Assignment 1

Panels (to be prepared for the Jan 23 class)

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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 to 5 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: Rob S., Roberta M., Luca S., Etibar V.

Audience: Francesca, Lorenzo L., Giulia D., Lorenzo V., Giacomo F.

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: Francesca, Lorenzo L., Giulia D., Lorenzo V., Giacomo F.
Audience: Rob S., Roberta M., Luca S., Etibar V.

Submission Instructions

- Convert the slide deck in PDF and name it as follows:
  Lastname_Firstname_ex1.pdf (example: Monge_Alberto_ex1.pdf)

- Upload the resulting file to OwnCloud, at the following URL
  https://baltea.polito.it/owncloud/index.php/s/MIBW8Ixr0YKY7vf

- Deadline: **Jan 23, 2025**

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