

Productivity

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For this project, *productivity* will serve as our problem space. We define productivity as maximizing the usage of available time to accomplish as much as we can. We want to achieve or produce the most significant result we can. For example, if we are working on a paper, it would be unproductive to use Facebook and browse through our friends latest status updates.

Within the productivity problem space, we can examine the topic of habits. Habits can have both positive and negative effects on productivity. Looking at a screen before sleep keeps us awake longer and degrades the quality of our sleep. This in turn can make us fatigued, irritable and more prone to error the following day. We want to avoid habits like these, but how do we form them in the first place and what actions can we take to change them? Through our research we intend to uncover answers to these questions and more. Another topic of interest within this problem space is focus. How can we improve the quality and duration of a student's focus while studying or during lecture? Since our problem space is quite broad, our background research will highlight different topics in this space and lead us to interesting results.

We decided to target this problem space because, as students ourselves, we understand how difficult it can be to utilize our time effectively. This problem space has its roots in psychology, and we decided to incorporate other fields of study to help us understand this problem space. Once we go through our primary research, we will be able to determine the problem to address and design a solution.

The target audience that we would like to focus on is post-secondary students. University students have to learn to balance their personal, social and academic lives to achieve their goals and align themselves with a career path. Our target audience attempts to plan and coordinate their efforts but despite their best intentions, they often fall short of their goals. Students need to use their time wisely and university is the perfect time to build skills that lead to good productivity.