



Weekbox

Discover / Define / Develop / Deliver

Duration: 8 weeks | Team: Yeji Lee, Jackie Hellsten, Emily Nilson, Rurik Högberg

“

How might we make it easier for people to streamline their daily activities?

Introverts often want de-cluttered timetables, so they could have greater control over scheduling me-time.

Weekbox is designed to support introverts' practices but also allows extroverts to experience the benefits of designing for the introverts.

With the “**time-boxing**” method in the core, Weekbox will help users to schedule their week better and easier.



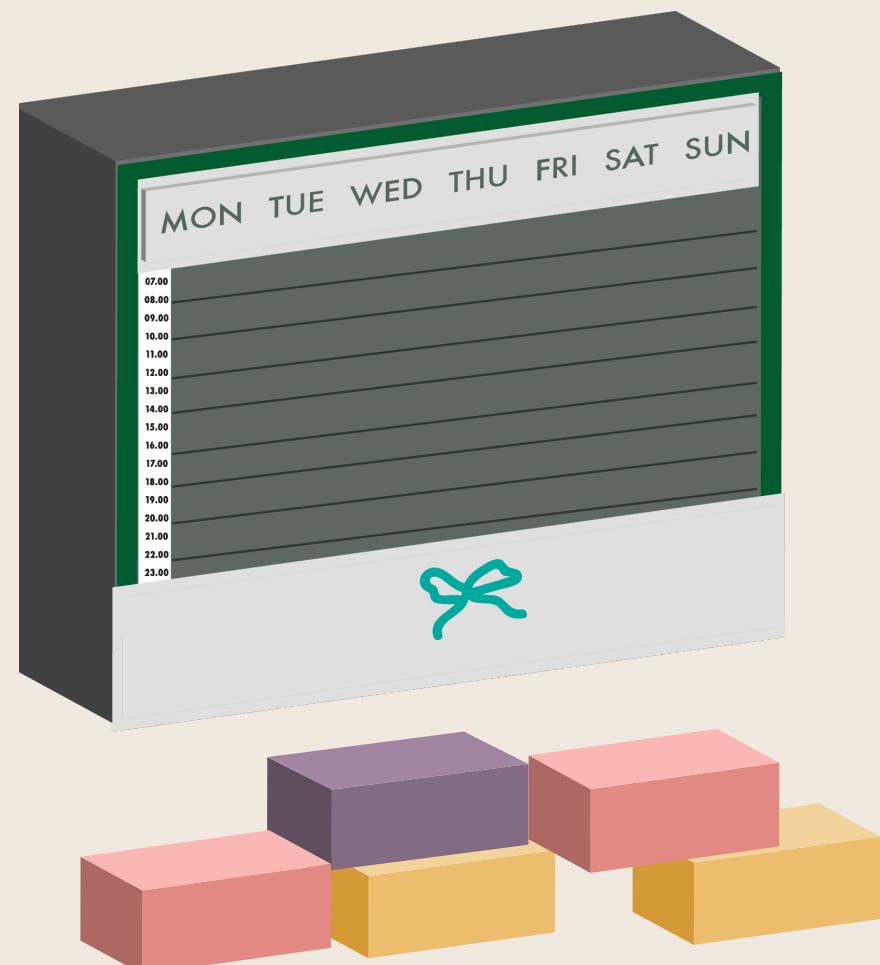
1. Physical Prototype with Time Boxing

The aim with the physical prototype is to help students get a better **sense** of how they spend their time.

The boxes are thought to make users reflect on time in a new way - and that the physical interaction will make time more **tangible**.

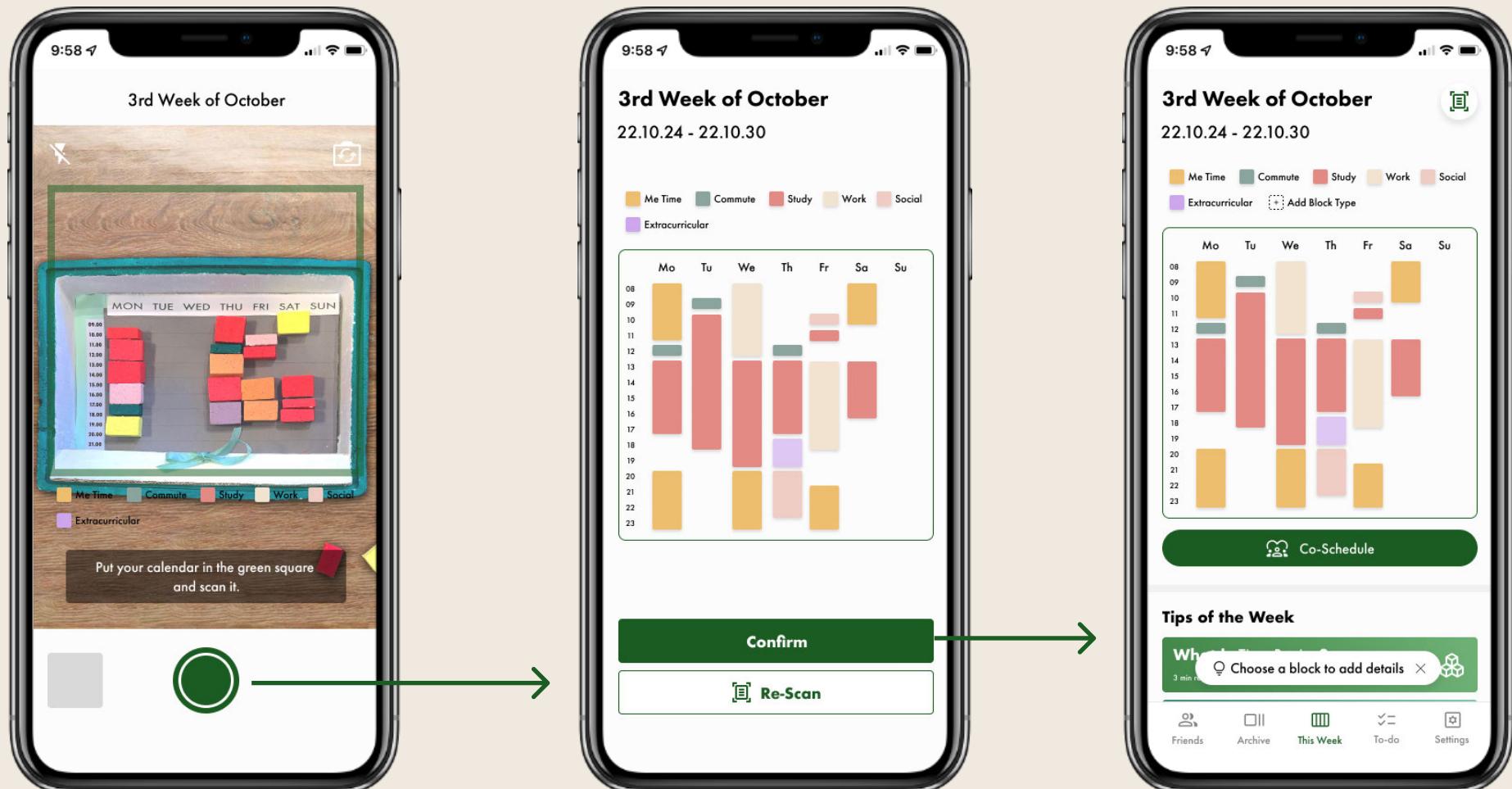
Built on the idea of **time boxing**: a time management method of allocating a fixed time within which a specific task should be completed to **optimize productivity**.

The physical prototype consists of several magnetic boxes representing 1-2 hours slots that can be placed in your scheduling box. The different colors represent different activities such as work, **me-time**, and school.



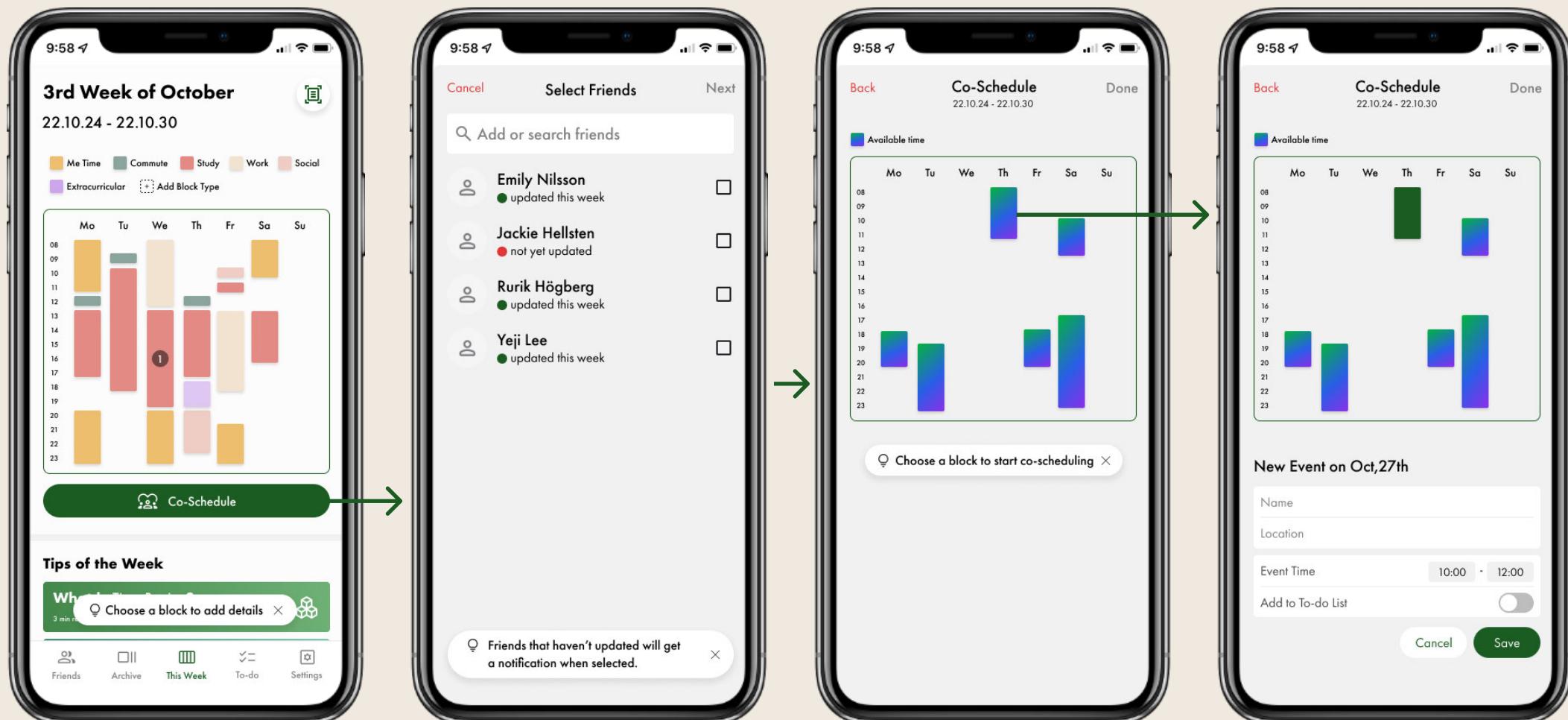
2. Digitalizing the Physical

Simply scan it, and you'll easily save it in your phone.



3. Co-Scheduling

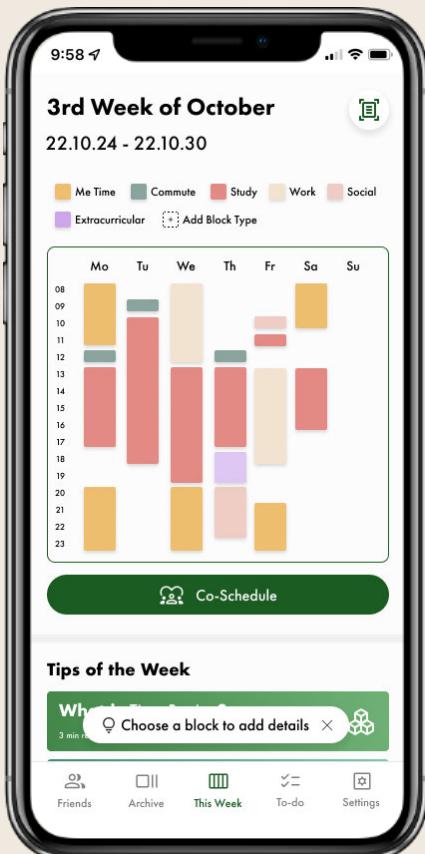
Skip all the hassles for co-scheduling with your mates.



Overview: Key Features

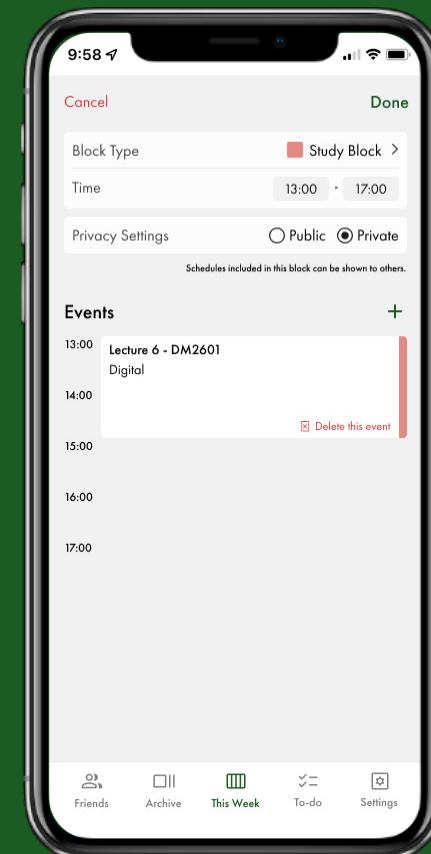
4. Prioritized 'ME-TIME'

All boxes are fully customizable, but 'ME-TIME' boxes are necessary in your weekly schedule!



5. Privacy Settings

When setting the details of each boxes, set the box to private if you want the plan to be private from others.



Method



Brainstorming



Desktop
Research



Pre
User Survey



User Interview



In order to narrow down the design brief, we started brainstorming about our personal experiences with the pandemic and researched about both empirical and psychological meaning of introverts alongside with their practices. Based on the resources we found, we chose to broadly focus on students from KTH.

We then developed a **pre user survey** to get general insights from the user group before narrowing it down.



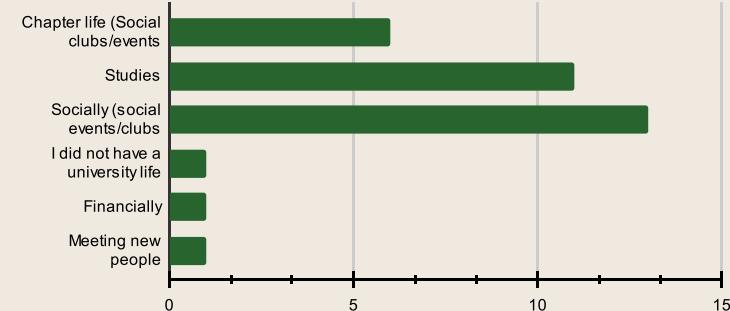
The pre user survey consisted of checkboxes where students could choose which matters were the most pressing, and write short comments about their answers.

20 KTH students participated in the survey, and 80% of them answered to be introverts. The results revealed the problems that students have with time management in hybrid study situation and also helped define introverts and extroverts, which was a main part in interpreting the design brief.

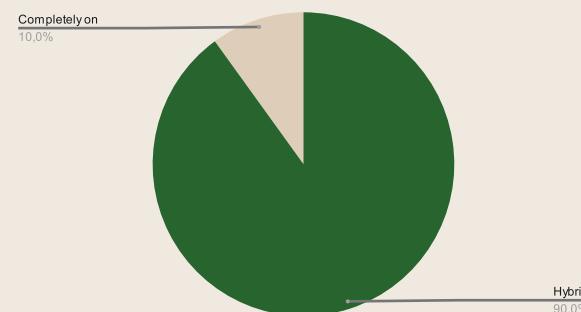
Do you consider yourself an introvert or an extrovert?



Which aspect(s) of your university life was/were most affected during the pandemic?



How are your university studies planned now?





We further developed more qualitative user interview questions that would deeply explore KTH students' daily lives and time management situations. A total of eight interviews were conducted with potential users. Through the interviews, we got detailed insights in what problems students face during **day-to-day planning and time management**.

Important Quotes from the Interview

"when you write and everyone has different schedule, it can take quite some time to like, find a time that works for everyone."

"The importance of having a clear end between workday vs personal time, I think that's important for students and for me."

"Maybe like have 1 hour for each thing - or 30 min for something if it is small. Like time-boxing."

"then you can also allocate time boxes, and then you know if you'll actually have time for stuff."

Method



Micro
Defining



Affinity
Diagram



User
Persona



Framing
Design Challenge



Introverts:

People who need time for themselves to recharge after social events/interactions.

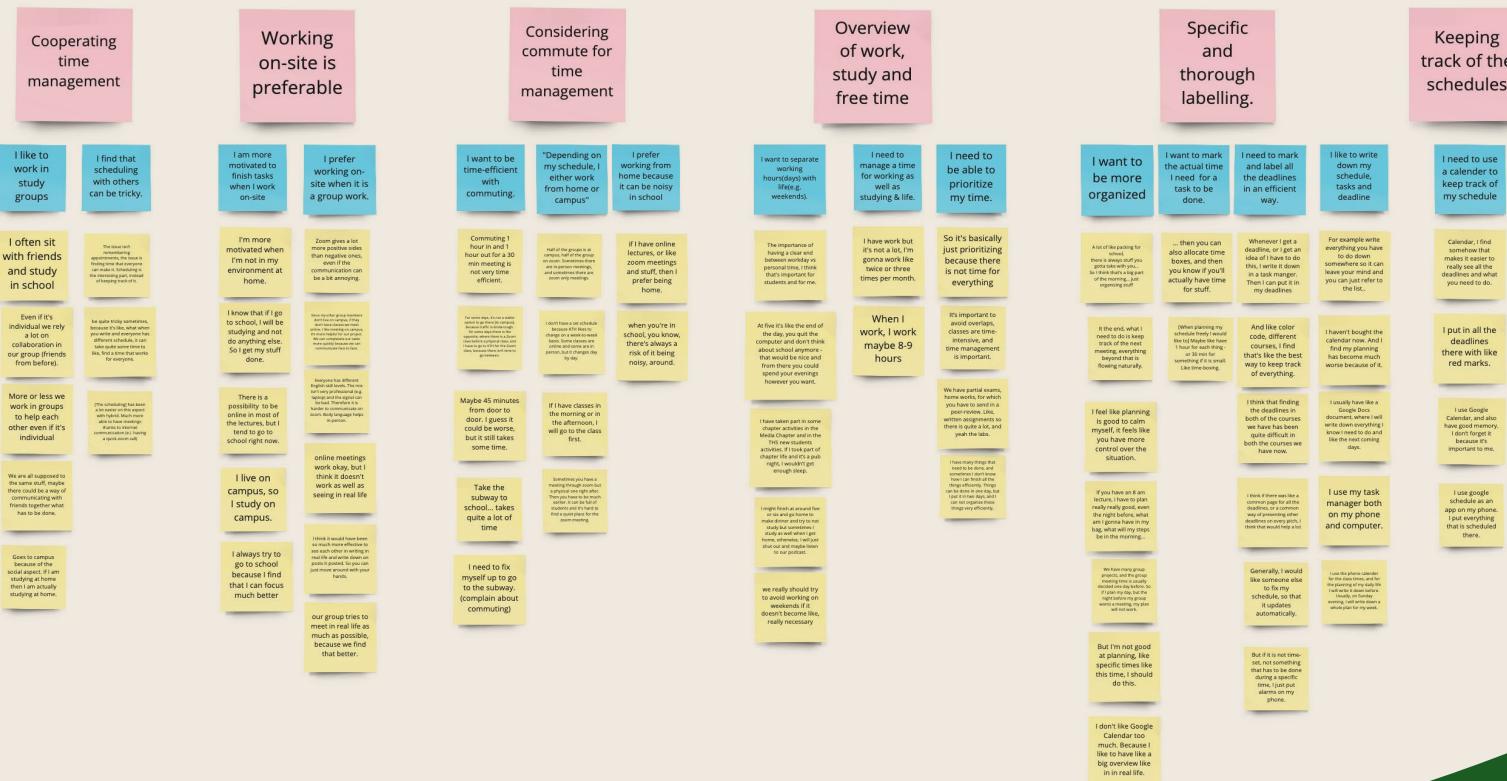
Extroverts:

People who need less time to recharge and sometimes even gains more energy during social events/interactions.

Discover / Define / Develop / Deliver



Once the interviews were conducted, we used an affinity diagram to group common problems together, get an organized insight, and find key issues.





Based on the data we gathered, we created an **user persona** to further understand the pain points and behaviours of the users.



Age: 25

Occupation: Student

Status: Relationship

Location: Stockholm,
Sweden

BIO

Mia is a master student, and is currently on her fourth year at KTH. The classes at KTH are quite hectic with many group projects but in her free-time she likes to exercise, hang out with friends and call her parents who live in another city. Mia lives 50 minutes away from Campus and her studies are currently hybrid but she tries to go campus as often as possible to work on group projects and attend lectures. Mia plan her schedule on a weekly basis and make-to-do lists to keep track of deadlines, but still feel that it is easy to miss things and/or not having time for hobbies etc. She defines herself as an introvert and really values calm moments at home after being on campus a whole day.

MOTIVATIONS

- Mia wants to do well in her courses
- Mia wants to optimize her time
- Mia wants to spend more time on activities outside school

FRUSTRATIONS

- There is a lack of places to study at campus
- It's difficult to keep track of school activities and deadlines
- It's difficult to find times for group project meetings
- Long commute to campus can make it difficult to plan her time

GOALS

- Being able to keep her schedule and tasks in one place to get greater control over her time
- Having a good balance between studying and private life
 - Having more time for herself and activities outside school



To **frame our design challenge** before getting into the ideation phase, we used a method provided by IDEO's Field Guide to Human-Centered Design.

What problem are we trying to solve?

Improving lives of students at KTH.

1. Design question

How can we support and encourage introvert practices, provide simplicity, and structure time management?

2. State ultimate impact

We want to support students in managing their hectic schedules.

3. Possible solutions

A better method for organizing different activities, making the scheduling of group activities easier, using time blocking method, making sure that students have a good life balance.

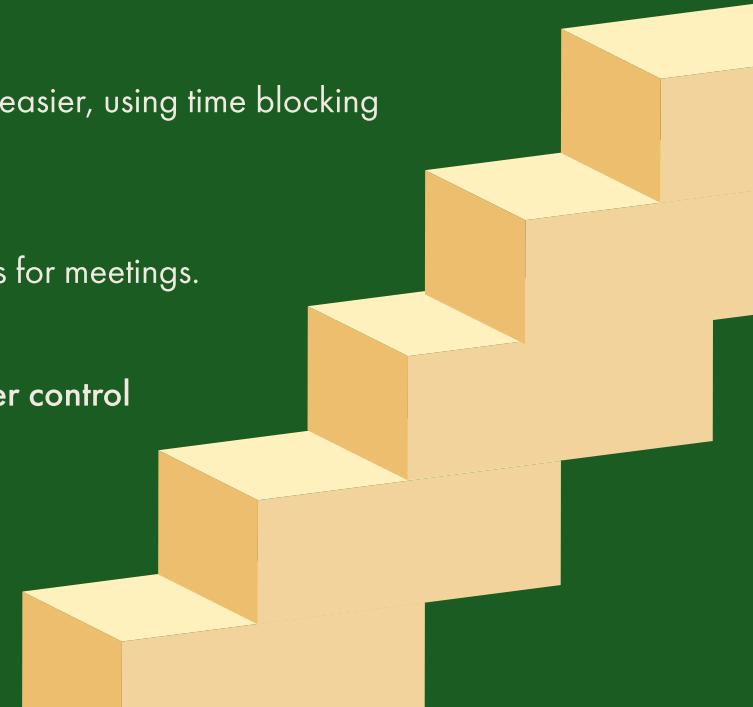
4. Context and constraints

Commuting time, finding a quiet place to do online meetings, difficult to find time and places for meetings.

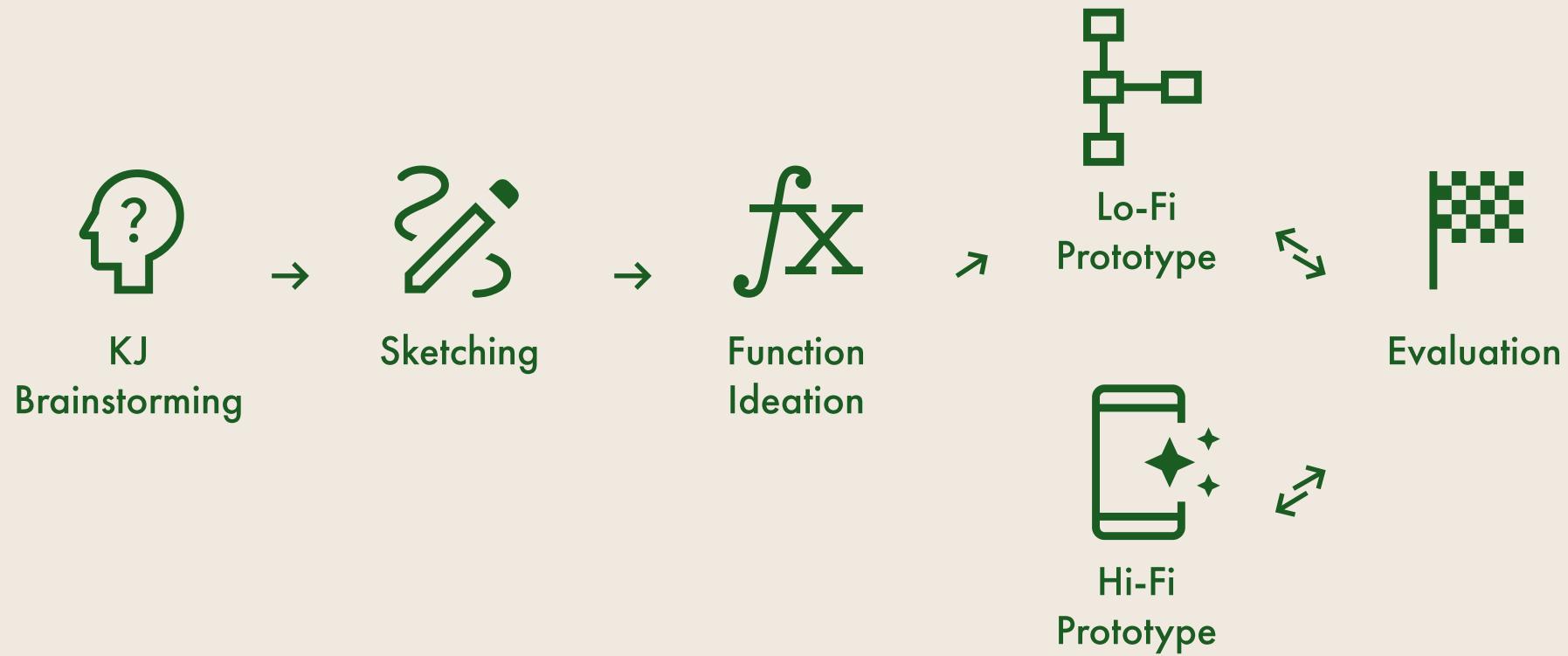
5. Tweak design question

Problem statement: Introverts often want de-cluttered timetables so they could have greater control over scheduling me-time.

> How might we make it easier for people to streamline their daily activities?



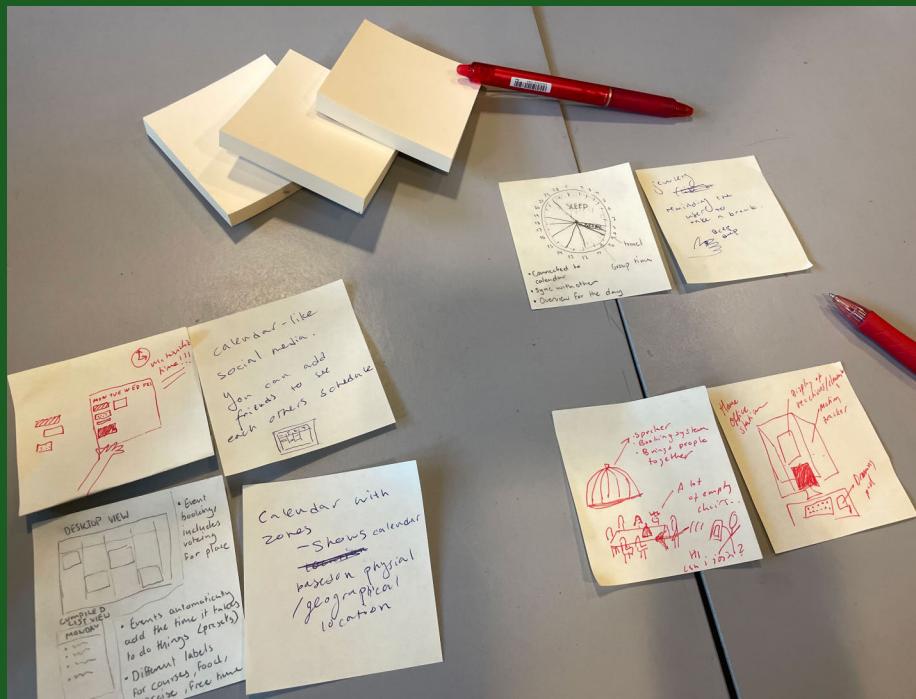
Develop Process



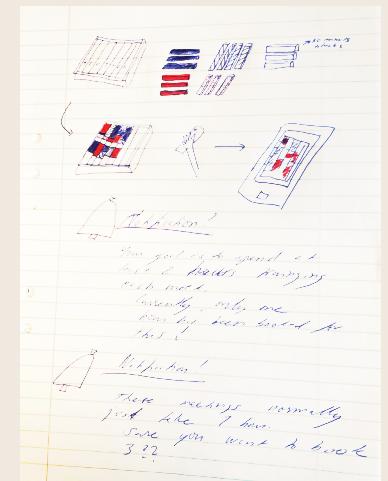
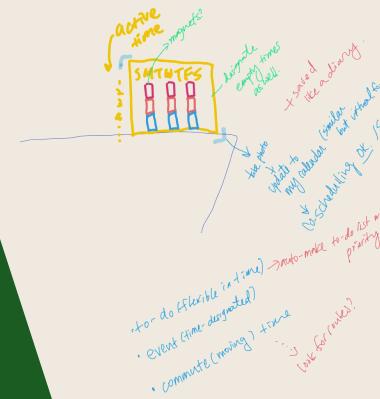
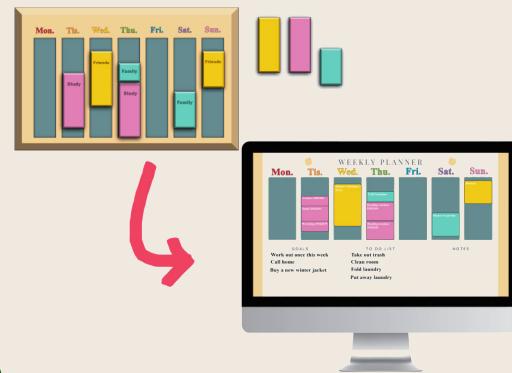
Discover / Define / Develop / Deliver



As an initial step for developing the product, each member started by brainstorming ideas on their own. The ideas were sketched on separate post-it notes, which were later discussed with the group.



When a general idea of the product had been agreed upon, the members sketched a more detailed version, presenting their interpretation of the problem.



Discover / Define / Develop / Deliver

fx

- Ideas for functions
- Physical to digital (Photo?)
 - With a mobile camera?

- Physical functions
- Different type of blocks** (to-do block, event block, commute (moving) block, private block, public block, etc block)
 - Adjustable time periods,**
 - A white board/black board sideline/ digital pad that can read numbers written
 - Magnets + Wooden blocks**
 - Weekly based**
 - Public/private blocks** (connect to introverts/extroverts part of the brief)
 - Different time lengths**
 - Stackable blocks? (Of shorter time slots like 30 minutes)
 - Stops you from putting a block on used time** (magnet not working)

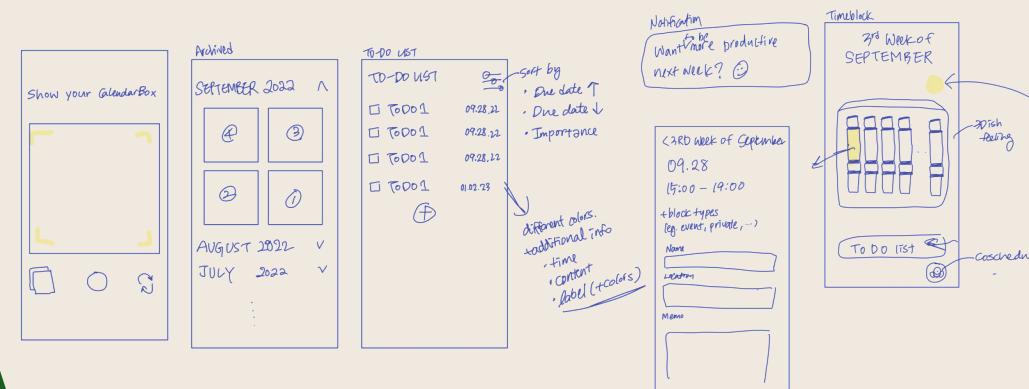
- Digital functions
- To-Do list**
 - Add more details to time blocks**
 - Co-scheduling**
 - Empty schedules can still be private time / public time
 - Integrate other calendars (school, extracurriculars)
 - Archived (like a diary)
 - Reminder to plan and plot out week
 - Physical Blocks can be divided**
 - Notifications
 - if goals and to-do list needs to be put in calendar,
 - Smart recommendations?
 - Save a schedule
 - Route recommendation using api (commuting)
 - Goals
 - Notes

We defined the functions of the products more concretely by listing potential functions that could be interpreted through what we discovered so far, and then highlighted the most valuable functions to design.

This step provided a set idea for the product, which explained what functions the product should have.



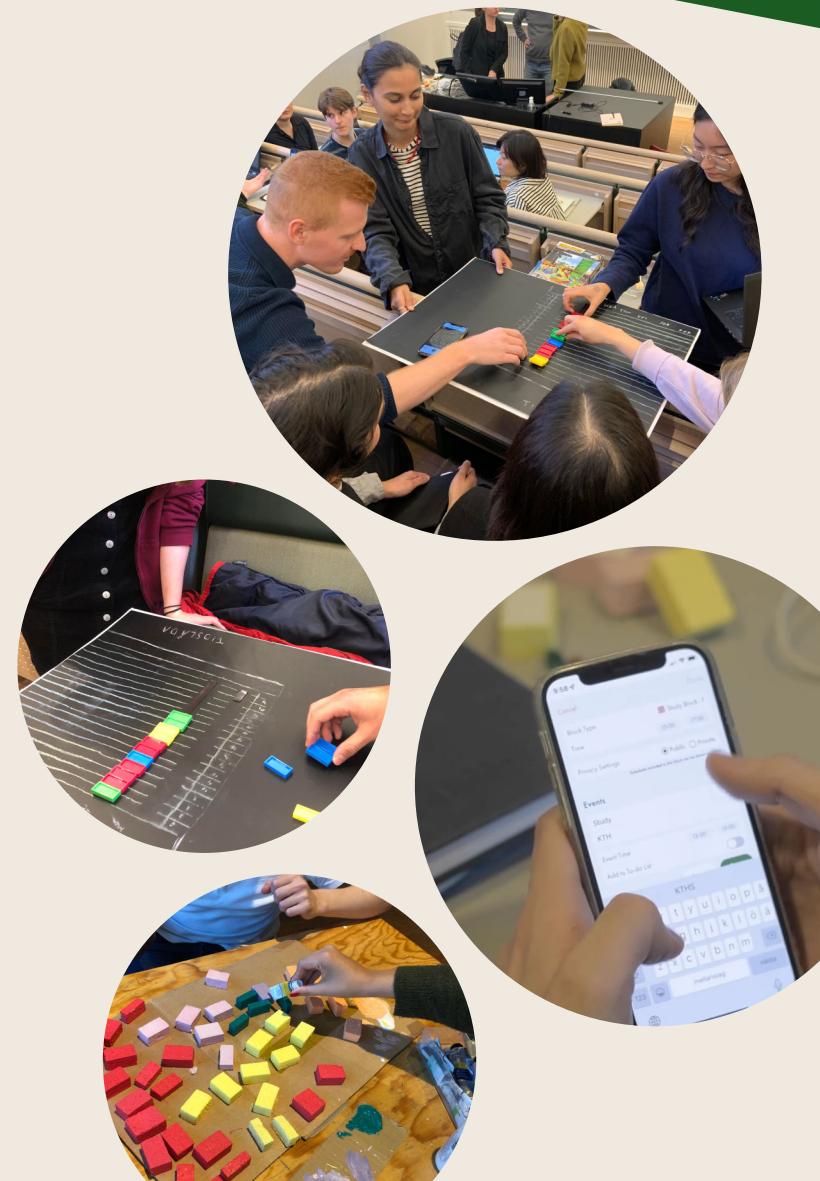
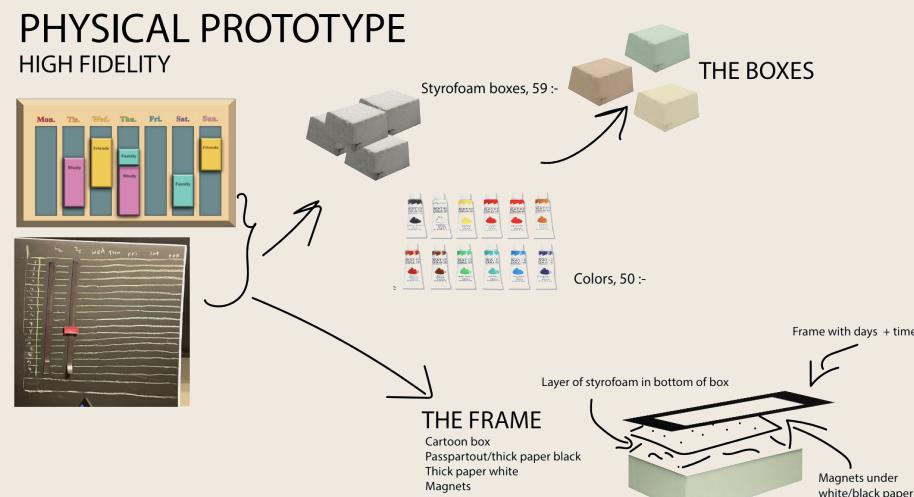
The initial idea was materialized with wireframes and simple materials. After creating the lo-fi prototypes, we evaluated the usability by observing users conducting the tasks we provided. This allowed us to see what functionalities were useful, could be added or improved and which were redundant.





Based on the lo-fi prototypes and the following evaluation, we created a hi-fi digital prototype and a mid-fi physical prototype. The prototypes were evaluated by giving users 8 different tasks to perform.

By observing how the users behaved, performed on the tasks and listening to their feedback we found important insights in how the prototypes could be improved for the final deliverable.



Video Production



https://drive.google.com/file/d/1irVGhbKI9H8QcDYJrPHMfZ_jpKu4KIQn/view?usp=sharing

A **conceptual video** was developed to show the context of interaction.

Going from a physical and digital calender together with post-its and notebooks to the **WeekBox** keeping everything in one place.

Exploring the **enjoyment of physically interacting** with your calender, being able to plan **me-time** and **co-schedule** easily with your group mates.

Final Physical Prototype



Discover / Define / Develop / Deliver

Final Digital Prototype



The image displays a grid of 14 mobile phone screens showing the final digital prototype of a productivity app. The app interface includes a lock screen, a weekly calendar view, a detailed weekly schedule, event creation, friend selection, co-scheduling, calendar blocks, a to-do list, and a QR code for download.

- Row 1:**
 - Lock screen: Shows the time (9:25), date (Thursday, October 20), and a notification: "Want a Better Week? Time to plan your next week to be as productive as possible!"
 - Home screen: "3rd Week of October" (22.10.24 - 22.10.30). Includes a green square for scanning, a "Co-Schedule" button, and a "Tips of the Week" section.
 - Weekly calendar: "3rd Week of October" (22.10.24 - 22.10.30) with a legend: Me Time (orange), Commute (green), Study (red), Work (yellow), Social (pink), and Extracurricular (purple).
 - Event creation: "Block Type: Study Block". Set for 13:00 - 17:00 on Monday. Privacy: Public. Events listed: "Lecture 6 - DM2601 Digital". Buttons: "Delete this event", "Cancel", "Save".
 - Event creation: "Block Type: Study Block". Set for 13:00 - 17:00 on Monday. Privacy: Public. Fields: Name, Location, Event Time (13:00 - 15:00). Buttons: "Add to To-do List", "Cancel", "Save".
 - Friend selection: "Select Friends" screen showing friends: Emily Nilsson, Jackie Hellsten, Rurik Höglberg, and Yei Ji Lee. Each has a "View" button.
 - Friend selection: "Select Friends" screen showing friends: Emily Nilsson, Jackie Hellsten, Rurik Höglberg, and Yei Ji Lee. Each has a "View" button.
- Row 2:**
 - Co-scheduling: "Co-Schedule" screen for the week of 22.10.24 - 22.10.30. Shows available time slots for each day.
 - Co-scheduling: "Co-Schedule" screen for the week of 22.10.24 - 22.10.30. Shows available time slots for each day. Includes a "New Event on Oct, 27th" section and a "Saved List" section.
 - Calendar blocks: "Calendar Blocks" screen for October 2022. Shows weekly summaries for the 1st and 2nd weeks of October.
 - To-do list: "To-do List" screen showing tasks: "Preparation for Workshop 1", "1st Draft for CV", "Figure out data analysis with python", "Design Portfolio", and "New To-do".
 - To-do list: "New To-do" screen for "Preparation for Workshop 1". Fields: Name (Preparation for Workshop 1), Due Date & Time (Nov 1, 2022, 15:00), Due Anytime (switch off), Mark as Important (switch on). Notes: "Tasks in this list will be deleted after 7 days from the completion if not saved." Buttons: "Cancel", "Done".
 - Edit to-do: "Edit To-do" screen for "Preparation for Workshop 1". Fields: Name (Preparation for Workshop 1), Due Date & Time (Oct 30, 2022, 17:00), Due Anytime (switch off), Mark as Important (switch on). Notes: "Delete To-do" button. Buttons: "Cancel", "Done".

Try out our
interactive hi-fi
prototype here!





Weekbox
Time made sense

References

- Dam, R. F. (2020, July 24). Affinity diagrams — learn how to cluster and bundle ideas and facts. The Interaction Design Foundation.
<https://medium.com/the-interaction-design-foundation/affinity-diagrams-learn-how-to-cluster-and-bundle-ideas-and-facts-101ac916b3bf>
- IDEO.org. (2015). Field guide to human-centered design. <https://www.designkit.org/resources/1>
- The Interaction Design Foundation. (n.d.). What are Personas?
The Interaction Design Foundation. Retrieved October 24, 2022, from <https://www.interaction-design.org/literature/topics/personas>