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Status Quo - 9 AM

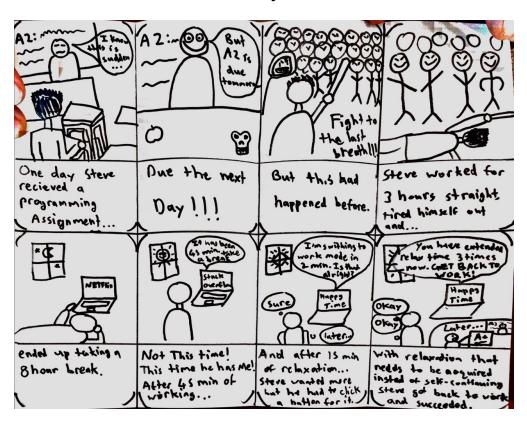
10/13/16

A2: Prototyping

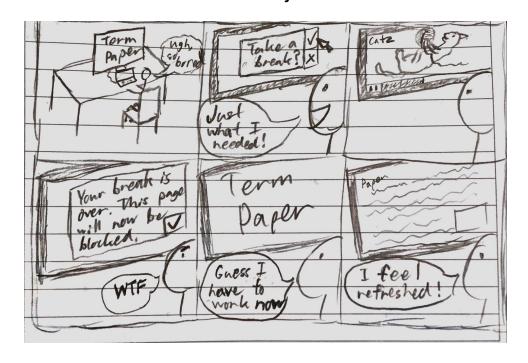
Team Point of View

A core problem with long study or work sessions is the fatigue and inattention that arises from the lack or improper use of breaks. User research demonstrated that despite social or cultural pressures to "keep pushing" through work when tired or unmotivated, it is far more beneficial to take short, mentally stimulating breaks between periods of work. We believe that a high-level strategy for redesigning this activity should involve prompting or obliging users to take breaks throughout long work sessions, but also to return to work quickly when done.

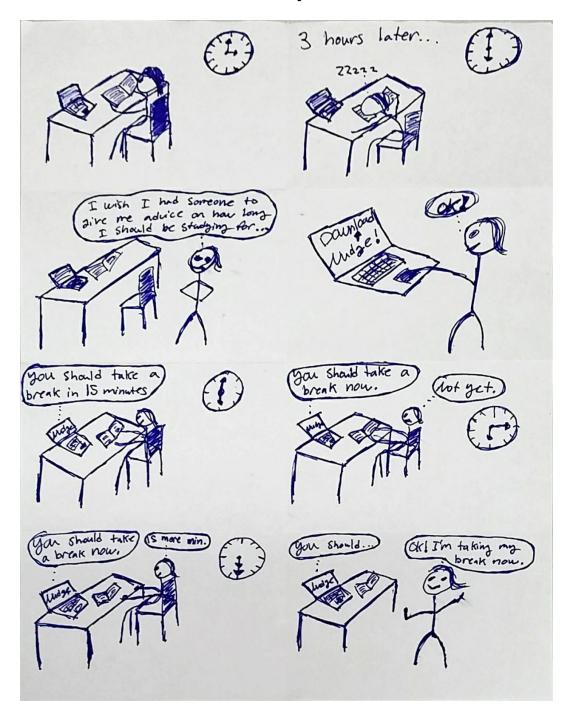
First Storyboard



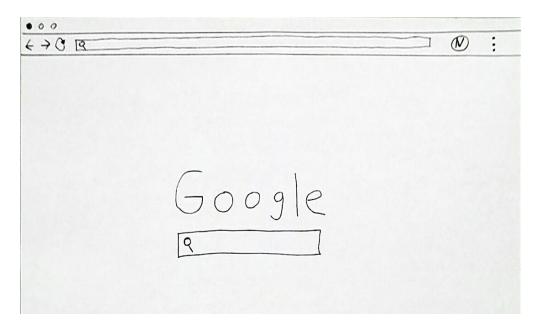
Second Storyboard



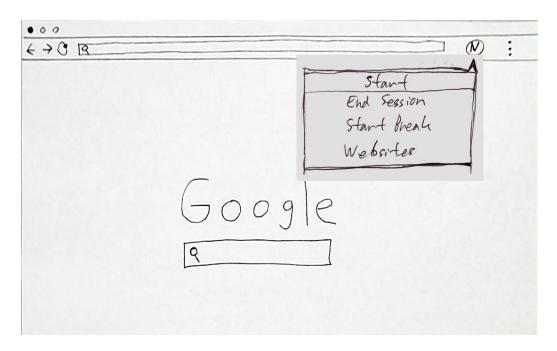
Third Storyboard



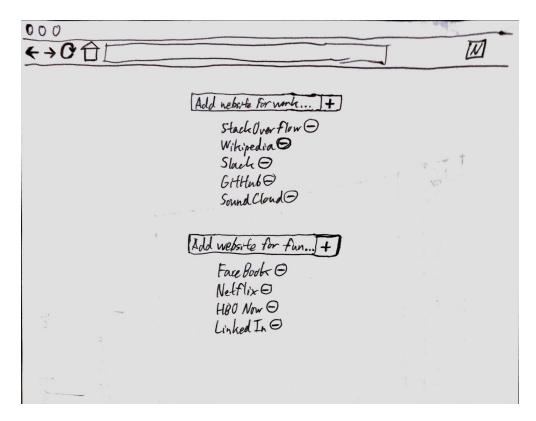
Paper Prototypes (branches to Prototypes 1 and 2 later)

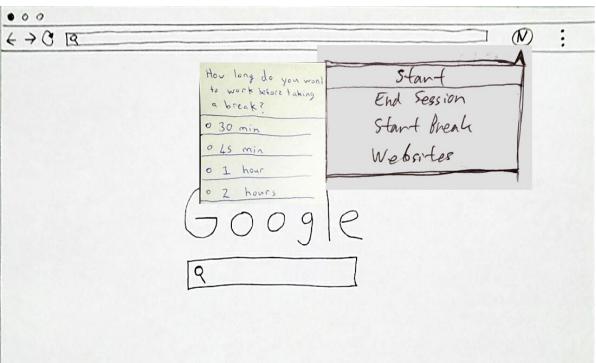


User starts in their normal browser home.

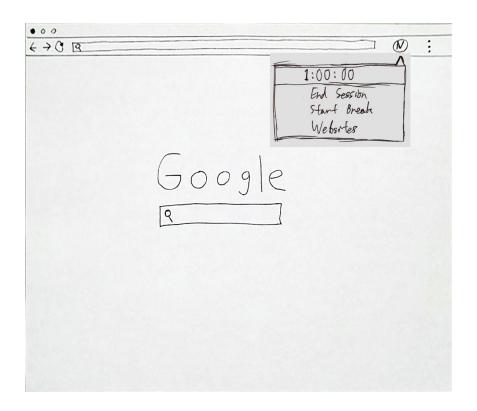


By opening the menu, user can select from Nudge's multiple functions. "Websites" at the bottom lets them choose which sites to block and which to accept.

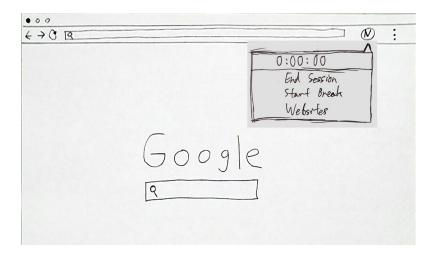




"Start" enters a second drop down menu that allows user to select the amount of time they want their work session to be. Break times adjust to account for work time.

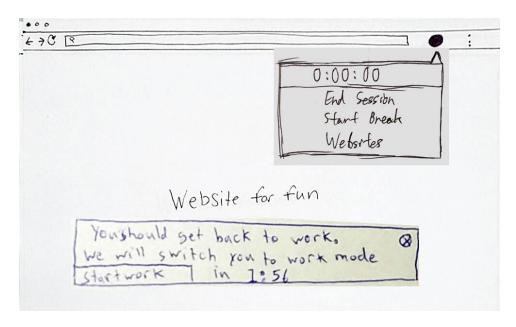


Once the timer begins, it replaces the "Start" button at the top. "End Session" ends the program's functions - breaks and all. "Start Break" allows them to end their work session early, though their break will be shorter.

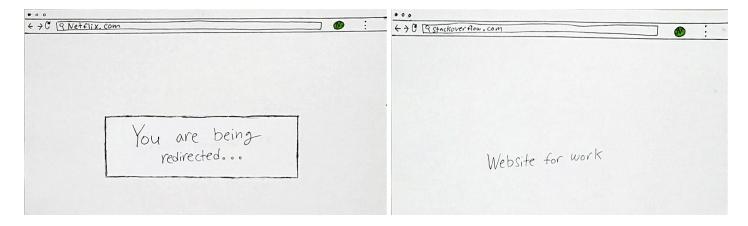


When time runs out, one of two events will occur:

Prototype 1 (this is where they diverge)



For the first prototype, the notification that switches the user between break/work mode will not come with a delay or cancel option - they must switch when it is time to switch.



After the warning time is up, user will be redirected from their "fun" site to their work site (or vice versa); this will keep their activities separate despite their protests.

Prototype 2



The second prototype uses a somewhat kinder method. A "snooze alarm" type reminder will appear, after which the user can ask it to give them 2 more minutes or accept and return to work or take a break. If they ignore the message, 2 minutes later they will be switched automatically. The message will continue to appear until the user switches.

