

# *DisTrack*

*Refocus yourself*

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# The Problem



# Contextual Inquiry

## 4 Locations

- Odegaard Library
- CSE Undergraduate Labs
- Mercer Court
- Yunnie Bubble Tea (Ave)



## 3+1 Approaches

- Observation + Interview (3x)
- Interview-only (2x)
- In-group Interview (1x4)
- + Online Survey (16x)



# Contextual Inquiry - Insights

Johnson (20, undergraduate, CSE 006 Lab)

- Perception ≠ Observation
- Distracted by people talking and noise
- More focused at CSE Labs than at home

Steve (25, graduate, Mercer Court)

- Motivated by seeing people working
- Distracted by people and social media
- Takes breaks often

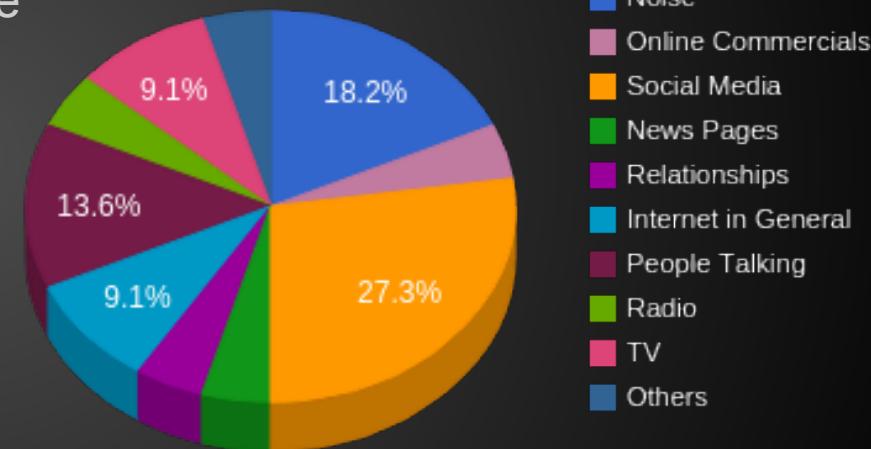
George (25, graduate, Odegaard Library)

- Turns notifications off while studying

Group (4 undergraduates, Yunnie Bubble Tea)

- Distracted by each other and apps
- Used headphones (music) to focus

Distraction Sources



# Tasks

1

Engage  
work session

2

Record digital and  
non-digital behavior

3

Prompt for  
taking breaks

4

Reflect on recorded  
data relative to  
time and location

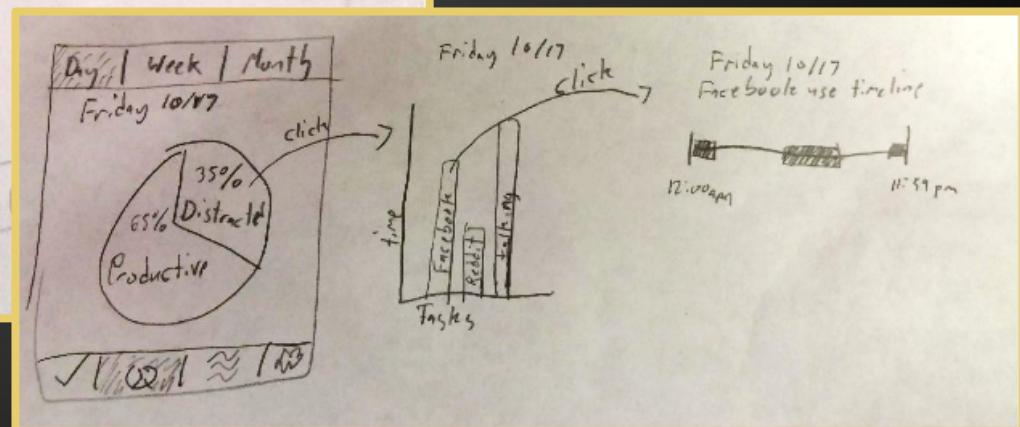
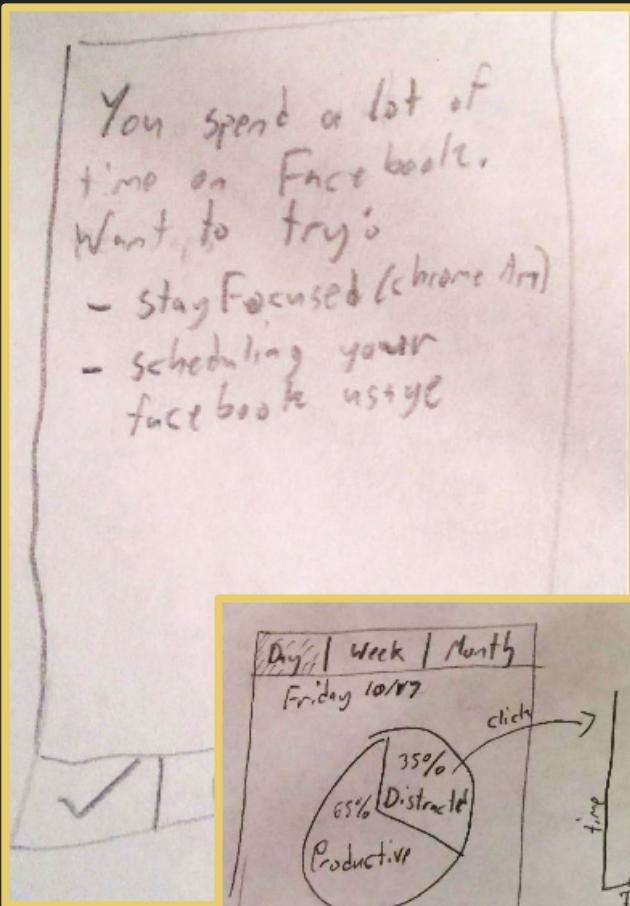
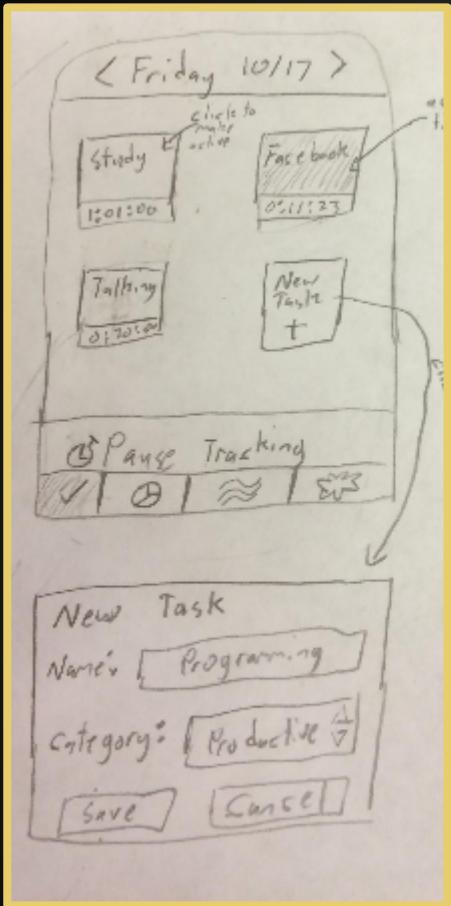
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Find a productive  
work place

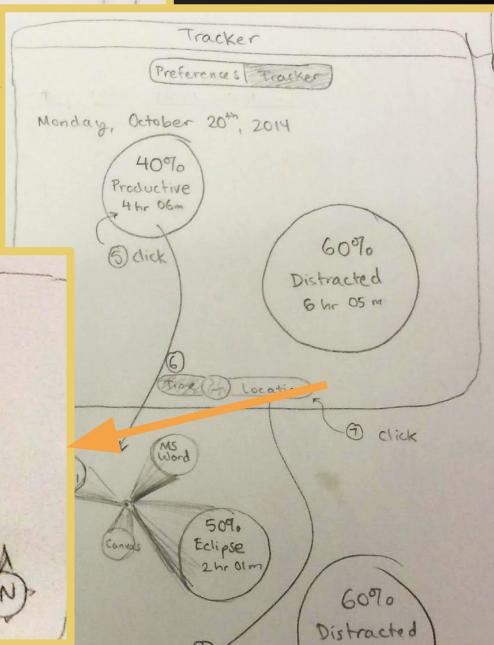
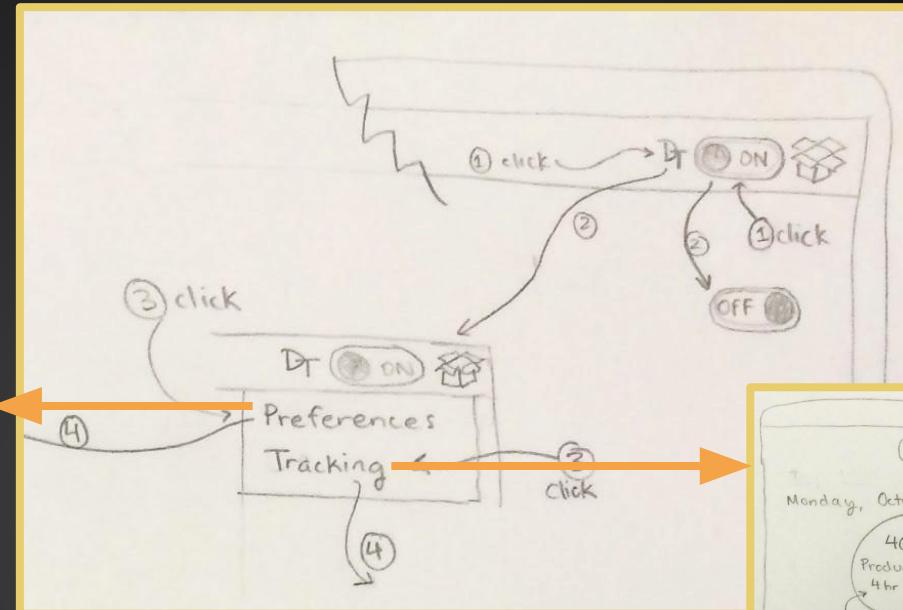
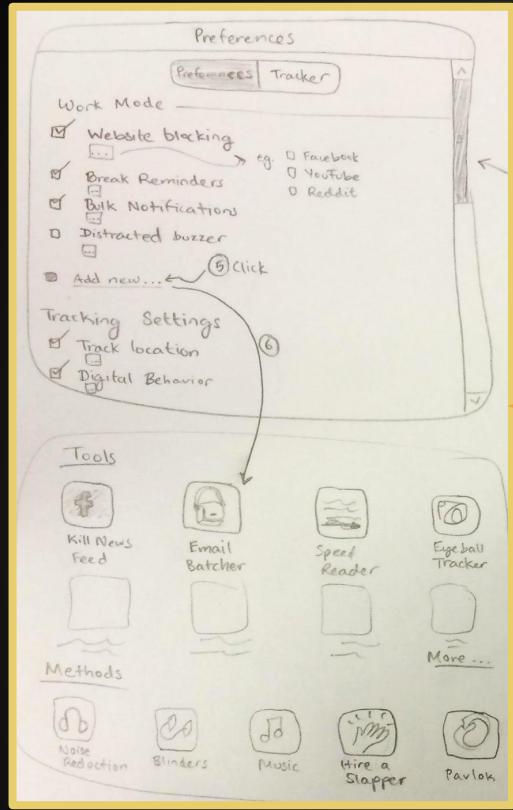
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Find and implement  
methods/strategies to  
stay focused

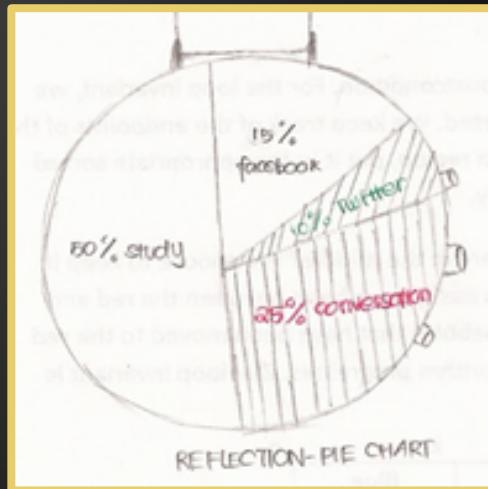
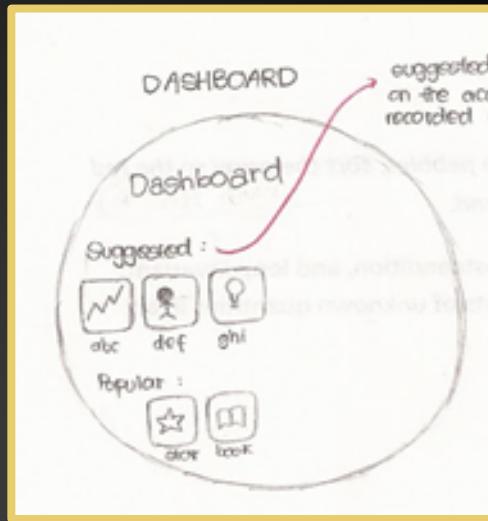
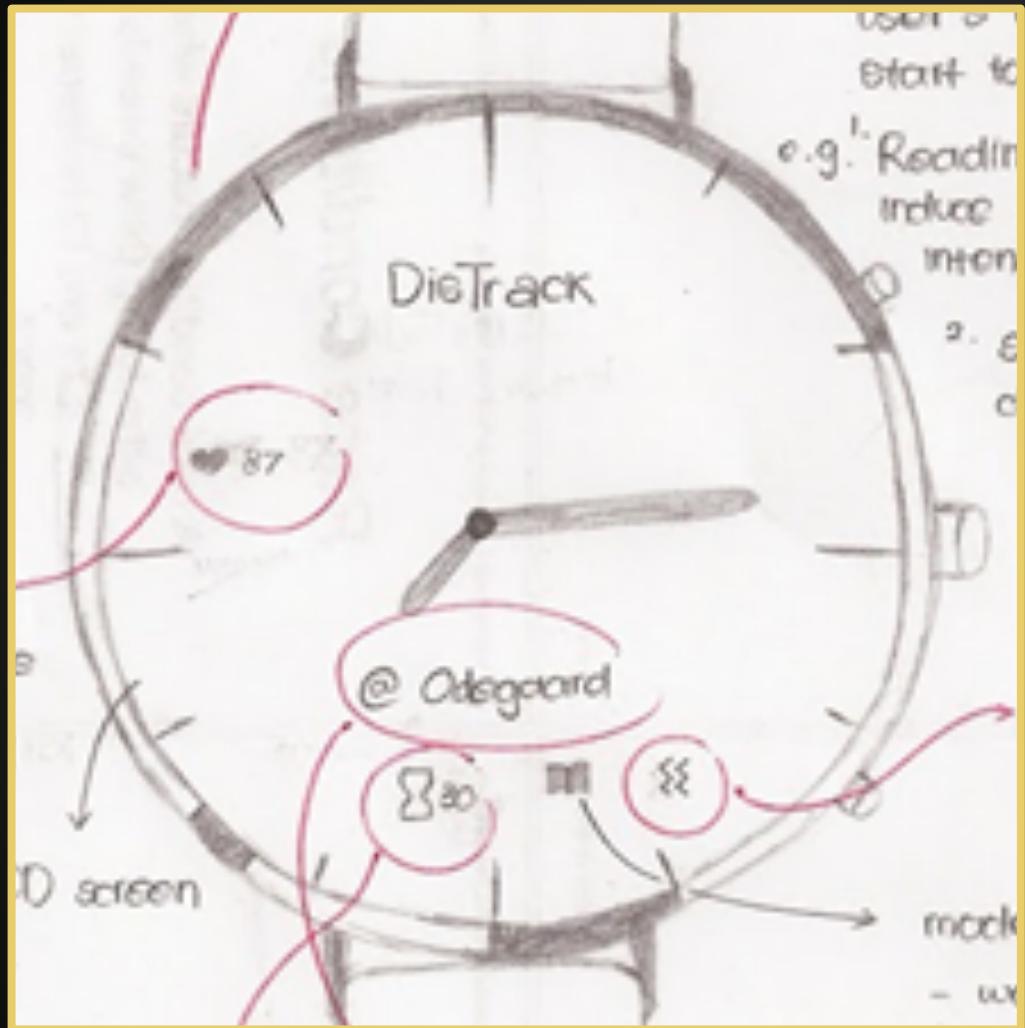
# Design 1



# Design 2

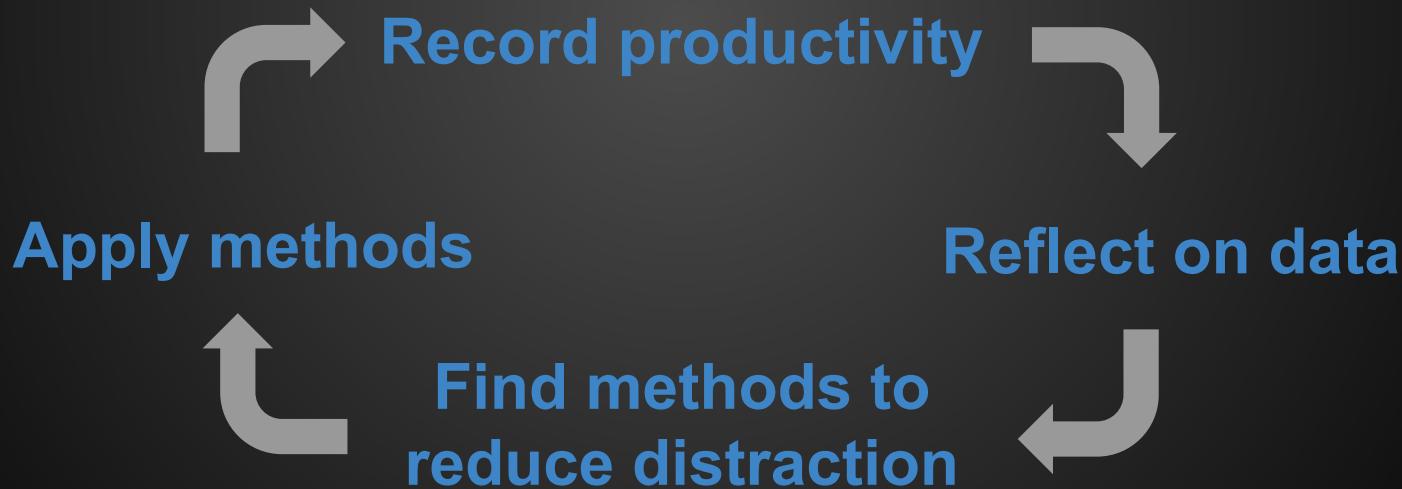


Design 3

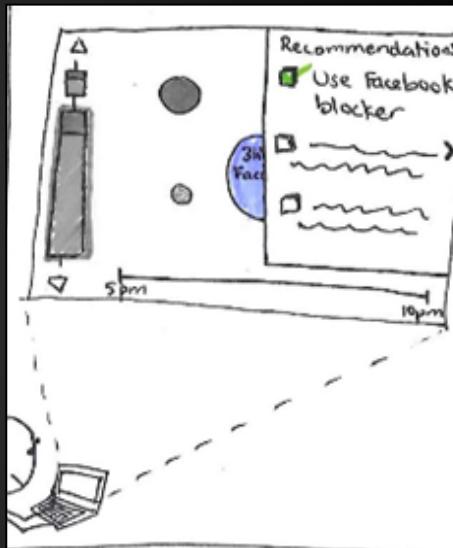
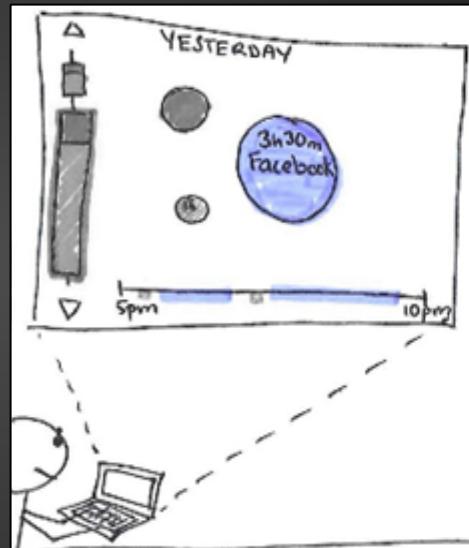
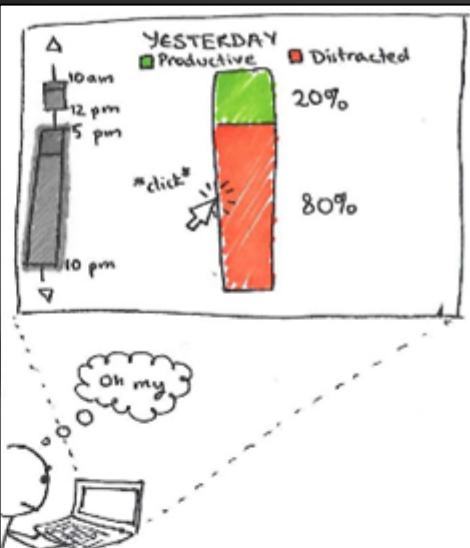


# Design Rationale

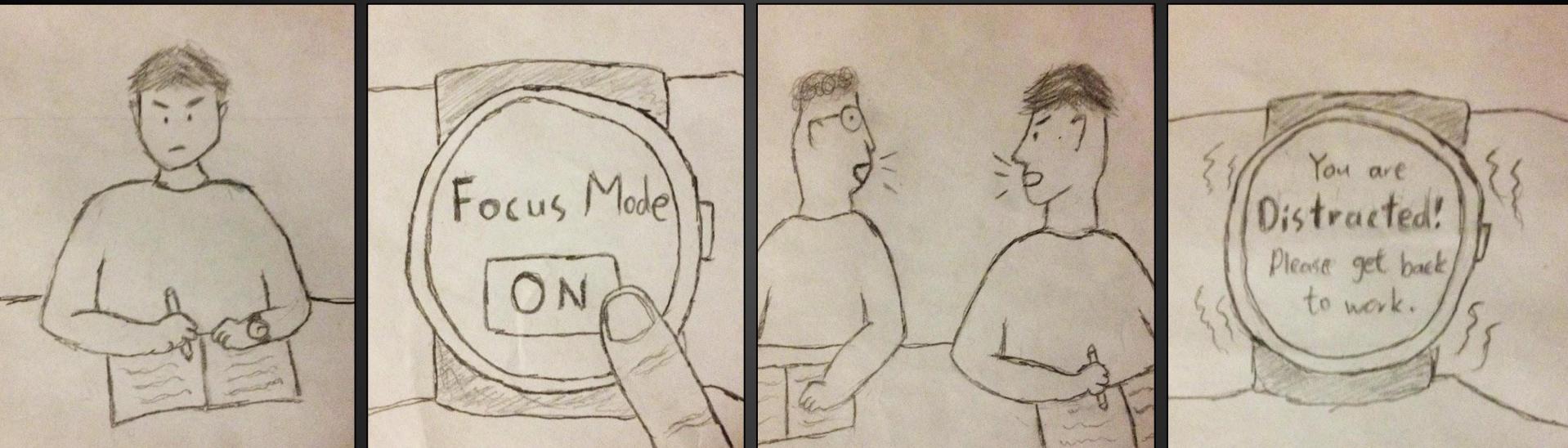
- Combination of **Desktop** and **Smartwatch**
  - Visual real estate + immediate monitoring/feedback
- **Feedback loop** to assist the user



# Task: Reflect on recorded data relative to time and location



# Task: Find and implement methods/strategies to reduce distractions and increase focus



# **DisTrack**

*Refocus yourself*

## **A comprehensive distraction tracker:**

- Digital + non-digital behavior
- Immediate + long-term reflection
- Self-motivated + data-driven recommendation

## **Lessons learned:**

- Anonymous observation is difficult
- Participant perception ≠ observed behavior
- Participants had contradicting focus strategies