



Tower of Eisenhower

BY JOHN-MARTIN DEVERA

Problem: Procrastination

- ▶ Research psychologist definition: “The voluntary delay of an intended action despite knowing that one will probably be worse off for the delay”¹
- ▶ Affects approximately 30% to 60% of undergraduates regularly postpone academic work²
- ▶ Consequences include: Increased health risks, compromised performance and progress, decreased learning, lost opportunities, and strained relationships.²
- ▶ May manifest anxiety, irritation, regret , despair, and/or self blame²

1. Steel, P. (2007). The nature of procrastination: A meta-analytic and theoretical review of quintessential self-regulatory failure. *Psychological Bulletin*, 133 , 65–94.

2. Rabin, L. A., Fogel, J., & Nutter-Upham, K. E. (2011). Academic procrastination in college students: The role of self-reported executive function. *Journal of Clinical and Experimental Neuropsychology*, 33, 344–357

Related Work: Studies

- ▶ Sirois and Pychyll: “Current research indicates that increases or decreases in different mood states may prevent or promote future procrastination.”³
- ▶ Neuropsychologists Rabin, Fogel, and Nutter-Upham: Found a significant correlative between executive functioning (on 9 subscales) and procrastination.¹

1. Steel, P. (2007). The nature of procrastination: A meta-analytic and theoretical review of quintessential self-regulatory failure. *Psychological Bulletin*, 133 , 65–94.

3. Sirois, F. M. & Pychyl, T. A. (2013). Procrastination and the Priority of Short-Term Mood Regulation: Consequences for Future Self. *Social and Personality Psychology Compass*, 7, 115–127.

Related Work: Current Applications

- ▶ Procraster: Leverages short term rewards; 25 min work, then reward
- ▶ $(10 + 2) \times 5$: Based on Merlin Mann's technique of 10 min of work, 2 min of break, repeated 5 times over an hour.
- ▶ EISENHOWER: Strict adherence to Eisenhower model.
 - ▶ Benefits: simple, multilingual, supports calendar and email for iPhone.
 - ▶ Limitations: No support for repeated tasks, max 8 per quadrant, items have to be manually sorted, no sub-tasks

My Solution

- ▶ The Eisenhower Tower: A gamified prioritized task list supported by visualization.
- ▶ Uses a modified version of the Eisenhower Matrix[3x3xContinuous]
 - ▶ Added pleasure dimension (high, neutral, low)
 - ▶ Urgency determined by time left and time required to complete
 - ▶ Importance has additional medium importance, and is slightly weighted by sub-tasks.
- ▶ 3 Views
 - ▶ Task View
 - ▶ Game View
 - ▶ Data View

	URGENT	NOT URGENT
IMPORTANT	QUADRANT 1 IMPORTANT AND URGENT	QUADRANT 2 IMPORTANT BUT NOT URGENT
NOT IMPORTANT	QUADRANT 3 URGENT BUT NOT IMPORTANT	QUADRANT 4 NOT IMPORTANT AND NOT URGENT

waitbutwhy.com

2. Sirois, F. M. & Pychyl, T. A. (2013). Procrastination and the Priority of Short-Term Mood Regulation: Consequences for Future Self. Social and Personality Psychology Compass, 7, 115–127.

Solution: Task View

Task View

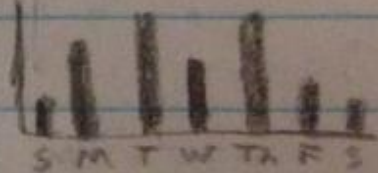
Tasks Data Tower Settings

Task List Sort ▼

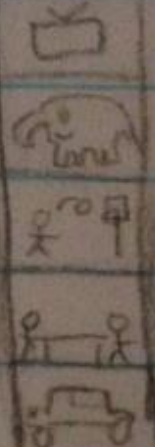
Importance ▼ / / 😊 Add

Task	Due	😊	subtasks
<input type="checkbox"/> Pay Bills	6-12-15	😞	③ +
<input type="checkbox"/> Groceries	6-13-15	😞	⑤ +
<input type="checkbox"/> Workout	~	😊	+
<input checked="" type="checkbox"/> Homework	6-1-13	😞	① +
<input checked="" type="checkbox"/> Replace Lightbulb	~	😞	② +

This week


S M T W T F S

TP : 9001

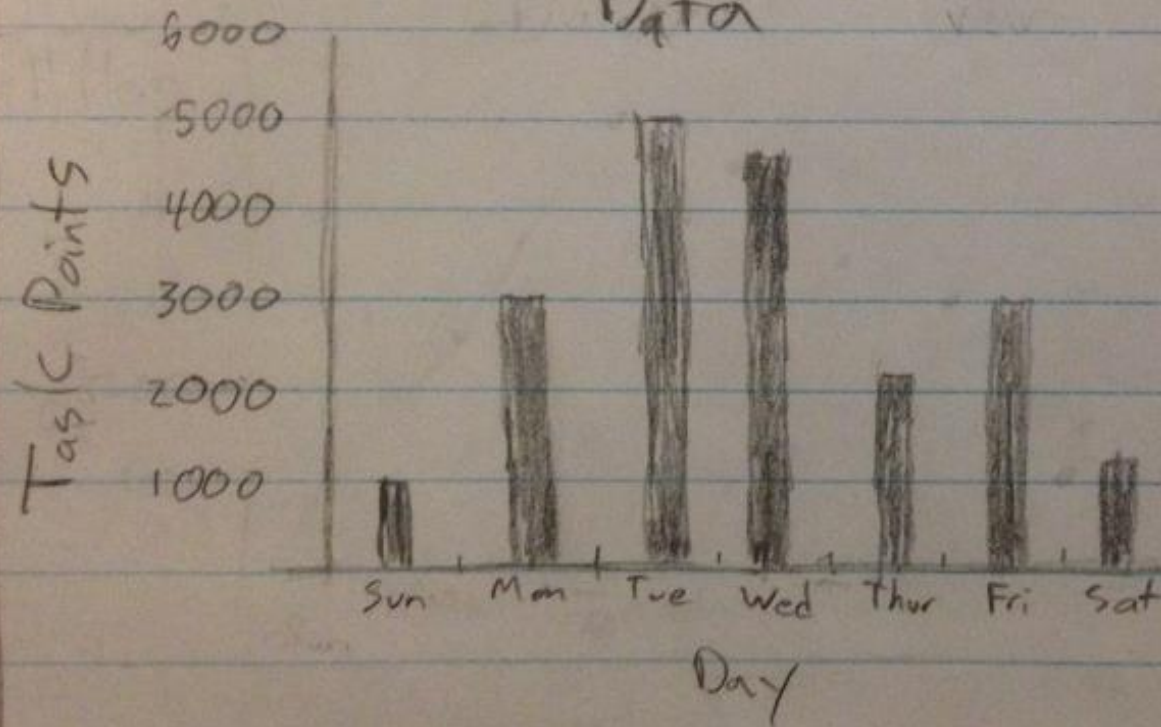


Data View

TE

Tasks Data Tower Settings

Data



Filters

Time:

Include

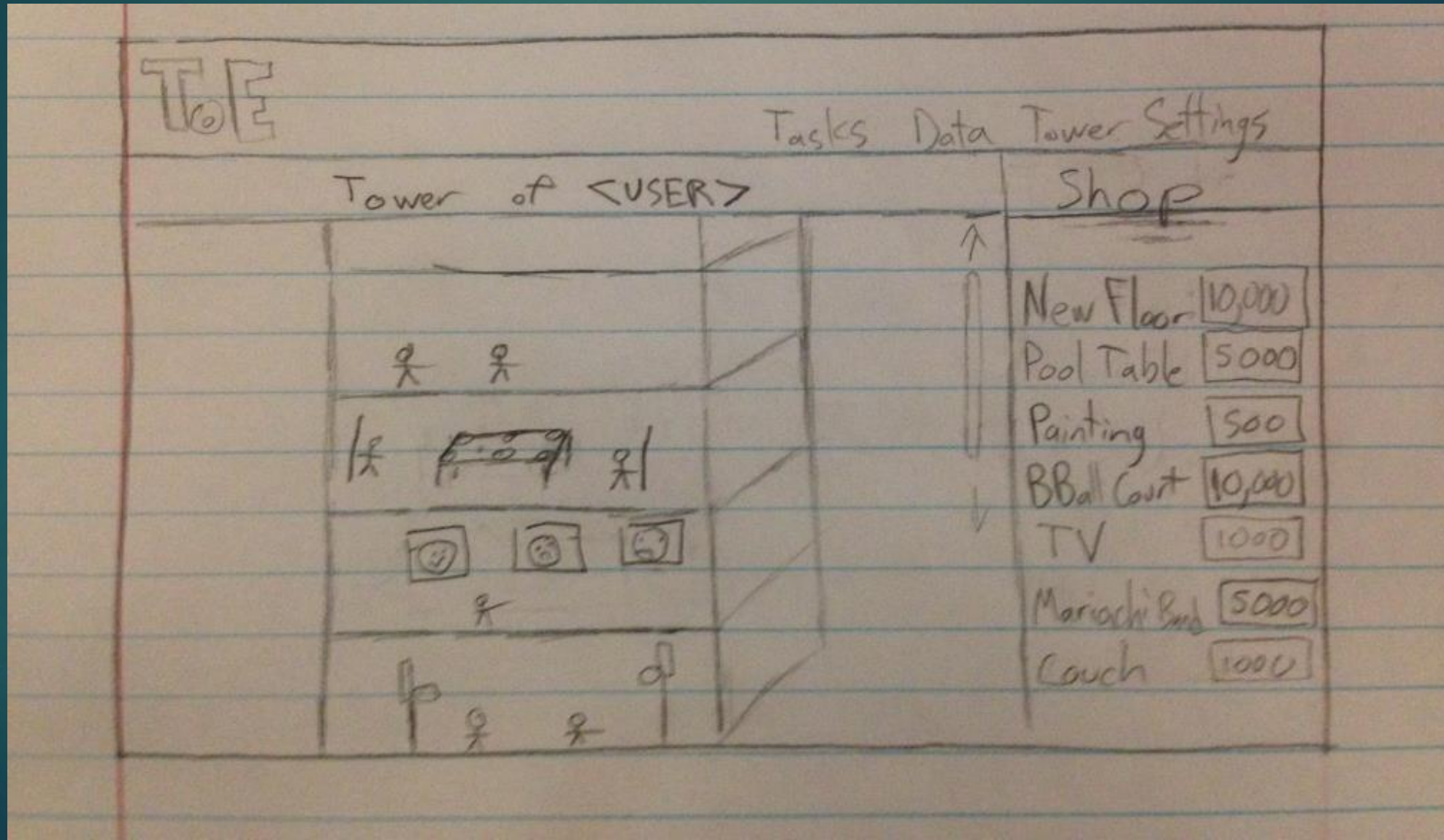
Importance of

High ☒

Med ☒

Low ☒

Game View



Main Tasks

- ▶ Research and understand the problem
 - ▶ Research Papers & Journals
 - ▶ Similar Applications
- ▶ Brainstorm solutions
 - ▶ Created own algorithm to account for pleasure factor
 - ▶ Decided on Web Application
 - ▶ Design pages
- ▶ Code Everything
- ▶ Perform Survey, analysis, and evaluation

Evaluation

- ▶ Survey
 - ▶ Minimum 10 Volunteers
 - ▶ Pre-survey to identify behaviors and procrastination tendencies
 - ▶ Post-survey to identify effectiveness of app
 - ▶ Short term: 3 days insight for short term

Demo!

- ▶ <http://students.washington.edu/jmdevera/info498a/FinalProject/todolist.php>

Souces

- ▶ Rabin, L. A., Fogel, J., & Nutter-Upham, K. E. (2011). Academic procrastination in college students: The role of self-reported executive function. *Journal of Clinical and Experimental Neuropsychology*, 33, 344–357
- ▶ Steel, P. (2007). The nature of procrastination: A meta-analytic and theoretical review of quintessential self-regulatory failure. *Psychological Bulletin*, 133, 65–94.
- ▶ Sirois, F. M. & Pychyl, T. A. (2013). Procrastination and the Priority of Short-Term Mood Regulation: Consequences for Future Self. *Social and Personality Psychology Compass*, 7, 115–127.
- ▶ <http://www.pcworld.com/article/2094846/read-this-now-7-clever-mobile-apps-to-conquer-procrastination.html>