



# Time Management, Mood and Feedback

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Final Project Proposal



# Pulling together Leadership and Data Vizzzzzzzz

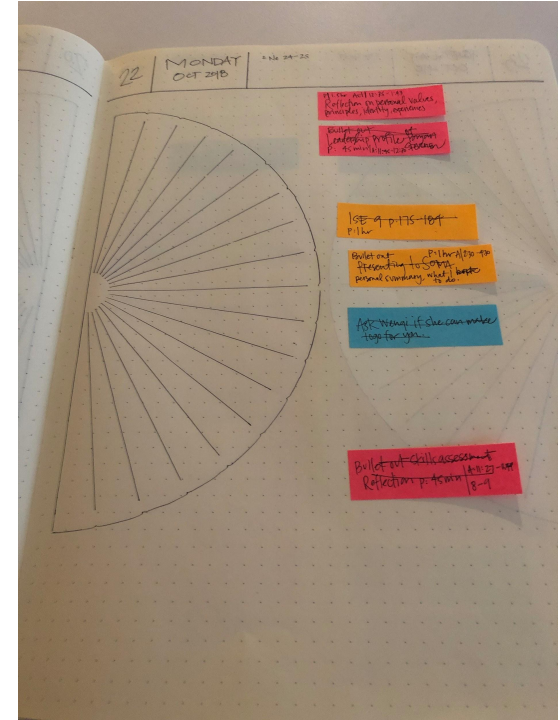
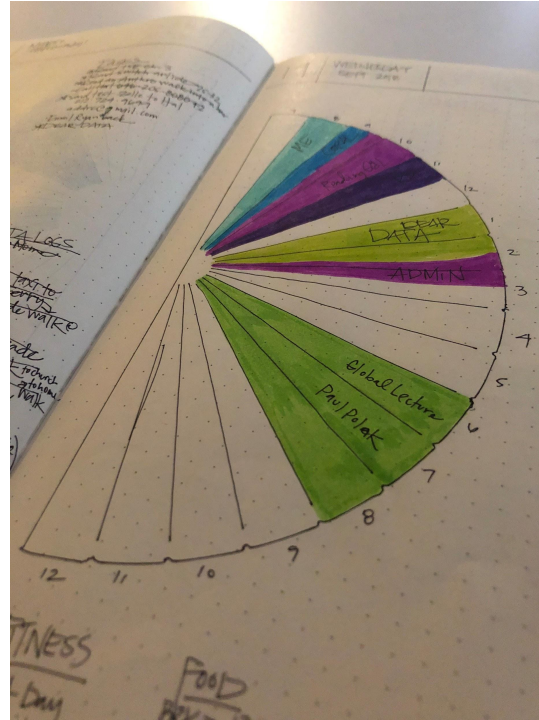
I want to understand my moods associated with managing my time and completing assignments.

I also want to gather feedback from teammates to get their perceptions of my interactions with them.

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“Research has shown that people with ADHD are poor at estimating time. This means [they] may not be a good judge of how long certain tasks take.”

*Dr. Mary Solanto, Cognitive Behavioral  
Therapy ADHD Researcher*

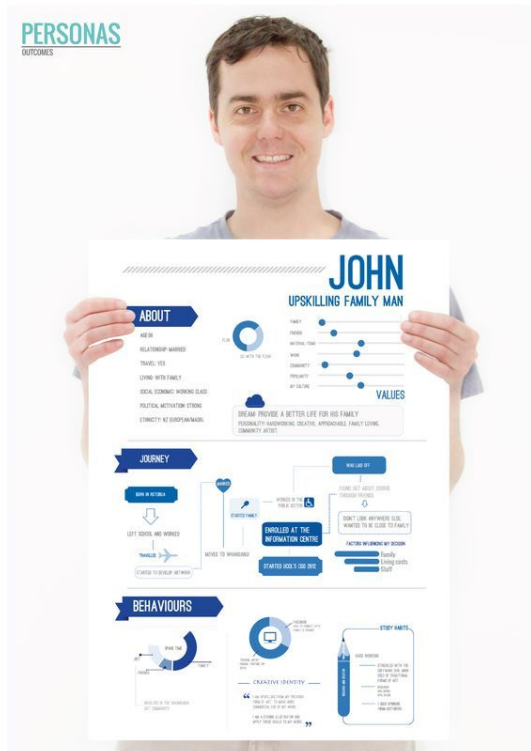


## Background Info

The fact of the matter is,  
you cannot control or  
manage time.

**A** 4" min. focal distance - age 20.  
**B** 8.75" min. focal distance - age 40.  
**C** 12" min. acceptable reading distance for displays.  
**D** 14"-18" normal viewing distance.  
**E** 20" min. recommended distance for displays.  
**F** 28" max. dist. std. displays based on reach.  
**G** 40" min. local distance - age 60  
**H** no dist. limit if display is designed to accord.

age 16 to 35 is best for color discrimination; >66 is poor



# Questions to Ask

What are the motivations that drive task completion?

How do these affect my interactions in groups?

Do my moods align with the values I want to live by in collaborative spaces?

How do my moods change over time by becoming more aware of what they are at different times?

# What's the objective?

Build a platform in p5 to make feedback responses fast and easy.

Show my moods before, during and after tasks through a personalized visual to increase my awareness of my moods and emotions in my working environment and better align them with my leadership values and goals.













# Goals

Expand my ability to work collaboratively.

Work to create an effective tool for individuals to give feedback.



# Sketches

	TEAM MEMBER 0	TEAM MEMBER 2	TEAM MEMBER 3
PROJECT			
Communication			
Participation			
Listening			
Execution	