**1.Study Plan**

Which techniques are you going to use? Why do you choose them?

* We plan on conducting interviews. We chose interviews because we want to collect first-hand personal accounts from our target audience. We also want to maximize the amount of information we are collecting during a given duration.

How will you conduct a user study? Where and when will the study take plan?

* Before the user study, we plan on completing a pilot study to test our interview questions, improve the interview flow, train ourselves as interviewers, identify potential issues, and get a good estimate of the amount of time each interview will take.
* We will conduct user studies by politely asking people if they have time for a quick interview, sitting down in a semi-private area, asking them the questions below, and recording audio of the interview (with the consent of the interviewees). We also plan on asking follow-up questions as they arise in order to gather additional insights.
* Bria: I plan on conducting my user studies at the Innovation Hub on FSU’s campus. The Innovation Hub is an interdisciplinary space where many different students take classes and study.
* Sam: I plan to meet with two friends either at their homes or in a common area to facilitate a comfortable interview atmosphere and to make the interview convenient for them so they are not out of their comfort zone for their interviews.
* Bela: I am planning on meeting up with two acquaintances at a coffee shop so that the interviewees are comfortable in the common space but have a space a little more formal than over the phone or at my house.

Who will you conduct the user study with? Why did you choose them?

* We plan to interview a random sample of 6 college students and ask them a set of questions related to the topics that our project will address. We chose to interview this set of people because they will most accurately and most directly relate to our topic.

What questions you will ask? What do you hope to learn?

* By asking the questions below, we hope to learn if there is a need for the app we want to create. We are also looking to see if our target audience would use said app.

Journaling Questions

* Purpose: See if there is a demand for a new form of journaling.

1. Do you like journaling?
2. If so, do you journal as often as you would like to?
3. Would you use a digital journal?

Habit Questions

* Purpose: See if there is a need in people’s lives that our idea can meet.

1. If there was a low-maintenance way to check on your friends do you think you would feel more connected to them?
2. Would you benefit from an alert on your cell phone of self-care tasks that you might forget?
3. Would it be motivating to your own self-care to see your friends updating their self-care status, ex: seeing your friend marked off drinking a water bottle for the day?

Self-Care Questions

* Purpose: See if our target audience is able to monitor their daily self-care needs.

1. Do you have enough time for self-care in your schedule?
2. Would you say you get enough sleep every night?
3. Are you able to prioritize eating three healthy meals and exercising?

Socializing Questions

* Purpose: See if our target audience would like a new digital way to stay in touch with their friends.

1. Do you talk to your friends as much as you would like to?
2. Are you satisfied with the current social media apps you use?
3. If not, what are they lacking?

**2.User Studies- Description of Participants**

* Participant 1: Jake Scally
  + Jake is a third-year astrophysics major at FSU. In his spare time, Jake enjoys web development, astrophotography, and collecting vintage TV’s.
* Participant 2: Jamie Guterman
  + Jamie is a fourth-year at FSU majoring in information technology. In her spare time Jamie likes to explore virtual reality technology, hang out with friends, and search for summer internships.
* Participant 3:Rodrigo Peixoto
  + Rodrigo is a third-year Computer Science student at the University of Central Florida. Rodrigo works full-time at the UPS Store and is captain of the UCF Valorant team. His spare time is usually spent playing video games and hanging out with his friends.
* Participant 4: Caroline
  + Caroline is a third-year student at FSU. Some of her hobbies include shopping, recreational sports, and hanging out with friends.
* Participant 5: Benjamin Kaiser
  + Benjamin is a fourth-year college student at FSU. In his spare time he likes to read, play FSU intramural sports , and hang out with his friends.
* Participant 6: Jamie Velasquez
  + Jamie is a third-year college student at FSU. Her hobbies include crocheting, cooking, and going out with her friends.

**3.Data from the Study**

* Participant 1: Jake Scally
  + Say: What are some quotes and defining words your user said?
    - “I’m lucky if I eat two meals in a given day”
    - “I like to journal by writing content in markdown files and uploading them to my own personal website”
    - “If my friends also had their own websites I’d love to check them out and see how they’re doing”
    - “I feel like I’m a product to every social media app I use”
    - “I feel like I don’t have the energy to be social enough”
  + Do: What actions and behaviors did you notice?
    - Jake uses a website he created to post about his life and his activities.
    - Jake struggles with self-care due to a busy schedule and finds it hard to balance his school life with his personal needs.
    - Jake uses technology to stay in touch with friends who don’t live near him since he’s an out-of-state student.
    - Jake avoids spending large amounts of time on social media because he doesn't like it.
  + Think: What might your user be thinking? What does this say about their beliefs?
    - I think Jake looks for ways other than social media to express himself. He is not satisfied with social media apps as a means to communicate with others and has created his own website to avoid doing so.
    - I think Jake seemed like he wanted to better his self-care habits as he seemed remorseful when explaining that sometimes he skips meals and doesn't get enough sleep. This says that he is looking to improve himself.
    - Jake seemed like he was looking for more ways to stay in contact with his friends that don't require a lot of energy or planning. This says that while Jake may be introverted, he still values his friends very much.
  + Feel: What emotions might your user be feeling?
    - It seems like Jake was a bit sad about not being able to take care of himself as much as he’d like to due to being overwhelmed with school.
    - Jake was enthusiastic to tell me about his website. This says that he enjoys using the internet to explore his hobbies and share them with others.
    - Jake seemed agitated that most social media platforms treat their users as a commodity. He is frustrated being treated as a data mine.
* Participant 2: Jamie Guterman
  + Say: What are some quotes and defining words your user said?
    - “Most social media platforms have a very negative impact on mental health”
    - “It’s hard to use social media as a way to stay in touch with friends without experiencing negative mental health effects”
    - “I know I have the capability to prioritize eating healthy, exercising, and getting enough sleep, but sometimes it just doesn't happen”
    - “I wish I had more time to see my friends, but we’re all so busy that it gets hard to coordinate times when we’re all free”
  + Do: What actions and behaviors did you notice?
    - Jamie regularly journals in a physical notebook.
    - Jamie uses social media but tries to limit the amount of time she spends on it.
    - Jamie is usually able to exercise and eat healthy but sometimes struggles with getting enough sleep on school nights.
    - Jamie is very involved on campus and she spends a lot of her time at work and at her on-campus job.
  + Think: What might your user be thinking? What does this say about their beliefs?
    - Jamie seemed like she was searching for a tool or program to help her get enough sleep every night. This says that she is looking for ways to improve herself.
    - Jamie seemed to think that social media has a plethora of negative effects. This says that she is aware of how the programs she uses effects herself and others.
    - I believe that Jamie thinks journaling is very valuable as she spoke highly of how it has helped her stay organized and grounded.
    - Jamie might be thinking that it’s beneficial to have some way of tracking a self-care routine. This says that she values making herself a priority even when she has many other responsibilities.
  + Feel: What emotions might your user be feeling?
    - Jamie seemed excited to explore new methods of journaling.
    - Jamie seemed proud that she journals routinely.
    - Jamie seemed contemplative about how having digital reminders of self-care tasks would affect her daily routine.
    - Jamie seemed hesitant about social media because it can have bad effects on her mental health.
    - Jamie seemed a bit sad about not being able to see her friends as much as she’d like to.
* Participant 3: Rodrigo Peixoto
  + Say:
    - “I feel like I would feel really overwhelmed with the amount of people I would have to keep up with on an app that has my friends on it”
    - “I feel that I would be obligated to text my friends if they are having I bad day but sometimes I’m also not in the best mindset so it would be really taxing.”
    - “I feel like I don’t need to be reminded of self-care task because I already do what I need to take care of myself.”
    - “I feel like seeing people posting their checked off self-care habits wouldn’t motivate me because they could just lie.”
  + Think:
    - Rodrigo seems to think that this app would not be for him because he is self-sufficient in everything the app would have to offer
    - Rodrigo thinks that he has a good relationship with his friends and he doesn’t need an app to help that.
    - Rodrigo thinks journaling wouldn’t help anything in his life.
  + Do:
    - Rodrigo seems really candid. His answers are appreciated since this feedback was from others in the study.
    - Rodrigo isn’t interested at all in any social media forms and doesn’t care to join anytime soon
    - Rodrigo has a negative view on social media, he thinks that it is unnecessary and toxic.
  + Feel:
    - Rodrigo feels uninterested and unconnected
    - Rodrigo feels that he won’t benefit from this app
    - Rodrigo feels that he’s sufficient with his routine
  + Participant 4:Caroline
  + Say:
    - “It’s not that I don’t like journaling it’s that I cannot find the time to do it.”
    - “It would be nice to have a low-maintenance way to check on my friends back in France, and it would help me feel more connected to them”
    - “I’m a little disorganized so it would be nice to have an application that would remind me of things that slip my mind.”
    - “I am not really big on social media but I would like to participate on an app like the one stated because it would really help me connect with my friends that I have trouble reaching out to.”
  + Think:
    - I think that she is curious about an app as such and that it might be something that she would use
    - I also think with her scatteredness she might forget to end up checking the app and marking things down
    - I think that the app will be beneficial to her so that she can catch up with her friends without really needing to reach out individually.
    - Caroline doesn’t use social media that much because of its addicting nature so like-minded individuals might stray away from our app if we market it too heavily on social media and less on self-care.
  + Do:
    - She asked a lot of questions back which leads me to think she was engaged in the interview and interested in what we were looking to offer.
    - She was really open and eager as well as relaxed which is nice because she was answering candidly.
    - She often forgets to answer people which is a reason she might fall out of touch without intent.
  + Feel:
    - Caroline is feeling open to trying new things
    - She is excited of a new way of communication
    - Caroline feels like an app like this will motivate her to complete tasks
    - Caroline doesn’t seem to be affected by traditional social media
* Participant 5: Benjamin Kaiser
  + Say:
    - “No, I don’t really do any journaling.”
    - “Journaling just takes a lot of time that I don’t feel I need to put in.”
    - “If I were into journaling I might [like a digital journal], but I don’t have a strong preference.”
    - “I think if there was a convenient app that did [provide connectivity and a way to keep track of things] that I might be interested in trying it.”
  + Think:
    - Thinks that journaling is a fine way to track one’s progress but not their preferred method.
    - Thinks that journaling is a high-maintenance way to handle their schedule.
    - Thinks that a convenient app might be appealing.
  + Do:
    - Uses other resources such as personal calendars and memory to track important tasks.
    - Keeps up with friends through normal social media.
    - Stores very significant or important dates in phone/Canvas calendar.
  + Feels:
    - Confident in their abilities to track their time.
    - Not particularly strongly towards the practice of Journaling.
    - That people do not necessarily need a strong journaling system to be organized.
* Participant 6: Jamie Velazquez
  + Say:
    - “I don’t do any journaling specifically but I do take notes and sometimes use planners and Canvas.”
    - “I don’t know a lot of people who journal in their daily life.”
    - “I think that I might get into journaling if other people got into it.
  + Think:
    - Thinks that journaling is not a very popular way to track one’s responsibilities.
    - Believes that social journaling might be a good idea if implemented well.
    - Enjoys using social media to keep current with recent events,
  + Do;
    - Puts a lot of value on keeping with current trends.
    - Uses a variety of strategies to keep track of his events through a handful of apps depending on what he is tracking.
    - Use social media regularly and is often active on it.
  + Feels:
    - That the popularity of an option is a significant thing to consider in its value.
    - That staying current is very important.
    - That modern social media is a good thing and doesn’t feel negatively towards it,

**4.Inferences: conclusions, questions, intriguing information**

* Many people still use social media even though they recognize the harmful effects it has.
* Many college students struggle to take care of themselves amidst a very busy schedule.
* Many college students wish they were able to keep up with their friends better.
* Some people are concerned with privacy and feeling like their information is not being exploited by social media.
* Many people are interested in journaling or using strategies to keep up with their schedules but often feel that it would take too much effort to start doing it to consider actually pursuing it.
* Some people who do not have a presence on social media aren’t interested in our idea because it doesn’t call to them
* People with a large group of friends might be overwhelmed with the updates that they could receive from their network of people.

**5.Point of View Statements (one for each interviewee)**

1. We met a man who enjoys technology and who is studying astrophysics at FSU. We were amazed to realize that he feels like he is a commodity when using social media because many platforms utilize user data in unclear and unsafe ways. He would rather build his own website than use social media to share updates about his life. It would be game-changing if we could provide a platform for him and other college students to keep up with their friends, and update their status without experiencing the negativity that comes with many other online social platforms.
2. We met a woman who is very active on her college campus and who is studying information technology at FSU. We were amazed to realize that although she knows she is physically capable of eating healthy, exercising, and getting enough sleep, sometimes those things still don’t happen. It would be game-changing if we could provide her and other busy college students a means of staying consistent with their daily self-care tasks.
3. We met a man who does not have a big presence on social media and who believes his routine is polished enough that he doesn’t need to change it. We were amazed to realize that although he doesn’t connect with his friends through any form of social media he is able to keep his bonds tight. This is not common amongst others in the study. It would be game-changing if we could get people like this man to become a part of this community because on the other side of the friendship, his friends might not be ok with their amount of communication.
4. We met a girl who is new to Tallahassee and who studies International Affairs and Finance. We were amazed that she thought her friends in France would also like to join in on our idea and that she reacted so well to our idea since she wasn’t a big journal writer before. It would be game-changing if we could connect friends who fell out of contact through our platform.
5. We met a man who is active on his college campus and who is studying architecture at FSU. We were amazed to realize that although they use a variety of systems and applications to keep track of their schedule instead of a singular one that they are still content to continue using that system. It would be game-changing if we could make a system that incentivized them to use it even though they are still satisfied with their current system.
6. We met a man who is currently studying Computer Science at FSU and is very active on social media. We were amazed to realize that he is actually very satisfied with modern social media and believes that it is in large part a positive system. It would be game-changing if we could provide an application that was able to entice someone who is already satisfied with modern social media to also join and participate socially on as well.

**6.How Might We Statements**

1. How might we create a platform for college students to interact with their friends without harvesting their data or making them feel like a commodity? (Bria Vote)(Bela vote)
2. How might we help college students keep up with journaling?
3. How might we help college students regulate their self-care tasks? (Bria Vote)(Bela vote)
4. How might we create a positive and low-effort way for college students to keep up with their friends?
5. How might we create something that users will add to their daily routine?
6. How might we become a memorable application?
7. How might we advertise and cater to our target audience?
8. How might we create a user-friendly interface that encompasses all of our ideas?
9. How might we facilitate college students who use our app setting specific, realistic, and attainable goals?
10. How might we reach out to college students who do not usually journal keep up with their self care tasks? (Bria Vote)(Bela Vote)

**7. Needs We Learned Through the Study**

1. A low maintenance way to digitally connect with friends that does not have negative mental health effects like other social media platforms.
2. A method of regularly prioritizing self-care tasks.
3. What users prioritize and what they want from their media consumption
4. Insight on how users feel about other media outlets
5. Our ideas have an audience that would benefit and would be interested in what our app is trying to achieve
6. Our study showed that people who aren’t too active on social media might not be a fan of what the application has to offer.
7. How might we help college students regulate their self-care tasks?
8. How might we reach out to college students who do not usually journal?
9. How might we create a platform for college students to interact with their friends without harvesting their data or making them feel like a commodity?