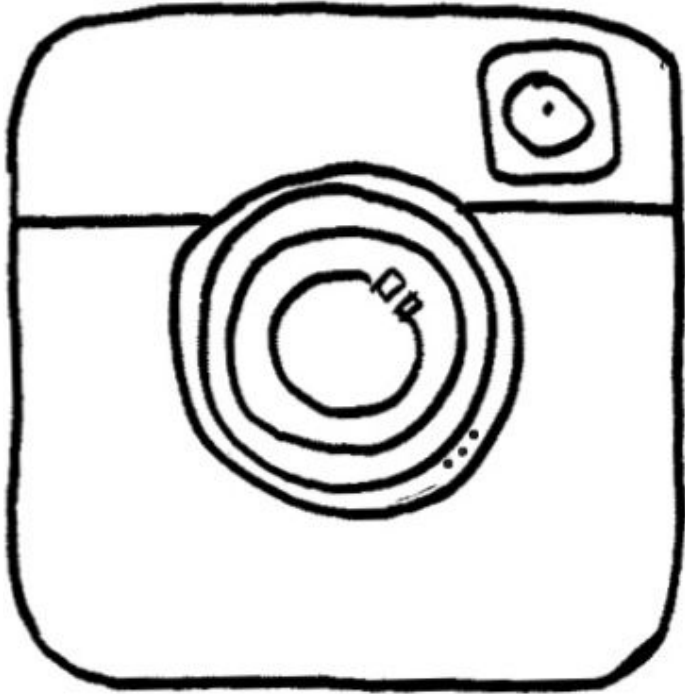
Our concept is based on the Pomodoro technique, a proven time management method that “breaks down work into intervals, traditionally 25 minutes in length, separated by short breaks” ([Wikipedia](#)).

Our application takes it a step further and optimizes unique intervals using machine learning based on habits of the specific user.



Research

Immersion and workshop session



*keep up with
friends*



*don't want to
do (challenging)
work*



*bored; little pockets
of time in day*



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Research

User profile

Behavioral demographics

- College senior
- International student
- Computer science major
- iPhone & MacBook user
- Enjoys traveling
- Prefers hanging out with friends in person over interacting online



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Research

User profile

Needs & pain points

- Needs to keep updated with friends (abroad and local)
- But gets distracted by ads and content from people she doesn't know personally
- Wastes/spends too much time on social media that could be better spent doing (school) work
- Time management apps don't cater for irregular behavior; restricting



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Research

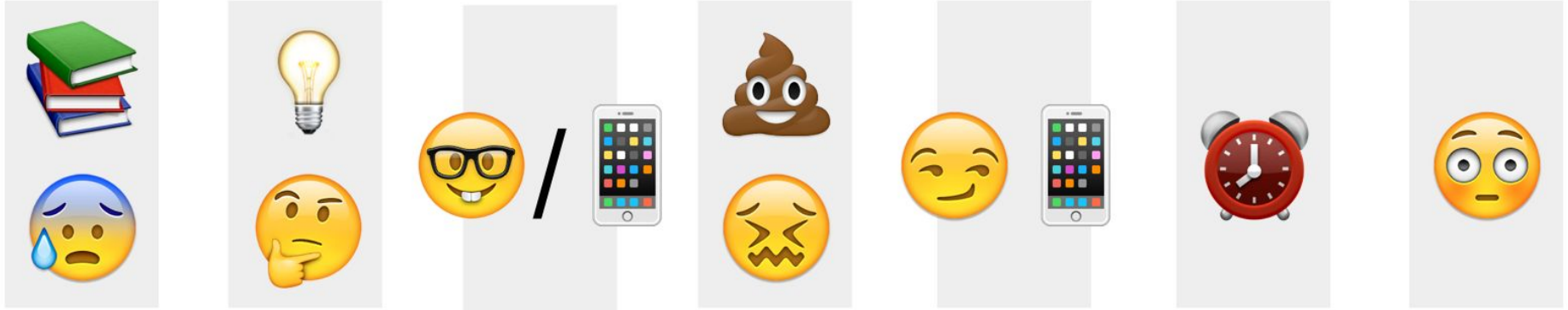
User profile

Potential solutions

- Be more intentional about time by setting intervals for work and break; crucial to give her choice, i.e. manual customization
- Provide/suggest more accessible alternative than phone/social media for break time

Research

User journey: before



Current method: place phone on other side of room.

Problem: ultimately goes back to phone, especially if frustrated by challenging problem.

Problem statement

The problem of turning to phones for easy distractions rather than facing challenges (homework) and subsequently losing track of and wasting time...

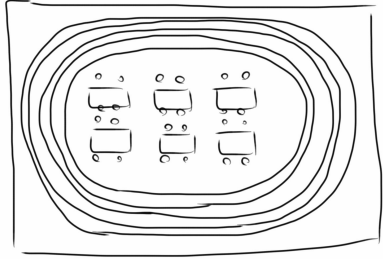
Affects Sarah, an academically-inclined 21 year old college student...

The impact of which shows through her grades and quality of life.

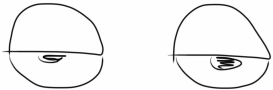
A successful solution would encourage her to be more intentional with her time by way of setting intervals to introduce conscious choice into her experience, in order to refocus and refresh rather than distract.

We will know it has worked when Sarah's grades and her quality of life improves, which can be measured by her transcript and the amount of sleep she gets per week, respectively.

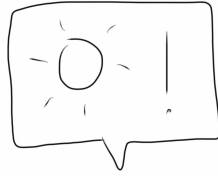
Ideation



*path around
study room to
encourage user
to walk*



*biometric reading
of eyes for
tiredness*



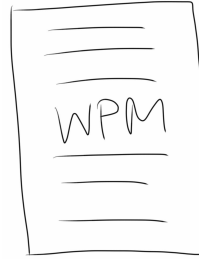
*alert when sun is
out to encourage
getting fresh air*



daily wellness tip



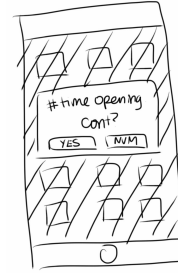
*track frequency of
tab switching*



*track reading
productivity in
wpm*



*timed notification
to take break*



*suggest break
after opening app
X times*



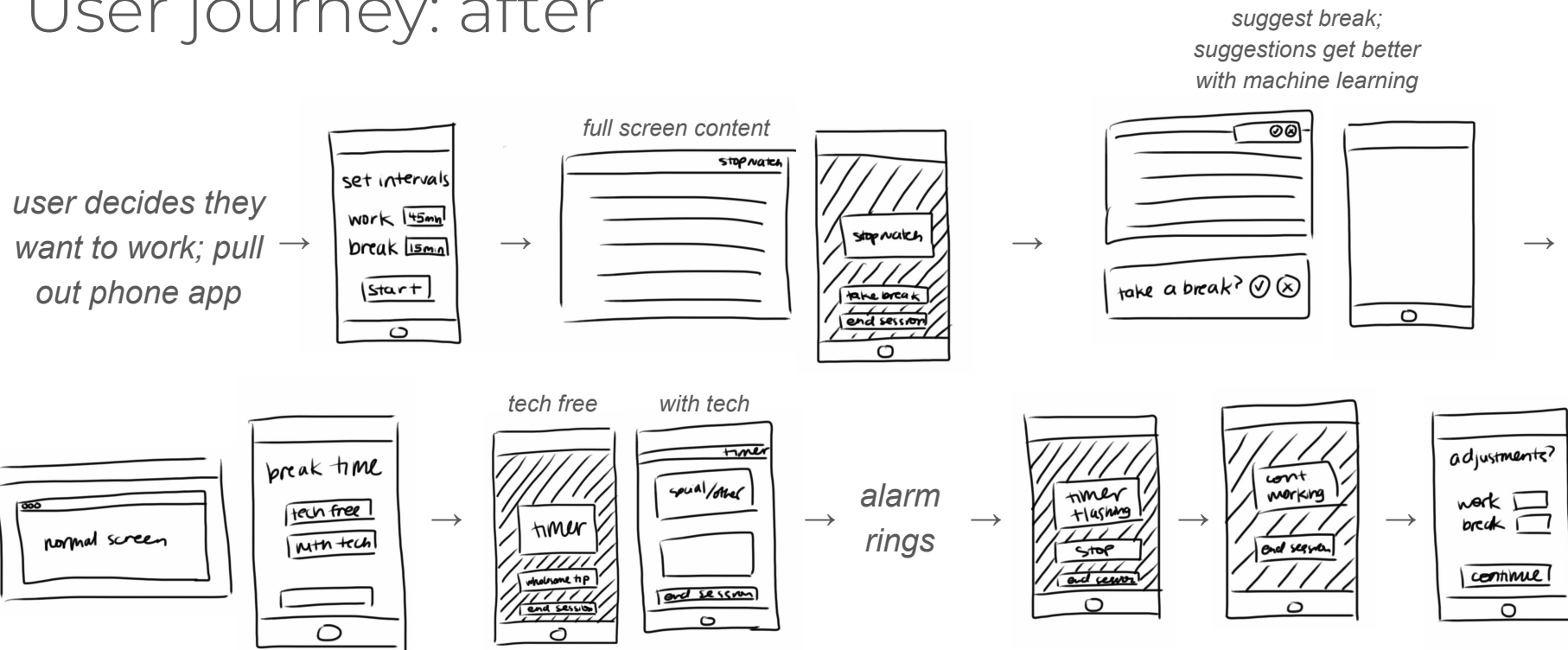
*suggest break
after scrolling for
X min*



*"no distraction
time" confirms
unlocking phone*

Prototype

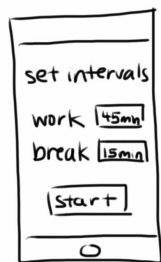
User journey: after



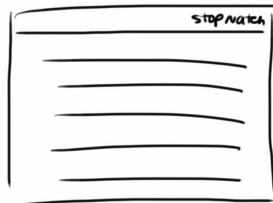
Prototype

User journey: after

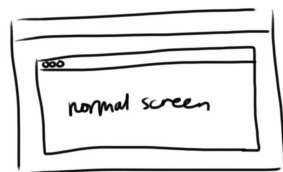
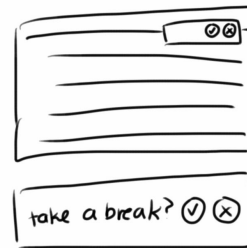
user decides they
want to work; pull
out phone app



full screen content



suggest break;
suggestions get better
with machine learning



tech free



with tech

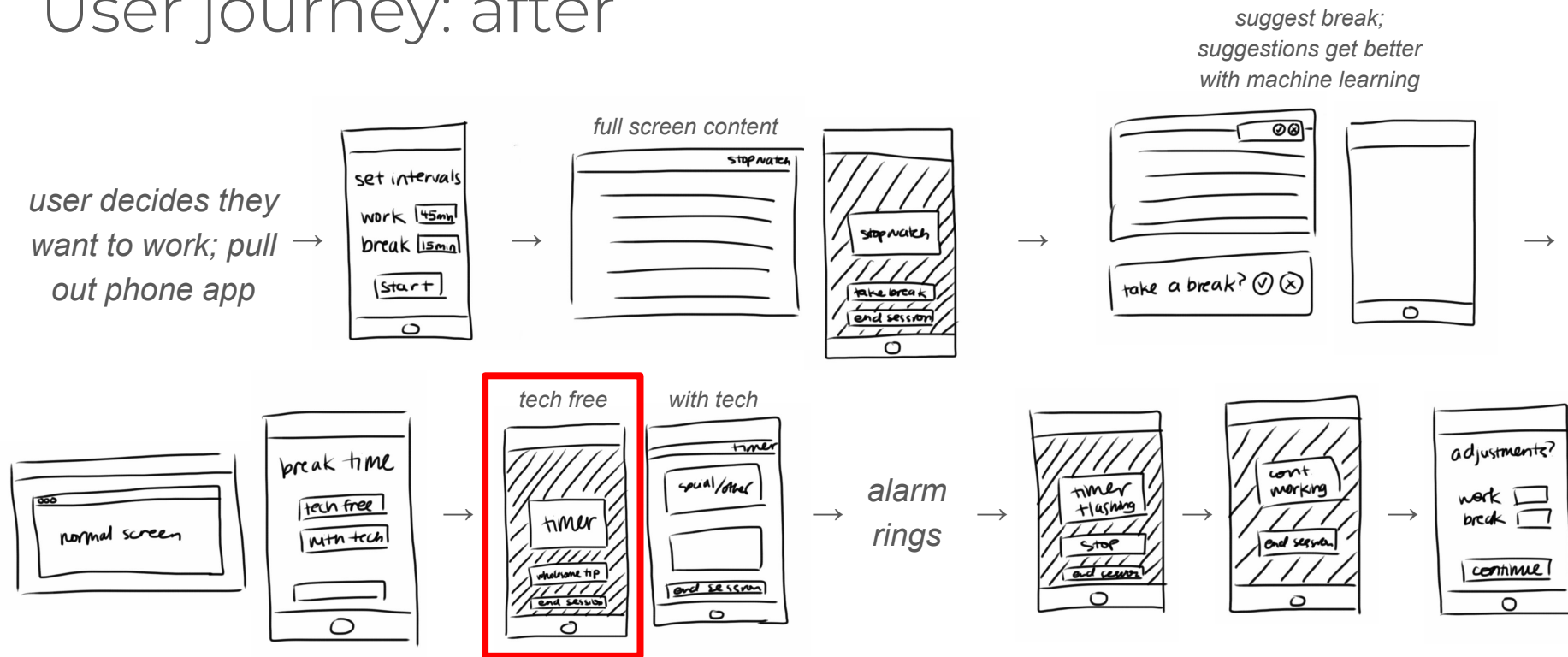


alarm
rings



Prototype

User journey: after



Prototype

Findings, feedback, and iterations

What if users work offline?

- Minimal changes needed. Screens on phone still relevant.

What if user navigates away from app during work session?

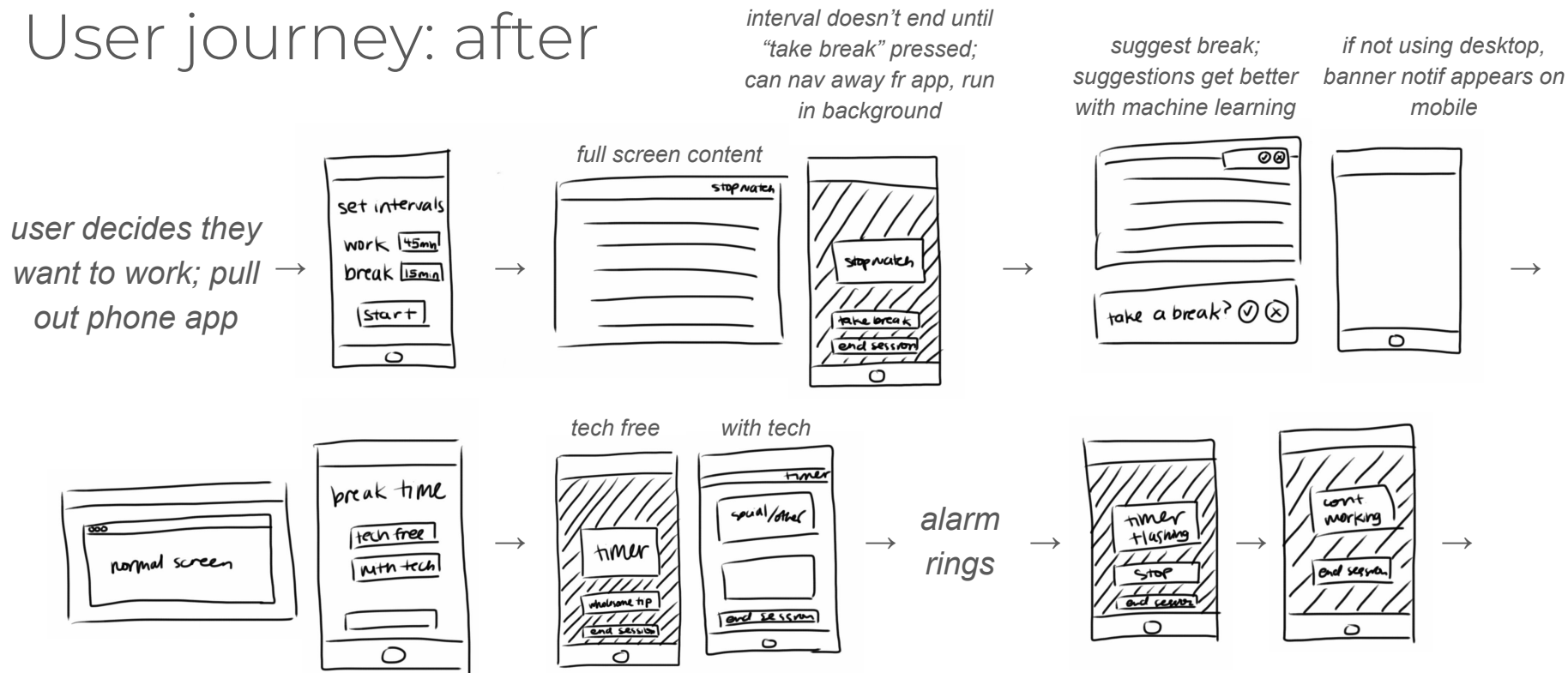
- Work session continues, but phone tracks movement and may use this data to gauge level of distraction.
- Work session only ends if user selects “take break” or “end session.”

Any reward at end of session?

- New screen: show stats at end of session before exiting app.

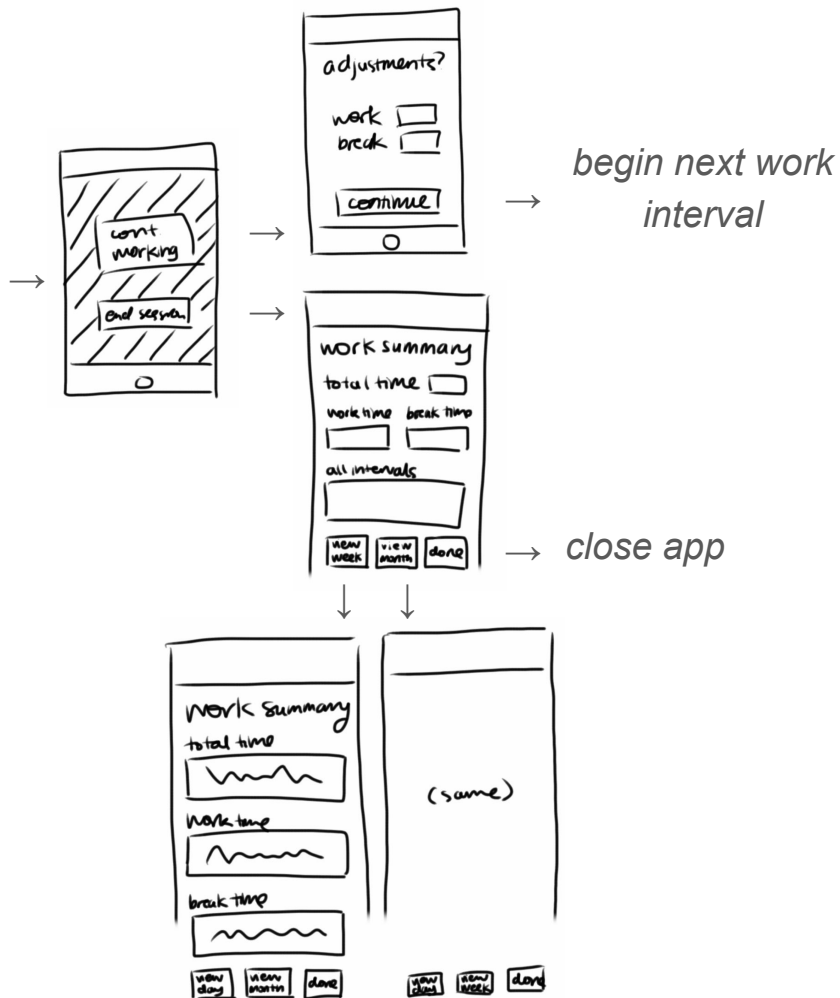
Solution

User journey: after



Solution

User journey: after



Conclusion

Work Smart: the “smart” Pomodoro technique

- Manual management method.
- Slow down process so that every choice is intentional.
- Minimal intrusivity.
- Minimize mindless distraction.
- Unique solution (intervals) optimized for each user.

