




# Segfaulters: Lightning Talk

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# 01 Problem Intro

What problem are we trying to solve?



# Problem Intro

- Software engineers are to manage their time.
- Pomodoro is a technique that is used to manage work with time for reasonable breaks
- Software engineers already have a lot on their agenda, and if they use Pomodoro, that is another item to manage
- Pomodoro bot takes care of the time management aspect to allow software engineers to focus on their work tasks
- This can be implemented in an agile, or any other software development style- improves overall efficiency among software engineers!



**YIPPEE!!!!**



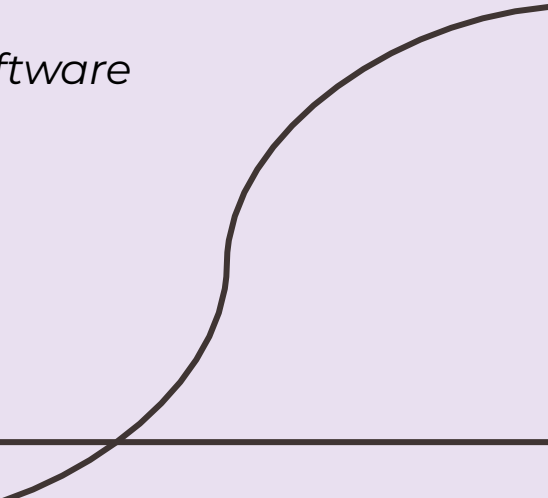
# 02

## Solution

How does our solution  
address the problem?

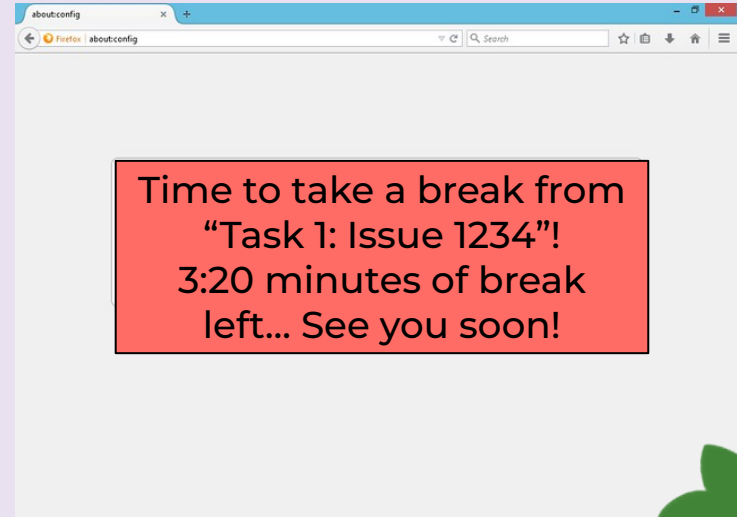
# What do we already know?

*“As general observation, the participants in stand-up meetings were able to better respond to the contents of the meeting... **This fact in the future allows us to build a system for monitoring the level of attention, which can be used to improve the quality of work and detect fatigue.**”*

- *Study of Attention Span and Concentration for Software Developers (2023)*
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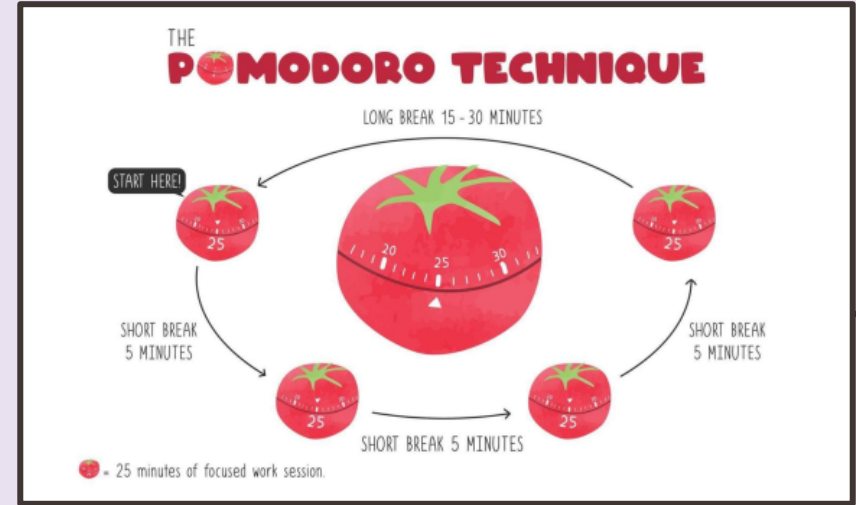
# Introducing ... PomBot!

- Chrome extension that will help you keep track of your work times and breaks
- Keeps developers accountable and reduces fatigue
- Forces developers to take a needed brain break
- Will remind the user when to take a break and when to focus on working
- A user can set how many Pomodoros they want to complete and the tasks they want to complete



# How does our solution address the problem?

- Pomodoro Technique:
  - Choose a task
  - For a 25 minute interval, work on the chosen task without distraction
  - Take a 5 minute break
  - Repeat!
- A NIH study showed that “taking pre-determined, systematic breaks during a [work] session had mood benefits and appeared to have efficiency benefits (i.e., similar task completion in shorter time)”
- SE can break large tasks into manageable chunks of work that also foster the productivity necessary in rapid software development life cycles





# 03

## Req. Elicitation

What were the process and results of our requirements elicitation technique?



# Requirement Elicitation Method

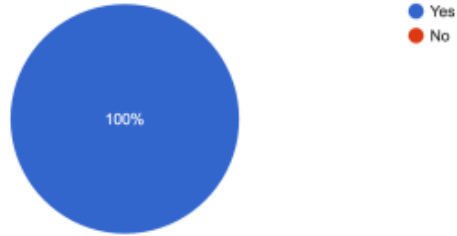
SURVEY!!



# Results

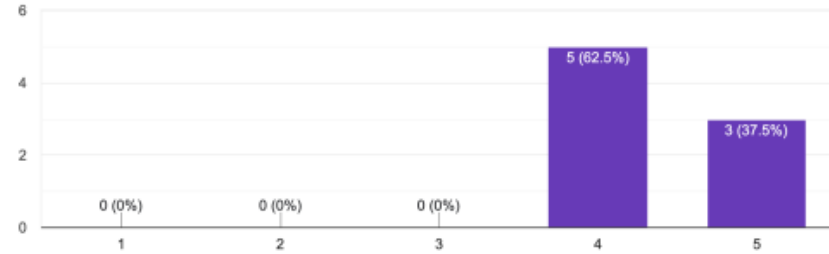
Would you use this?

8 responses

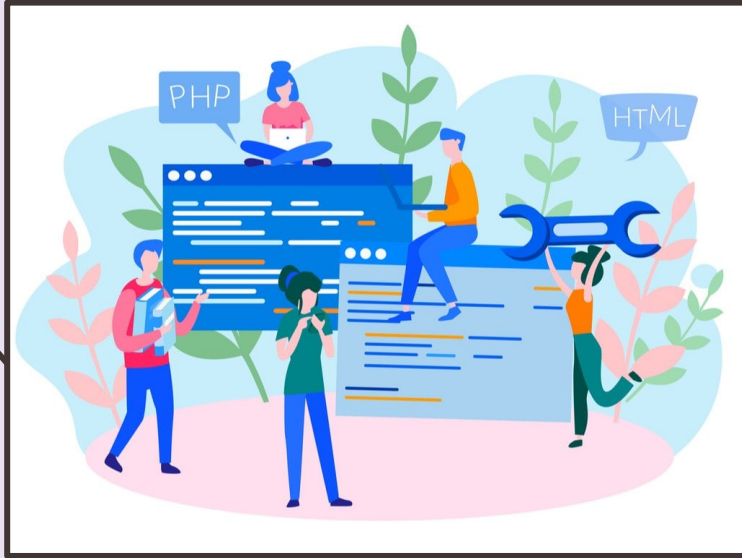


How helpful would this be?

8 responses



- Option to extend and customize study/break times
- Select task to be worked on
- Notified when it's time to change tasks
- Easy to use - not many buttons or confusing options
- Block distractions while the bot is being used
- Ability to skip breaks



# 04

## SE Improvement

How is our project relevant to improving Software Engineering?

# Pomodoro vs. “The Zone”



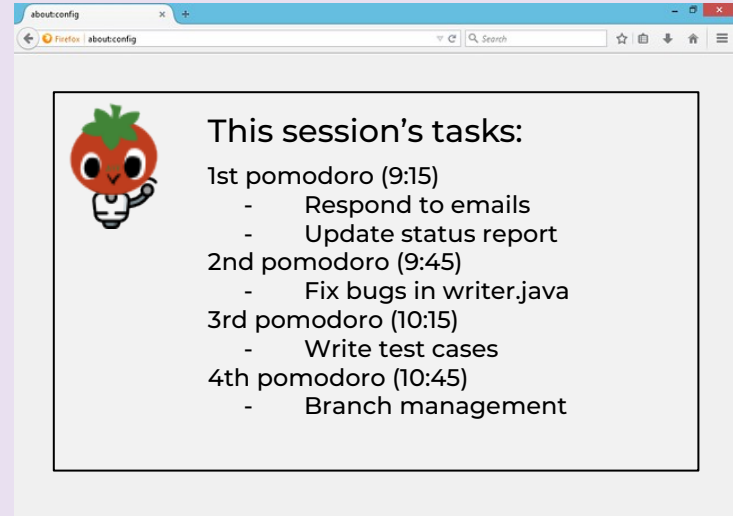
Many software engineers thrive in "The Zone" or flow state, where they are fully immersed and performing at their best.

How can the Pomodoro bot assist those who excel in an undistracted environment?

# The Importance of Task Management

While flow state has its benefits, breaking work into sections helps clarify tasks and promotes healthy work habits.

Dmytro Rohov, a seasoned software engineer, shares how the Pomodoro method helps his workflow: “This structure allows me to maintain a sustainable workflow of having a solid structure... When you have a solid plan and understand the steps, you can introduce breaks”



**Flowstate : Task segmentation :: Spontaneity : Habit**

# References



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