Proposal

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A problem that I see some people have is that they work hard but not smart. In an attempt to be productive, they will spend long hours on tasks and eventually overwork themselves to the point where their productivity and concentration diminishes, and the time spent working is pointless. Often, people don’t realise this and neglect the need for frequent breaks to be productive.

To tackle this problem that many students and workers face, I want to create a program that encourages productivity whilst reminding the user to take frequent breaks occasionally. This will be done based on the concept that people are able to concentrate and work more efficiently in short bursts rather than in long sessions. To implement this, the program will mainly feature a countdown timer that the user can adjust according to their needs. When the countdown timer runs out, the user will be given a notification to take a short break along with a short suggestion for what to do during that break. Accompanying the timer, a customisable subjects/tasks/to-do list will be implemented in the program so that the user can record and view the time they’ve spent on certain tasks.

The program offers a simple solution to avoid being burnt out or overworked when doing work and allows users to manage their time effectively through the program’s timer and records of time spent on tasks. The program will not be able to suggest what task the user should do next, suggest how long the user should spend on the task or manage the user’s time automatically. Time and the level of expertise of the software developers will be a major constraint for this solution, as more complicated functions such as the synchronisation of timers and task lists for use between users in group projects will not be able to be implemented due the listed constraints. However, the program will have the capability to be expanded in the future to include more complicated functions if needed.