

ASSIGNMENT COVERSHEET

UTS: ENGINEERING & INFORMATION TECHNOLOGY		
SUBJECT NUMBER & NAME Chaeun Lee 14502431	NAME OF STUDENT(s) (PRINT CLEARLY) <i>Chaeun Lee</i>	STUDENT ID(s) 14502431
	SURNAME	FIRST NAME
STUDENT EMAIL Chaeun.Lee@student.uts.edu.au	STUDENT CONTACT NUMBER 0452617942	
NAME OF TUTOR	TUTORIAL GROUP	 DUE DATE
ASSESSMENT ITEM NUMBER & TITLE		
<p><input type="checkbox"/> I acknowledge that if AI or another nonrecoverable source was used to generate materials for background research and self-study in producing this assignment, I have checked and verified the accuracy and integrity of the information used.</p> <p><input type="checkbox"/> I confirm that I have read, understood and followed the guidelines for assignment submission and presentation on page 2 of this cover sheet.</p> <p><input type="checkbox"/> I confirm that I have read, understood and followed the advice in the Subject Outline about assessment requirements.</p> <p><input type="checkbox"/> I understand that if this assignment is submitted after the due date it may incur a penalty for lateness unless I have previously had an extension of time approved and have attached the written confirmation of this extension.</p> <p>Declaration of originality: The work contained in this assignment, other than that specifically attributed to another source, is that of the author(s) and has not been previously submitted for assessment. I have rewritten any material provided by AI or other nonrecoverable sources and where appropriate acknowledged their contribution. I understand that, should this declaration be found to be false, disciplinary action could be taken and penalties imposed in accordance with University policy and rules. In the statement below, I have indicated the extent to which I have collaborated with others, whom I have named.</p> <p>No content generated by AI technologies or other sources has been presented as my own work and I have rewritten any text provided by AI or other sources in my own words.</p> <p>Statement of collaboration:</p> <p>.....</p> <p>Signature of student(s) <u>Chaeun Lee</u> Date <u>29/10/2024</u></p>		

.....

ASSIGNMENT RECEIPT

To be completed by the student if a receipt is required

SUBJECT NUMBER & NAME	NAME OF TUTOR
SIGNATURE OF TUTOR	RECEIVED DATE

STYLE GUIDE for ASSIGNMENT SUBMISSION

Before submitting an assignment, you should refer to the policies and guidelines set out in the following:

- [FEIT Student Guide](#)
- [UTS Library - referencing](#)
- [HELPS - English and academic literacy support](#)
- [UTS GSU - coursework assessment policy and procedures](#)

Unless your Subject Coordinator has indicated otherwise in the Subject Outline, you must follow the instructions below for submission of assignments in the Faculty of Engineering and Information Technology.

Writing style

It is usually best to write your initial draft in the default settings of your software without formatting. Use the following guides in your writing.

Purpose and audience: use the correct genre and language style expected for the particular task.

Language: use ‘plain English’ for all technical writing. More information about this language style can be found at www.plainenglish.co.uk/free-guides.html.

Use spelling and grammar software tools to check your writing. Edit your document.

Standards: always use:

- Australian spelling standards (Macquarie Dictionary)
- SI (International System of Units) units of measurement
- ISO (International Organisation for Standardisation) for writing dates and times for international documents. For example **yyyy-mm-dd** or **hh-mm-ss**. However, for most applications it is more helpful to present the date in full as **26 August 2016**.

Graphics and tables should:

- be numbered
- have an appropriate heading and/or caption
- be fully labelled
- be correctly referenced.

Presentation

Unless otherwise instructed, all assignment submissions should be **word processed** using spell-check and grammar-check software. Work should be well **edited** before submission. Use the following default settings:

Page setup: set margins at no less than 20mm all around.

Paper: print on A4 bond, double-spaced and preferably double-sided, left justified.

Font: use the software default style to provide consistency. The recommended style includes:

- 10-12 pt font
- consistent formatting with a limited number of fonts
- lines no more than 60 characters (use wider margins or columns if you need to make lines shorter)

Header should include:

- your name and student number
- the title of the paper or task.

Footer should include the page number and current date.

Cover sheet and statement of originality: all work submitted for assessment must be the original work of the student(s) submitting the work. A standard faculty cover sheet (see over) must be attached to the front of the submission. Any collaboration between the submitting student and others must be declared on the cover sheet.

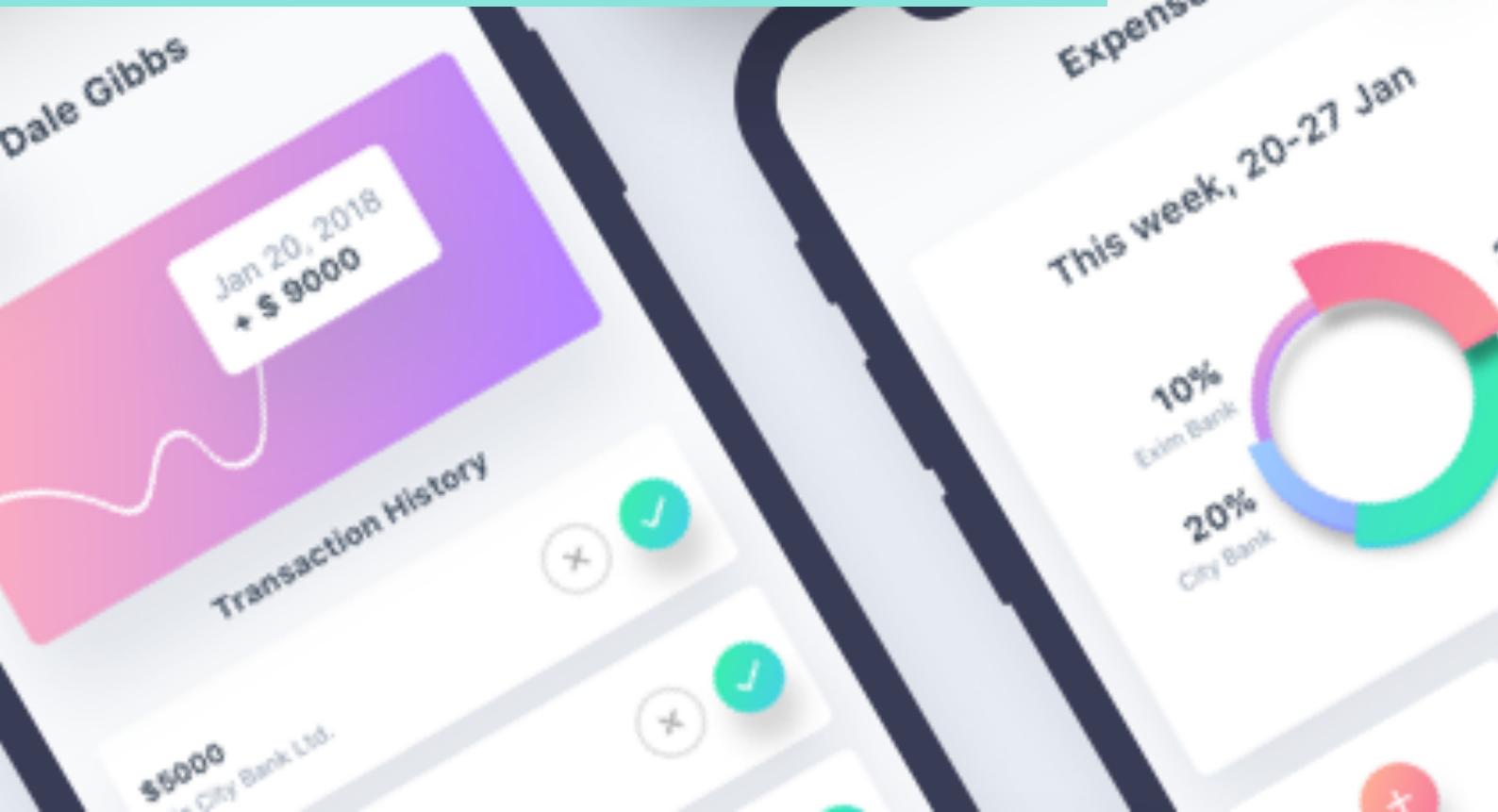
Referencing

All sources of information used in the preparation of your submission must be acknowledged using the APA system of referencing. This includes all print, video, electronic sources.

Phrases, sentences or paragraphs taken verbatim from a source must be in quotation marks and the source(s) cited using both **in-text** referencing and a **reference list**.

Plagiarism is the failure to acknowledge sources of information. You should be fully aware of the meaning of plagiarism and its consequences both to your marks, position at the university and criminal liability. The plagiarism in your assignment submissions can be assessed both in hard copy and in soft copy through software such as Turnitin.

The UTS Library and UTS HELPS (web links above) provide extensive information for students on referencing correctly to support you in avoiding plagiarism.



Introduction

Group Name:

Members: Chaeeun Lee

Project Title: UniSync- university life balance App

Design Idea Summary:

Our group proposes a digital solution designed to help university students balance their academic responsibilities, internships, and personal well-being. The "University Life Balance App" integrates with both smartphones and smartwatches to provide students with tools to manage their study schedules, set clear boundaries between study time and personal time, and receive reminders for breaks, physical activities, and social interactions. This solution is intended to help students avoid burnout and maintain a healthy balance between their academic workload and personal life.

Context and Background:

Through desktop research and interviews with university students, our group identified a recurring issue: balancing academic and personal time. Many students struggle to manage their study schedules while maintaining physical and mental well-being, leading to stress and reduced productivity. To gain further insights, we conducted interviews with fellow students, collecting a wide range of perspectives on the challenges they face.

Several key themes emerged from our research. First, many students expressed a desire to better manage their academic workload while finding time for personal well-being activities, such as exercise or socializing. However, the most significant challenge was maintaining a clear separation between study time and personal relaxation. Academic obligations often intrude into personal life, causing students to work late or on weekends, leaving little time for themselves. Additionally, while digital tools were seen as beneficial for productivity, they sometimes contributed to stress by creating a constant connection to academic responsibilities.

Following the interviews, we used affinity diagramming to organize and analyze the data. This process helped us focus on the critical challenges students face, which guided our approach in designing a solution to address these issues effectively.

Affinity diagram (Uni Student)

: “Navigating University Life: Balancing Academics, Work, and Wellbeing”

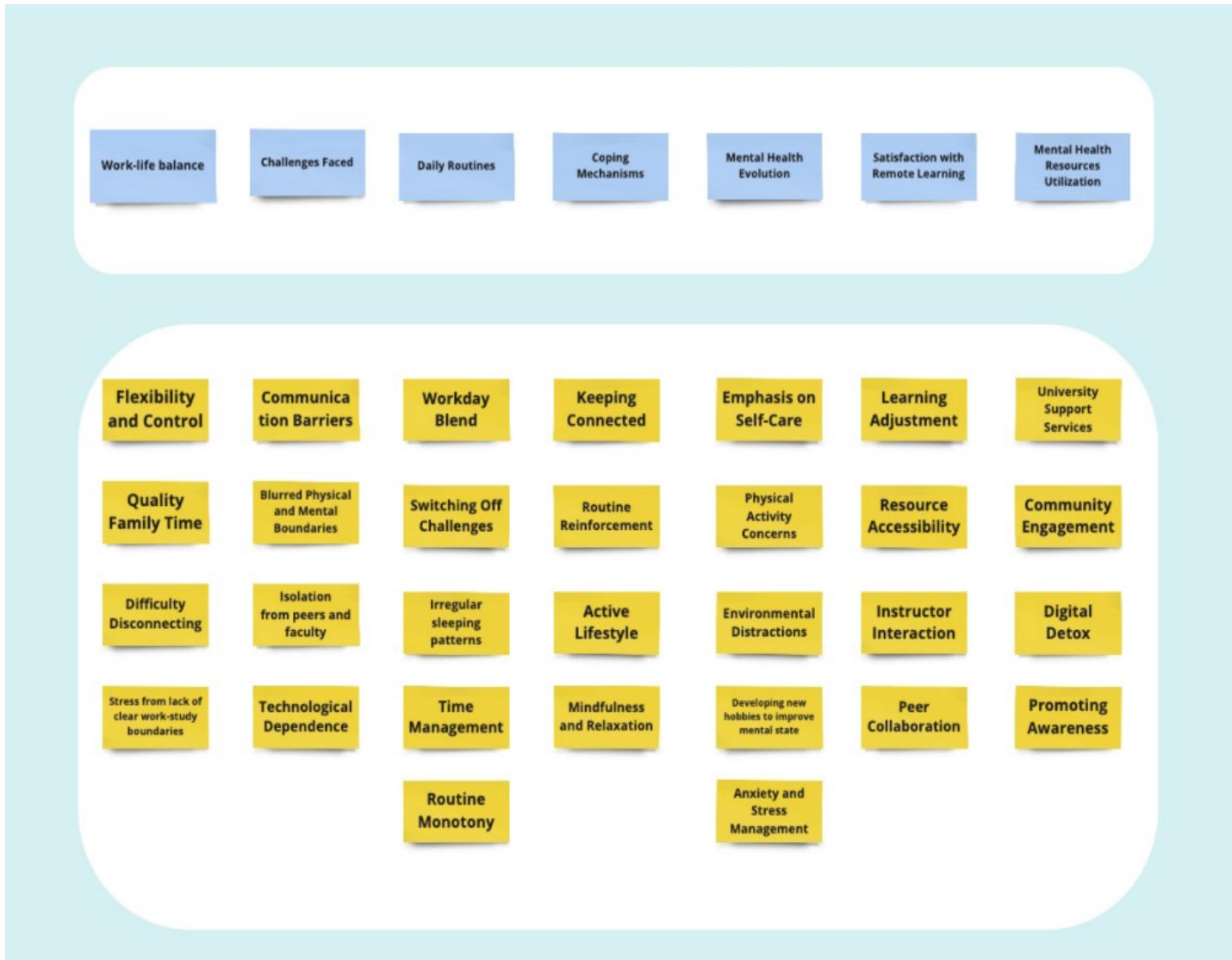


Figure 1. Affinity Diagram

Proposed Conceptual Design

Building on our research and the initial design pitch, we developed the University Life Balance App as a more refined and targeted solution tailored to university students' needs. The app provides several key features aimed at improving time management and promoting personal well-being.

The smartphone app allows users to visually plan their day, dividing time into dedicated blocks for study, work, and personal activities. It includes the ability to set boundaries, with notifications reminding students when they are nearing the end of their study sessions or at risk of overworking. This ensures a clear distinction between academic and personal life.

In addition, the app integrates with smartwatches, providing tactile reminders that help users transition between tasks, such as moving from study time to a break. These reminders help enforce scheduled boundaries, ensuring that students take regular breaks and maintain a healthy balance between study and personal time.

Our solution stands out by not only managing academic tasks but also by proactively prioritizing personal well-being, which is often overlooked in the demanding life of a university student. By combining these features, the University Life Balance App offers a comprehensive, user-friendly tool to help students achieve success both academically and personally.

Section 1: Persona



Jae-sung Kim University students

"NAVIGATING THE RIGOROUS DEMANDS OF ACADEMIA AND AN INTERNSHIP IN DIPLOMACY, I FIND BALANCING MY PROFESSIONAL GROWTH WITH PERSONAL WELL-BEING TO BE MY GREATEST CHALLENGE."

AGE: 23 YEARS	COUNTRY :SOUTH KOREAN
SEX: MALE	EDUCATION:
MARITAL STATUS : IN RELATIONSHIP	OCCUPATION: LOCAL NGO INTERN

Biography

JAE-SUNG'S DAY STARTS EARLY WITH A SESSION AT UNIVERSITY, FOLLOWED BY AN INTERNSHIP AT A LOCAL NGO. HE TAKES SHORT BREAKS TO ENGAGE IN LIGHT READING OR BLOG WRITING, WHICH HE FINDS CRUCIAL FOR STAYING INFORMED AND EXPRESSING HIS POLITICAL VIEWS. EVENINGS ARE RESERVED FOR RELAXATION OR WEBINARS, HELPING HIM UNWIND AND PREPARE FOR THE NEXT DAY.

Goals and Needs

- FIND A SUSTAINABLE WORK-LIFE BALANCE: MANAGES DEMANDING ACADEMIC AND INTERNSHIP COMMITMENTS EFFECTIVELY.
- INCORPORATE REGULAR PHYSICAL ACTIVITY: PRIORITIZES HEALTH AMIDST A BUSY SCHEDULE.
- CONTINUE CAREER GROWTH WHILE MAINTAINING WELL-BEING: DEVELOPS DIPLOMATIC SKILLS FOR FUTURE ROLES.

Motivations and Preferences

- MOTIVATED BY A DESIRE FOR GLOBAL INFLUENCE: THROUGH HIS CAREER IN DIPLOMACY AND CONTRIBUTIONS TO POLITICAL BLOGS.
- PREFERENCES STRUCTURED ROUTINES: HELPS MANAGE HIS TIME EFFECTIVELY BETWEEN VARIOUS RESPONSIBILITIES.

Hopes and Desires

- TO BECOME A RECOGNIZED DIPLOMAT: INFLUENCING INTERNATIONAL RELATIONS AND POLICY.
- TO GAIN BROADER EXPOSURE TO WORLD POLITICS: THROUGH CONTINUED EDUCATION AND PROFESSIONAL ENGAGEMENTS.

Personality



Character



Fears and Frustrations

- FEAR OF NOT FULFILLING HIS POTENTIAL IN BOTH ACADEMICS AND CAREER DUE TO THE DEMANDING NATURE OF HIS DUAL ROLES.
- FRUSTRATION OVER LIMITED PERSONAL TIME FOR RELAXATION AND SOCIAL ACTIVITIES.

Habits

- ROUTINES: STRICT ACADEMIC AND WORK SCHEDULES, REGULAR PHYSICAL ACTIVITY
- HOBBIES: READING POLITICAL BIOGRAPHIES, BLOGGING ABOUT CURRENT EVENTS
- ACTIVITIES: PARTICIPATES IN UNIVERSITY DEBATE CLUBS, ENGAGES IN YOGA SESSIONS

A Day in the Life

STARTS THE DAY WITH A MORNING READING SESSION ON GLOBAL NEWS, ATTENDS CLASSES, FOLLOWS WITH INTERNSHIP TASKS, AND ENDS THE DAY WITH A PERSONAL DEVELOPMENT WEBINAR OR A YOGA SESSION TO DECOMPRESS.

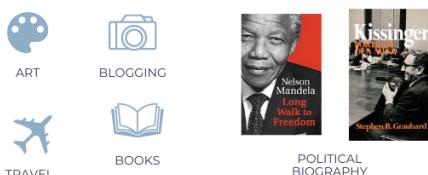
Life at Home

LIVES IN A RENTED APARTMENT WITH HIS GIRLFRIEND, WHICH IS STRATEGICALLY LOCATED TO BALANCE HIS COMMUTE BETWEEN UNIVERSITY AND HIS INTERNSHIP SITE.

Technology

- UTILIZES DIGITAL TOOLS EXTENSIVELY: FOR SCHEDULING, RESEARCH, AND STAYING UPDATED ON GLOBAL EVENTS.
- RELIES ON TECHNOLOGY FOR PERSONAL AND PROFESSIONAL GROWTH: USES APPS AND ONLINE PLATFORMS TO ENHANCE HIS LEARNING AND PROFESSIONAL NETWORKING.

tastes and hobbies



Section 2: Problem Scenario

University students like Jae-sung Kim face significant challenges in balancing their academic responsibilities with personal well-being. As a senior Political Science student and intern at a local NGO, Jae-sung is overwhelmed by his tightly packed schedule, which includes university classes, work commitments, and extracurricular learning. His workload often spills into personal time, causing him to study late into the evening and over weekends. This lack of clear boundaries between academic and personal life leaves him with little time for relaxation or social activities, leading to mental fatigue and increased stress.

Jae-sung acknowledges the importance of maintaining his physical and mental well-being through activities like jogging and yoga, but his erratic schedule makes it difficult to follow these routines consistently. Additionally, while he relies on technology to manage his tasks, the constant flow of notifications and academic updates contributes to a feeling of being "always on." As a result, Jae-sung struggles to find a healthy balance, and the risk of burnout looms large. This situation underscores a common issue faced by university students, making it clear that a solution is needed to help them manage their time effectively while maintaining their well-being.

Section 2: Future Use Scenario

With the introduction of the UniSync app, Jae-sung Kim gains better control over his academic and personal time, significantly improving his ability to balance his responsibilities. Through its seamless integration with his smartphone and smartwatch, the app helps Jae-sung create a structured daily plan, allocating dedicated time blocks for university, work, and personal well-being activities like jogging and yoga. UniSync's intuitive reminders notify him when he is nearing the end of his study sessions, allowing him to transition smoothly to his break periods without guilt.

The app's smart notifications also remind Jae-sung to step away from his work and unwind, helping him enforce the boundaries he struggles to maintain on his own. By following these structured schedules, Jae-sung can finally stick to his exercise routines and find moments for relaxation, reducing his stress levels and preventing burnout. Additionally, the app's ability to help him prioritize personal well-being ensures that he doesn't sacrifice his health for academic success. Ultimately, UniSync enables Jae-sung to lead a more balanced life, where he excels academically while maintaining his physical and mental well-being.

Section 3: Storyboard



Section 4: Specified Goal

User Goal

The user needs to organize their weekly schedule by viewing the weekly overview, adding a new study session to their schedule, and ensuring that they have a reminder set for their personal study session.

Heuristics Evaluation Sheet Summary

"Plan and balance your weekly activities using the UniSync app, ensuring a healthy allocation of time to academic duties, personal well-being, and internship tasks."

User Context

Jae-sung Kim, a typical user of the UniSync app, is a university student juggling his studies with a part-time internship. He uses the app to efficiently manage his time and responsibilities. The app assists him in setting up a balanced weekly schedule that includes dedicated blocks for classes, study times, internships, and personal activities like exercising and socializing. As a registered user, Jae-sung accesses the app through a simple sign-in process, which loads his personalized settings and schedule preferences that he has configured previously. This seamless integration allows him to immediately start planning or adjusting his activities for the week, ensuring he maintains a balanced university life.

Section 5: Prototype Evaluation

<https://youtu.be/XuhOp8Ts1Dk?si=OYZP651YPFAymwl1>

HEURISTIC EVALUATION SHEET

Evaluator name: Chaeun Lee
 Date: 23/10/24

User's name: Andrew Kim
 User's Goal: Manage the university student's life

List of heuristics

1. Match system to the real world
2. Consistency & standards
3. Visibility of system status & feedback
4. Error prevention
5. User sense of control & freedom
6. Aesthetic/minimal design
7. Recognition, not recall (minimise demands on human memory)
8. Help users with errors & recovery
9. Flexible/ efficiency of use
10. Help & documentation

USABILITY ASSESSMENT	IDENTIFICATION OF HEURISTICS	EXPLANATION OF HEURISTICS	USABILITY IMPACT	USABILITY SUGGESTION(S)
Summarise positive and negative finding(s) observed and include: - page/screen where finding was observed - the specific part of the task the user was doing when it occurred	For each finding specify which heuristics were violated (V) or complied with (C). Refer to the list of heuristics above.	Explain how the heuristics are violated or complied with, indicating the cause and referring to specific design aspects of the technology/interface	Explain how the observed findings impacted on the user experience & task completion	Suggest at least one interface design intervention to rectify the issue or improve the experience even more.
Screen/Statistic Dashboard Positive Findings: The dashboard is visually organized with clear sections for weekly schedule and tasks. The use of a calendar helps users view their schedule at a glance. Task cards like "Lunch with Family" and "Zoom Meeting" are visually distinct and easy to understand. Negative Findings:	C: Visibility of System Status (icons change when tapped). V: Recognition, not recall (icons lack clear text labels for easier understanding). V: Flexibility and efficiency of use (small touch areas, especially for "See All").	Users might not immediately understand the functions of certain icons due to lack of labels. Flexibility in viewing all tasks might be reduced if "See All" is hard to identify.	Some users may struggle to find additional tasks or might be uncertain about what certain icons represent.	Add small text labels under the icons at the bottom for clarity. Make the "See All" link more prominent or include an additional visual cue to guide users.

	The "See All" link might not be easily noticeable and could cause confusion for users wanting to view all tasks. The iconography for the menu at the bottom could be made more descriptive, as first-time users may not immediately recognize the icons' functions.				
Screen/Stat e 2	<p>Positive Findings: Clear division of personalization categories (Goal, Notification, Reflection, SmartWatch) makes navigation intuitive. Large icons make touch interactions easy, even on smaller devices.</p> <p>Negative Findings: The overall text “Personalize your...” lacks clarity and could be more descriptive. The purpose of each icon might not be entirely clear for new users.</p>	C: Consistency and Standards (consistent icon usage). V: Match System to the Real World (icons may not clearly represent personalization settings for first-time users). C: Flexibility and Efficiency of Use (easy to navigate).	While the screen is simple, new users might not understand what each personalization option involves.	Users might need to click on each option to fully understand what they are customizing, increasing cognitive load.	Add short labels or tooltips beneath each icon to provide additional clarity (e.g., "Set Personal Goals," "Adjust Notifications").

Screen/Stage 3	<p>Positive Findings: Visual elements like the daily achievement gauge and weekly progress bars give users a quick overview of their productivity. Clear categorization between work, break, and study helps users monitor balance.</p> <p>Negative Findings: The lack of detailed tips or feedback on improving goal completion might leave users unsure about how to optimize their time.</p>	<p>C: Visibility of System Status (clear progress bars show user achievements).</p> <p>V: Help users with errors and recovery (no feedback or suggestions on how to adjust behavior based on goal performance).</p>	<p>While the screen is effective at showing progress, it lacks helpful feedback for users who might need additional guidance.</p>	<p>Users may miss out on optimizing their task management without guidance or actionable insights.</p>	<p>Add suggestions or feedback based on progress (e.g., "Consider scheduling more breaks" or "Great job on your study goals today!").</p>
Screen/Stage 4	<p>The toggle switch for turning notifications on and off is clearly visible and easily accessible.</p> <p>The slider for volume control adds flexibility for users to adjust notification intensity.</p> <p>Color-coding helps distinguish between different types of notifications.</p> <p>Negative Findings: The color option might confuse users about its purpose (does it change the notification's appearance or sound alert?).</p> <p>There's no explanation for what "See All" does, which could cause confusion.</p>	<p>C: Visibility of System Status (toggle switches provide immediate feedback).</p> <p>V: Recognition, not recall (the color function is not clearly explained).</p> <p>C: Flexibility and Efficiency of Use (volume control slider provides a flexible option).</p>	<p>While the toggle switches are user-friendly, the color options need clarification to prevent user confusion. The "See All" option might not be immediately clear in terms of functionality.</p>	<p>Users may be unsure about the purpose of certain features, such as the color option, which might reduce the overall efficiency of the notification settings.</p>	<p>Add a tooltip or label explaining the purpose of the color option. Provide a brief description or visual cue for "See All" to make it more intuitive.</p>
Screen/Stage 5	<p>Positive Findings: The "Feelings" section with emojis provides an intuitive way</p>	<p>C: Aesthetic and Minimal Design (the layout is simple and clear).</p> <p>V: Visibility of System Status (no clear feedback is provided after a user logs their feelings).</p>	<p>The overall simplicity is beneficial for user engagement, but without proper feedback, users might feel unsure about</p>	<p>Users may question if their journal entries or emotional reflections are being saved correctly,</p>	<p>Include a "Save" confirmation message or visual feedback after users submit their journal or feelings. Add context to</p>

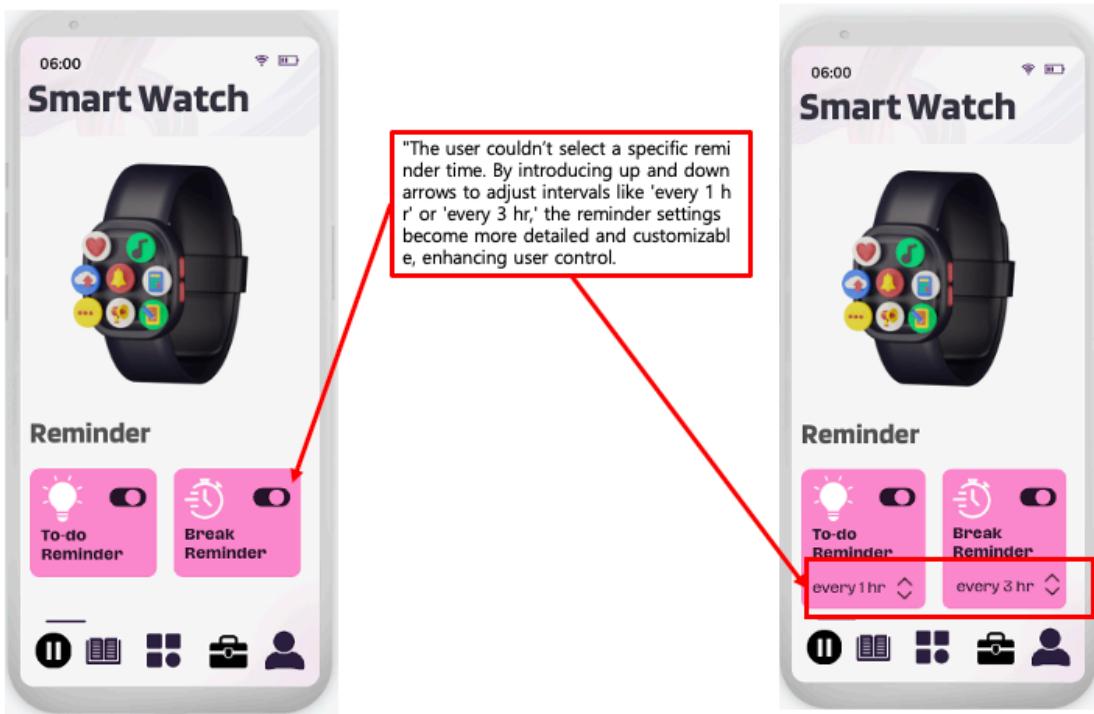
	<p>to express emotions, making the interaction engaging and simple. The journal input box encourages user reflection, enhancing the user experience. The design is minimal, yet effectively displays daily progress and thoughts.</p> <p>Negative Findings:</p> <p>The feedback mechanism for logging feelings might lack detail (e.g., how is this information used or saved?).</p> <p>The "Today's Sentence" feature might not be easily understood by all users, as it lacks context.</p>	<p>V: Help users with errors and recovery (no feedback on saving the journal or emotion input).</p>	<p>how their inputs are processed.</p>	<p>potentially impacting their experience.</p>	<p>"Today's Sentence" to make its purpose clearer.</p>
Screen/Stat e 6	<p>Positive Findings:</p> <p>The toggle buttons for "To-Do Reminder" and "Break Reminder" are clear and intuitive.</p> <p>The large image of the smartwatch emphasizes the connection with the device, reinforcing the app's functionality.</p> <p>Negative Findings:</p> <p>No feedback is provided when toggling options, which could leave users unsure if the reminders are activated.</p> <p>The large watch graphic takes up significant space, potentially limiting the functionality display.</p>	<p>C: Consistency and Standards (familiar toggle switches for reminders).</p> <p>V: Visibility of System Status (lack of immediate feedback after toggling reminders).</p> <p>C: Aesthetic and Minimal Design (the layout is simple and focused).</p>	<p>While the design follows standard practices with clear toggle switches, it doesn't provide visual or auditory feedback when options are selected, potentially causing confusion.</p>	<p>Users may feel uncertain about whether the reminder settings have been successfully updated, affecting their trust in the system.</p>	<p>Implement feedback (such as a subtle vibration or color change) when toggling reminders to confirm that the action has been successfully registered.</p>

Screen/Stage 7	<p>Positive Findings: Clear division between "Internship" and "Study" tasks helps users manage different categories. The use of checkmarks and crosses gives immediate visual feedback on task completion status.</p> <p>Negative Findings: The "Add" button might be too small and less prominent compared to other elements on the screen, reducing visibility. The calendar dates are small and could benefit from larger touch targets for easier navigation.</p>	<p>C: Consistency and Standards (clear task categories and feedback). V: Visibility of System Status (the "Add" button might not be easily noticeable). V: Flexibility and Efficiency of Use (small touch areas for calendar navigation).</p>	<p>The screen follows consistent design patterns, but the "Add" button's small size and the small touch areas for calendar navigation reduce overall ease of use.</p>	<p>Users might overlook the "Add" button, reducing task creation efficiency. Navigation through dates might be difficult on smaller devices.</p>	<p>Increase the size of the "Add" button for greater visibility and make the calendar touch targets larger for easier navigation.</p>
Screen/Stage 8	<p>Positive Findings: The "Group Space" section gives a clear overview of group tasks with member details, fostering collaboration. The "Personal Schedule" section with progress bars provides a visual representation of task completion, enhancing user engagement.</p> <p>Negative Findings: The touch targets for switching between group tasks are small, which could lead to usability issues on smaller screens.</p>	<p>C: Consistency and Standards (consistent use of icons and progress bars). V: Flexibility and Efficiency of Use (small touch targets for task navigation).</p>	<p>The screen maintains a consistent design, but smaller touch areas for group task navigation might reduce usability, especially for users on mobile devices.</p>	<p>Users might find it challenging to switch between group tasks due to small touch targets, potentially slowing down interaction.</p>	<p>Increase the size of the task navigation buttons to ensure easier touch interaction on smaller devices.</p>
Screen/Stage 9	<p>Positive Findings: The "Do Not Disturb" and "App Blocking" toggles</p>	<p>C: User Sense of Control and Freedom (toggle switches allow users to</p>	<p>The screen provides good user control, but the lack of</p>	<p>Users might be unsure if their focus settings have been applied correctly,</p>	<p>Add confirmation messages or visual feedback when toggles are</p>

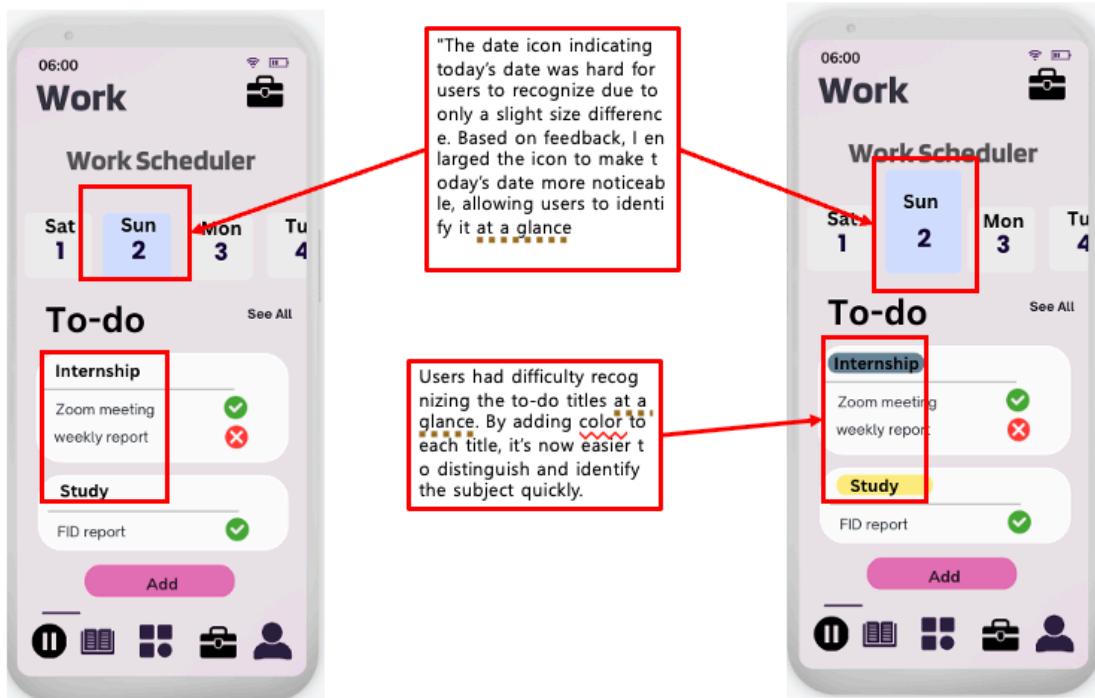
	<p>give users control over their focus environment. The large timer makes it easy to track focus sessions.</p> <p>Negative Findings: There's no feedback after activating or deactivating the focus-related toggles, which could leave users uncertain about their actions.</p>	<p>customize their focus mode)</p> <ul style="list-style-type: none"> . V: Visibility of System Status (lack of immediate feedback after toggling reminders) 	<p>feedback after toggling options reduces clarity.</p>	<p>reducing trust in the app's functionality</p>	<p>activated or deactivated to reassure users.</p>
Screen/Stat e 10	<p>Positive Findings: The break timer is clear, showing time remaining for the break with a simple pause and play button. The categories like "Social Break" and "Hydration" provide good options for users.</p> <p>Negative Findings: The timer lacks feedback when started or paused, which could make users unsure if their actions have been registered. There is no indication of the timer progress beyond just the countdown.</p>	<p>C: Consistency and Standards (the timer follows consistent design patterns with clear buttons).</p> <p>V: Visibility of System Status (no feedback when actions are performed).).</p>	<p>The lack of feedback can confuse users, making them unsure if the timer is running or paused. This could lead to frustration, especially if users think the timer is active but it's not.</p>	<p>The simple design is easy to use, but without feedback, users may feel uncertain about their interactions with the timer.</p>	<p>Provide feedback through small animations or haptic feedback when the user interacts with the timer. A visual indicator of the progress could also help users better track their break time.</p>

Section 6: Recommendations for Improvement

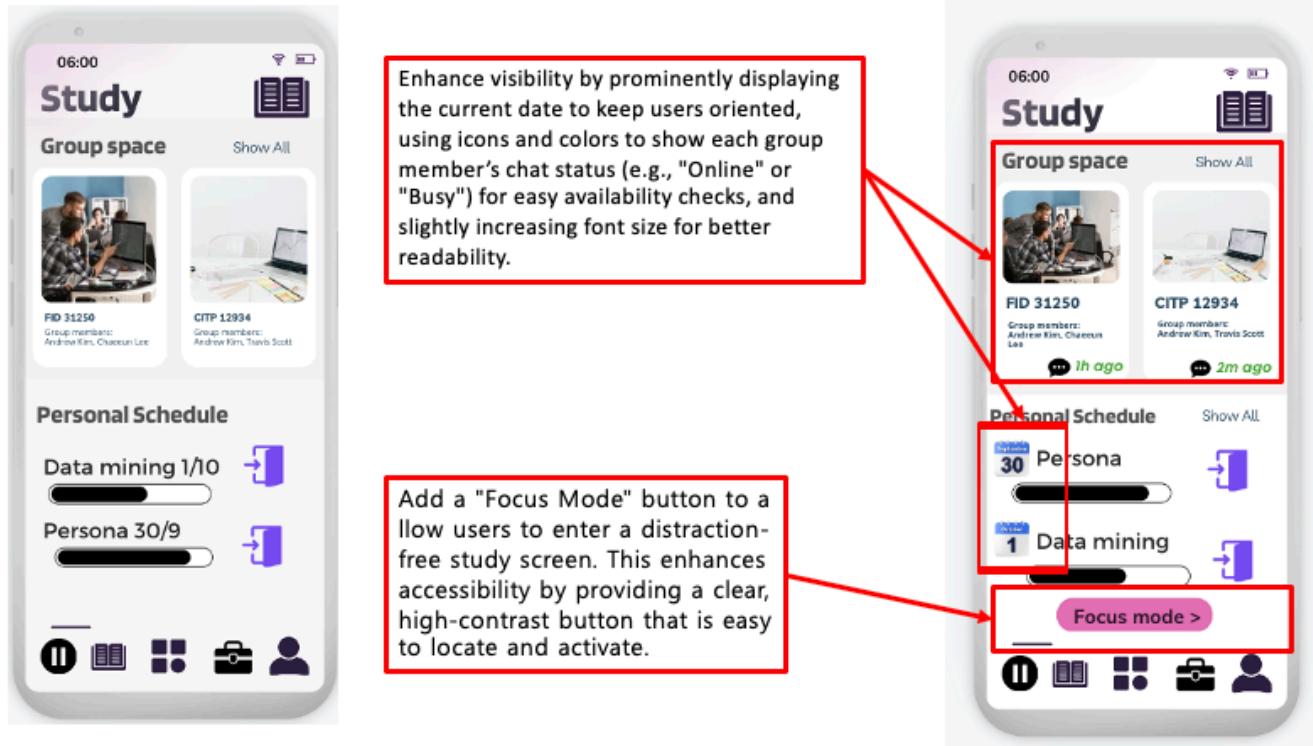
Screen 6: smartwatch screen



Screen 7: work screen

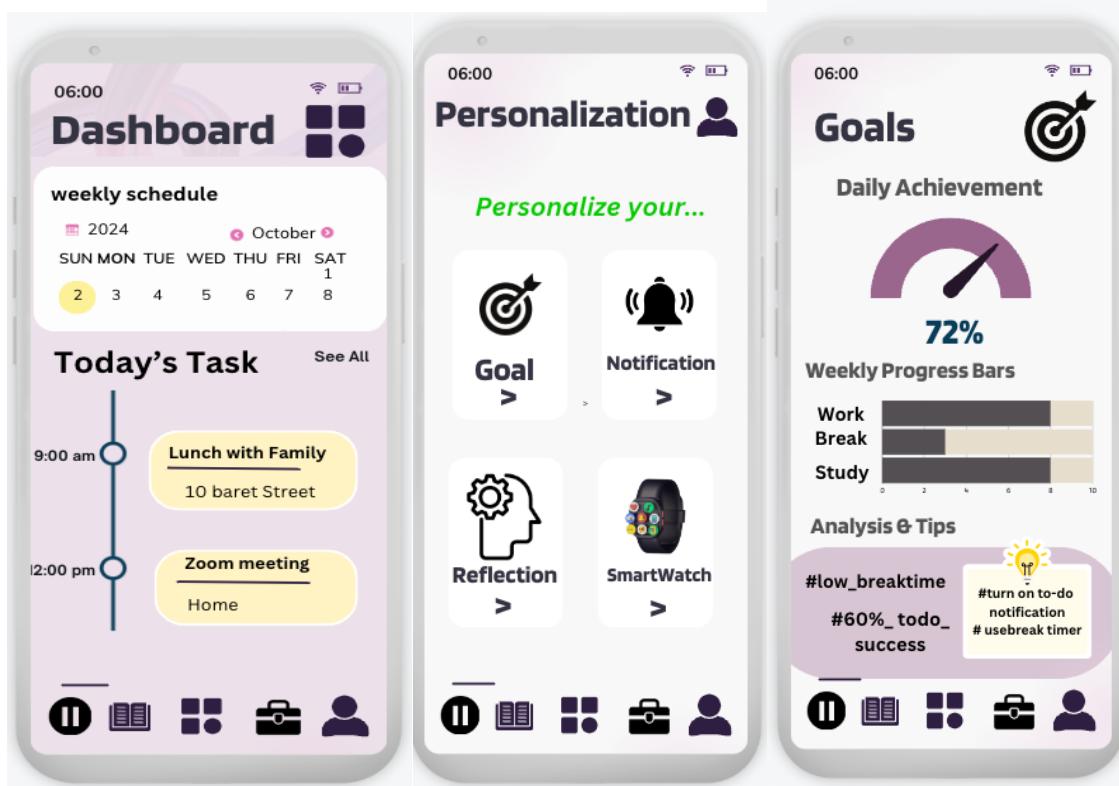


Screen 8: study screen



Section 7: Appendix

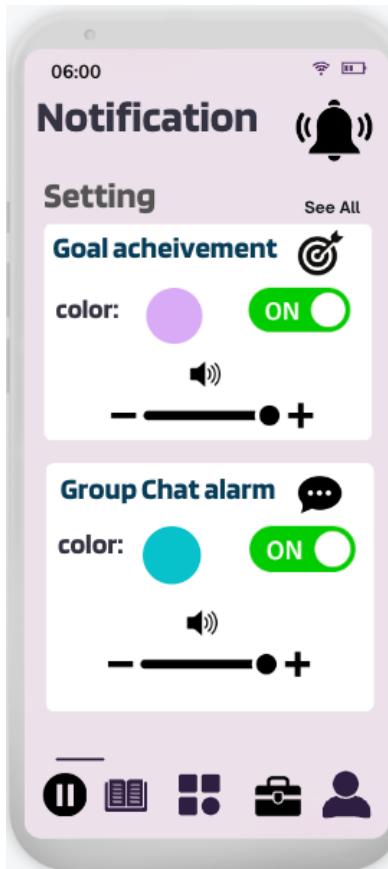
- Include images of all your paper (and digital) prototype screen designs (number them).



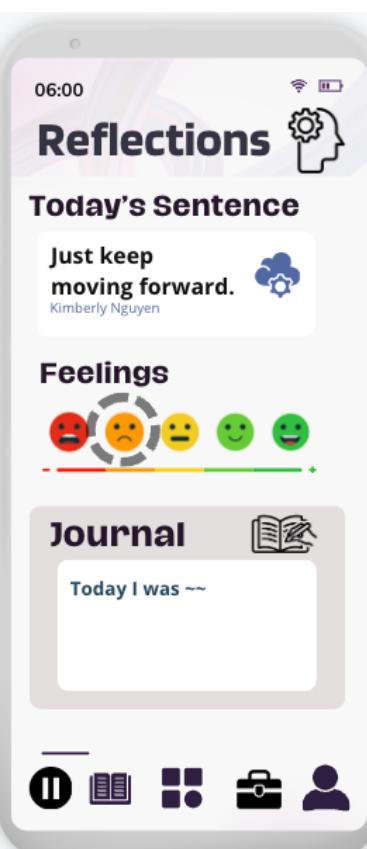
Screen 1

Screen 2

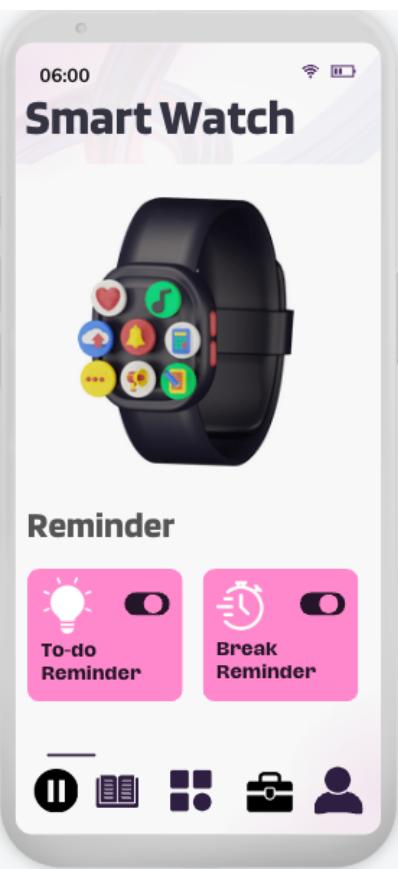
Screen 3



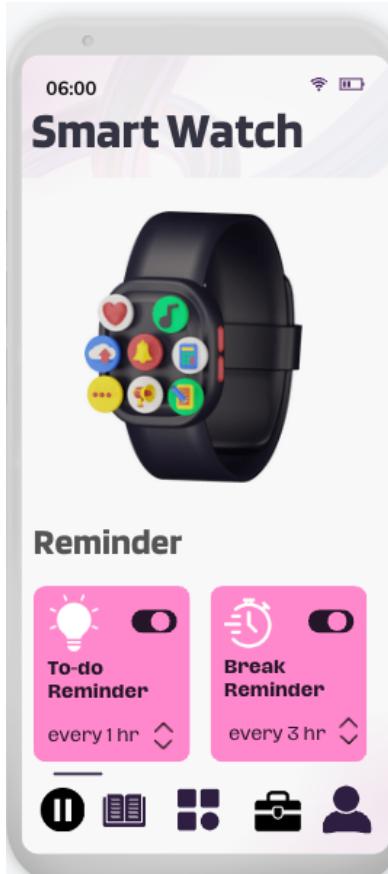
Screen 4



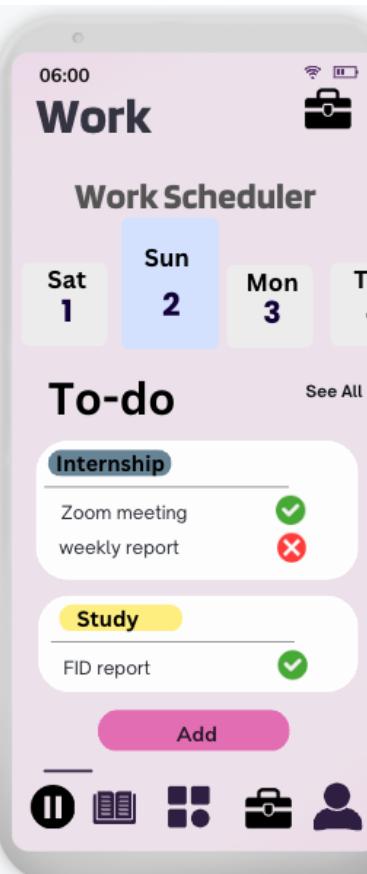
Screen 5



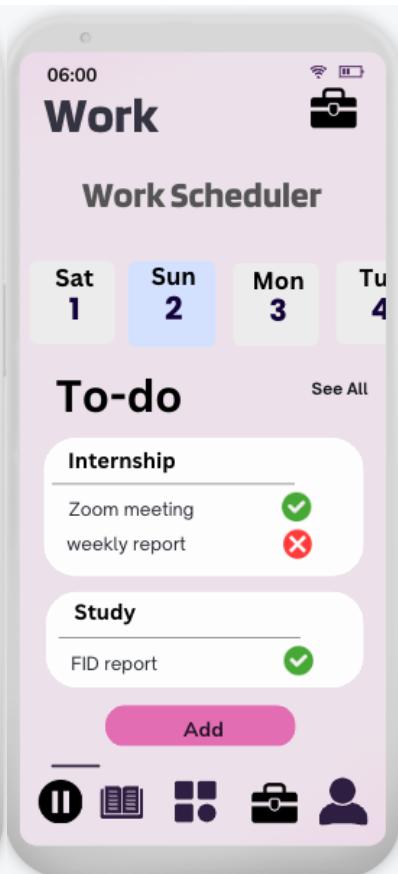
Screen 6- state 1



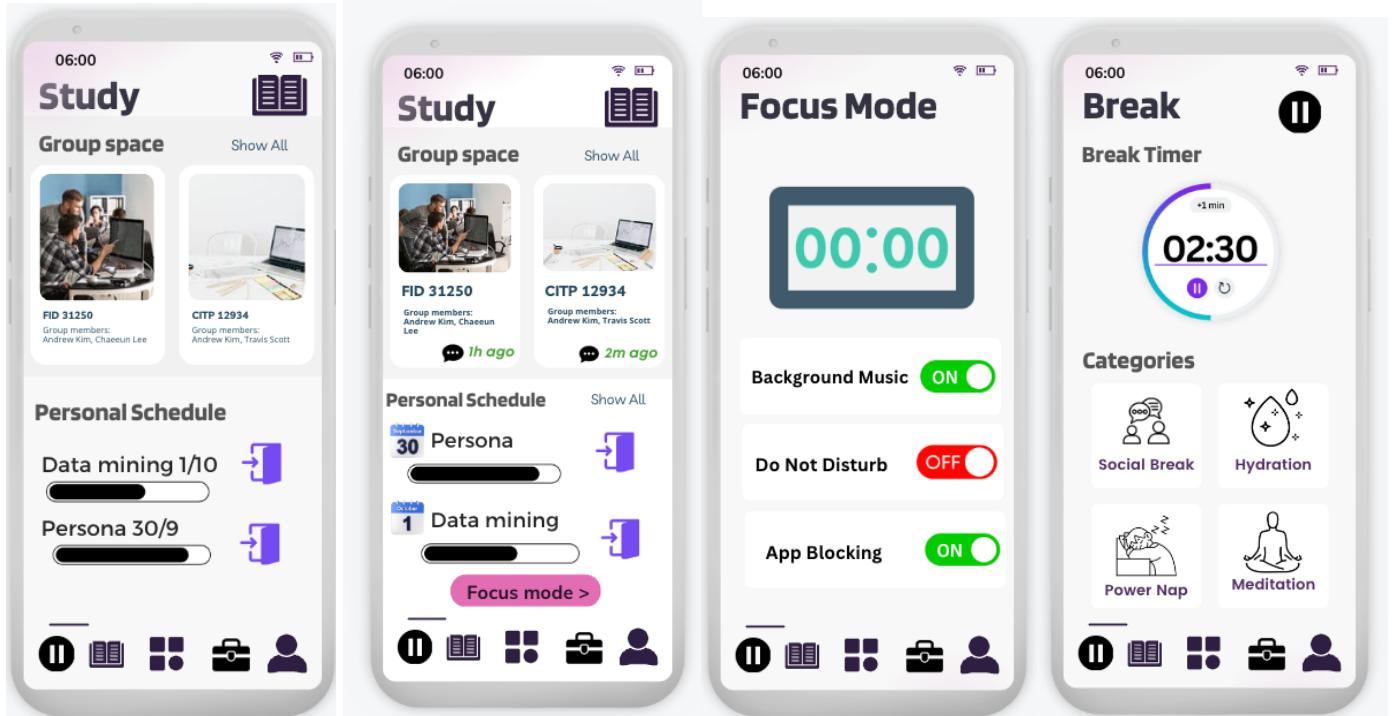
Screen 6- state 2



Screen 7- state 1



Screen 7- state 2



Screen 8- state 1

Screen 8- state 2

Screen 9

Screen 10

2. Include photos of the prototype being used during the evaluation process and of the testing set-up.

3. Include the informed consent form signed by both you and your participant before starting the test.

Informed Consent Form for Participation

Researcher Information:

Name: Chaeeun Lee

Position: [Evaluator]

Affiliation: [University]

Contact Information: [Chaeeun.Lee@student.uts.edu.au]

Participant Information:

Name: Andrew Kim

Occupation: Student

Age: 19

I, the undersigned, voluntarily agree to participate in the research study titled above. I understand that my participation involves [brief description of what participation involves]. I acknowledge that my participation is voluntary and that I am free to withdraw at any time without giving a reason and without facing any consequences.

I understand that all information I provide will be treated as confidential and that any publications or presentations resulting from this research will use only aggregated data and will not include identifiable personal information.

I acknowledge that I have been informed of the potential risks and benefits associated with my participation in this study.

I understand that I can contact the researcher(s) at the provided contact information if I have any questions or concerns about the research study.

I have read and understood the information provided above. I have had the opportunity to ask questions about my participation, and all my questions have been answered to my satisfaction. By signing this form, I consent to participate in the study.

Participant's Signature: Andrew Kim

Date: 23/10/2024

Evaluator's Signature: Chaeeun Lee

Date: 23/10/2024

4. Include a declaration of use of Gen AI (Chat GPT), if applicable. Refer to Canvas page: *Use of Generative AI in this subject.*

Section 4 : the storyboard made by chatgpt

- The composition and layout were developed by one of our team members.
- Drawing was made by chatgpt