

# Assignment 1

Panels (to be prepared for the Jan 23 class)  
Alberto Monge Roffarello

# Introduction

- In the second class, we are going to have **two panels** on some of the topics we will cover in the next lectures.
- A panel discussion is, by definition, a public debate in front of an **audience**.
- **Panelist** are experts, chosen to reflect and support different opinions.
- The **moderator** keeps the discussion going by asking panelists questions, moderating the discussion, and ensuring that each panelist has an equal opportunity to speak.

# Panel Organization

- You will be required to participate in both panels, as a **panelist** for one and as **audience** for the other.
- **Panelists** will have 30-40 minutes, overall, to present themselves and express their positions (around 5 minutes per panelist).
- **Audience** will have 20 minutes, at the end of panelists' presentations, to make questions to one or more panelists.
  - Each discussant needs to prepare at least two questions.

# How To Prepare

- **Panelists:**

- Read the papers associated with the panel.
- Take a stance.
- Create **3 slides** to support your position, possibly with a *link* to some research interests of yours.

- **Audience:**

- *Quickly* read the papers associated with the panel.
- Define at least **2 questions** to be reported at the end of the slides prepared for the panelist role.

- At the end of both panels, you will also have time to revise your slides and submit them as per the instruction at the end of this deck.

# Panel 1:

## Digital self-control vs. Beyond User Engagements

Two papers discussing aspects related to supporting **end users' digital self-control** versus adopting actions that go **beyond user engagements**.

1. Lyngs et al. “I finally felt I had the tools to control these urges”: Empowering Students to Achieve Their Device Use Goals With the Reduce Digital Distraction Workshop. 2024. [[PDF](#)]
2. Niall Docherty and Asia J. Biega. (Re)Politicizing Digital Well-Being: Beyond User Engagements. 2022. [[PDF](#)]

**Explain which (whether supporting end users' digital self-control or going beyond user engagements) has greater relevance today and what is your position on these two different paradigms — you can also make use of examples.**

Panelists: from **ARDA** to **LAUDADIO**

Audience: from **MACALUSO** to **YASSINE**

## Panel 2:

# Persuasive Technology: Manipulation vs. Empowerment

Two papers discussing the **ethical challenges** versus the **opportunities** in persuasive design.

- Gray et al. The Dark (Patterns) Side of UX Design. 2018. [[PDF](#)]
- Caraban et al. 23 Ways to Nudge: A Review of Technology-Mediated Nudging in Human-Computer Interaction. 2019. [[PDF](#)]

**Take a stance on the question: *Can persuasive technology be designed ethically to enhance user (digital) wellbeing, or does it inherently risk manipulation?* Prepare examples from real-world applications to support your arguments.**

Panelists: from **MACALUSO** to **YASSINE**

Audience: from **ARDA** to **LAUDADIO**

# Submission Instructions

- Convert the slide deck in PDF and name it as follows:  
*Lastname\_Firstname\_ex1.pdf* (example: DeRussis\_Luigi\_ex1.pdf)
- Upload the resulting file to OwnCloud, at the following URL:  
<https://baltea.polito.it/owncloud/index.php/s/oEeSARTJRZyzeNY>

# Submission Instructions

- Convert the slide deck in PDF and name it as follows:  
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- Upload the resulting file to OwnCloud, at the following URL  
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- Deadline: **Jan 23, 2025**



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