

*Dis*Track

"Refocus Yourself"

Graeme Britz

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Bryan Djunaedi

- **Project Manager**

- User Researcher

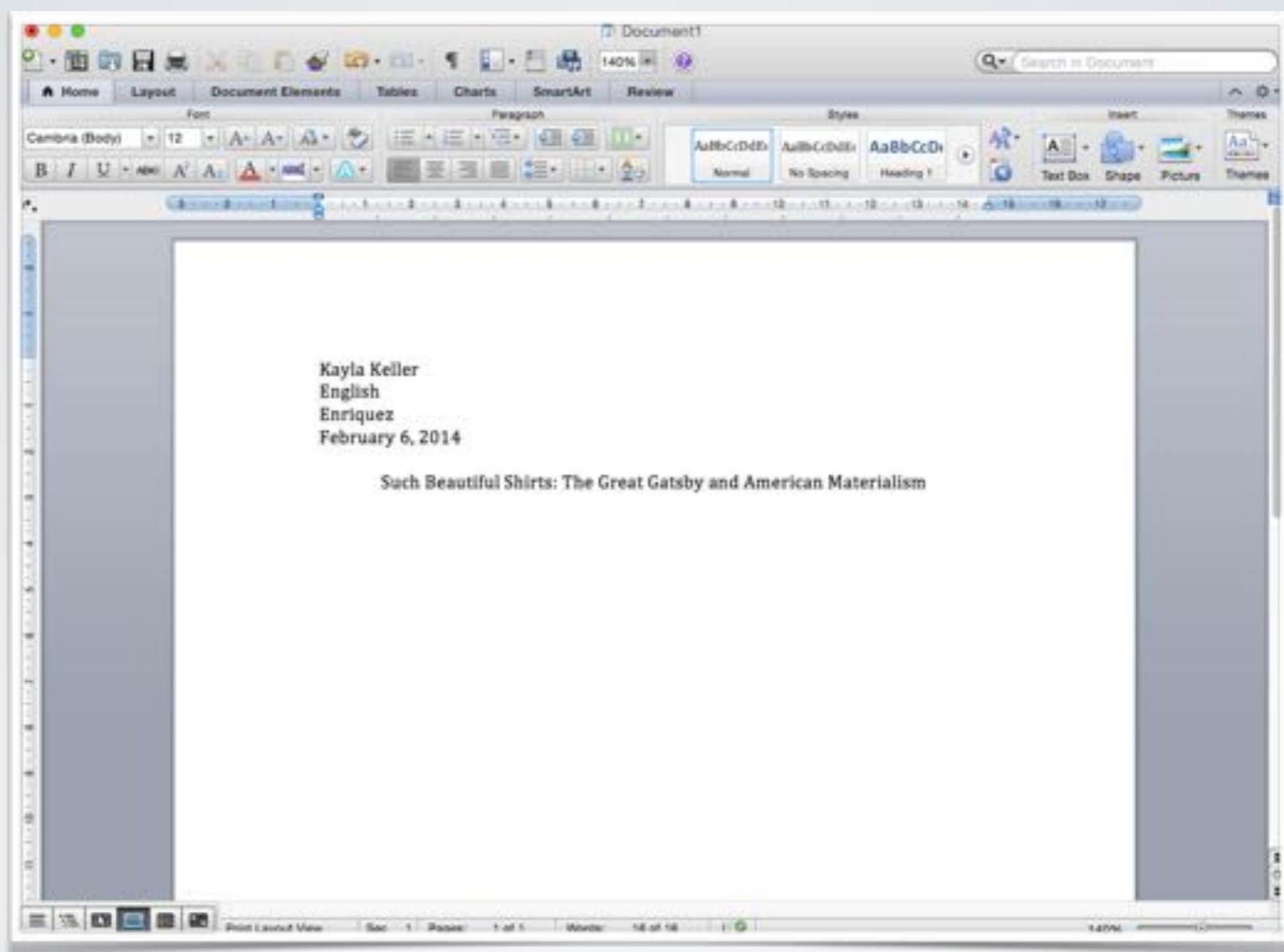
- **Designer**

- Designer

- Designer

PROBLEM







Search for people, places and things

Kevin L. Smith
Edit Profile

NEWSFEED

- News Feed
- Messages
- Events
- Photos
- Browse

ADS

- Ads Manager

PAGES

- DC Business Solutions
- Pages Feed
- Like Pages

APPS

- App Center
- Guru
- Phone
- Flu Tool
- VIVO
- McAfee Social Protection
- Career Feed

GROUPS

- Class of 2010
- DC CAP Temple University
- Add Group...

MORE

- Friends on Chat

Update Status Add Photos/Videos

What's on your mind?

SORT: MOST RECENT

Upcoming Events

JACQUES RENAUT & JUSTIN MILLER + CALE PARKS
March 9 at 10:00pm
Bossa Nova Civic Club in Brooklyn, New York

Join - 81 people are going

+ See 1 more

LET'S PLAY HOUSE
George Fitzgerald, "Thinking Of You"

mugpie.

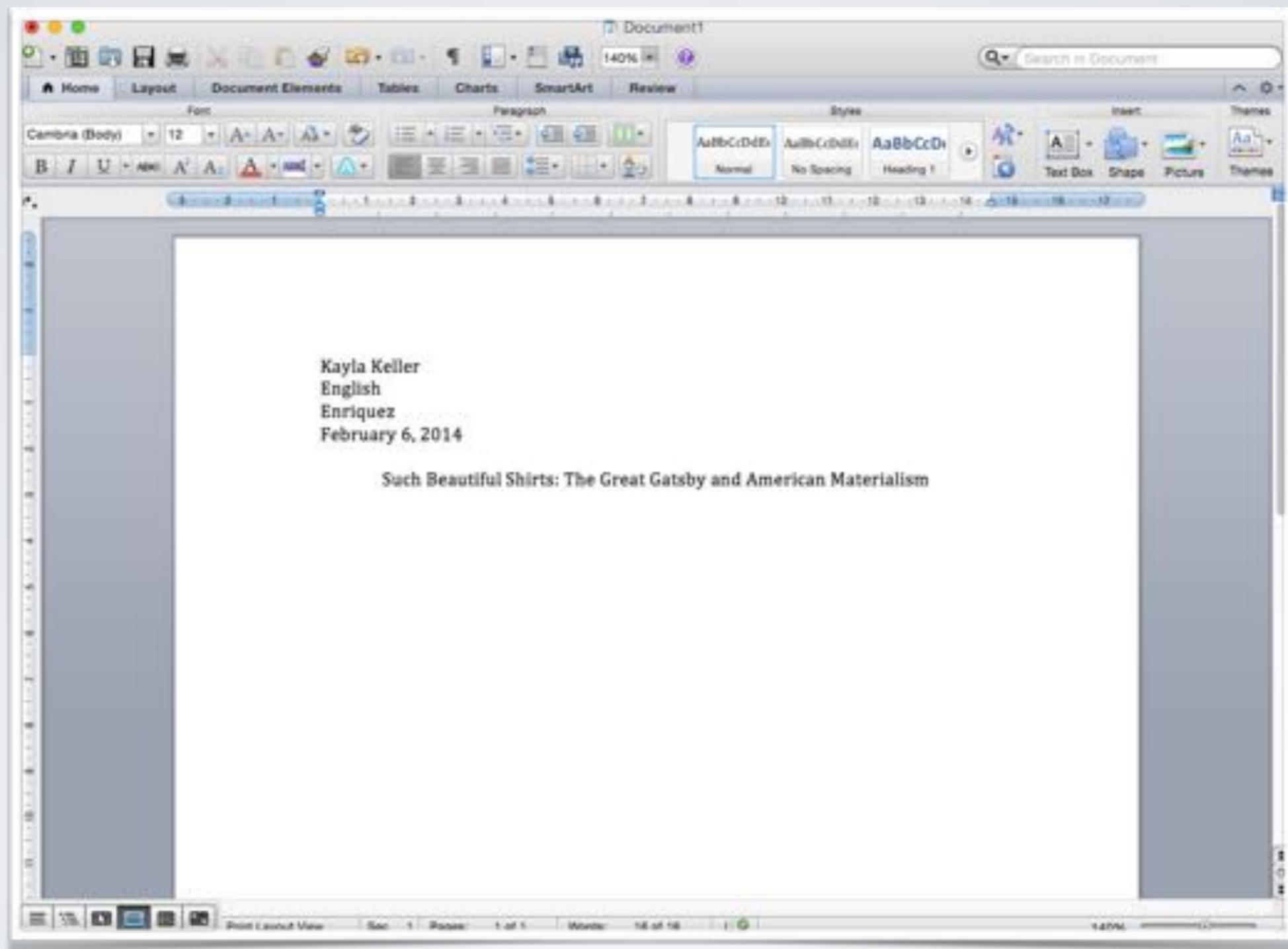
George Fitzgerald, "Thinking Of You"
www.lyrics.com
George Fitzgerald, "Thinking Of You"

Like · Comment · Share · 602 · View post · 20 minutes ago · 0

Jennifer Caitlin Welsh
Oh good morning cats!! Are you telling me to get off my phone and feed you? Do you promise not to jump on me if I do?



Chat (46)

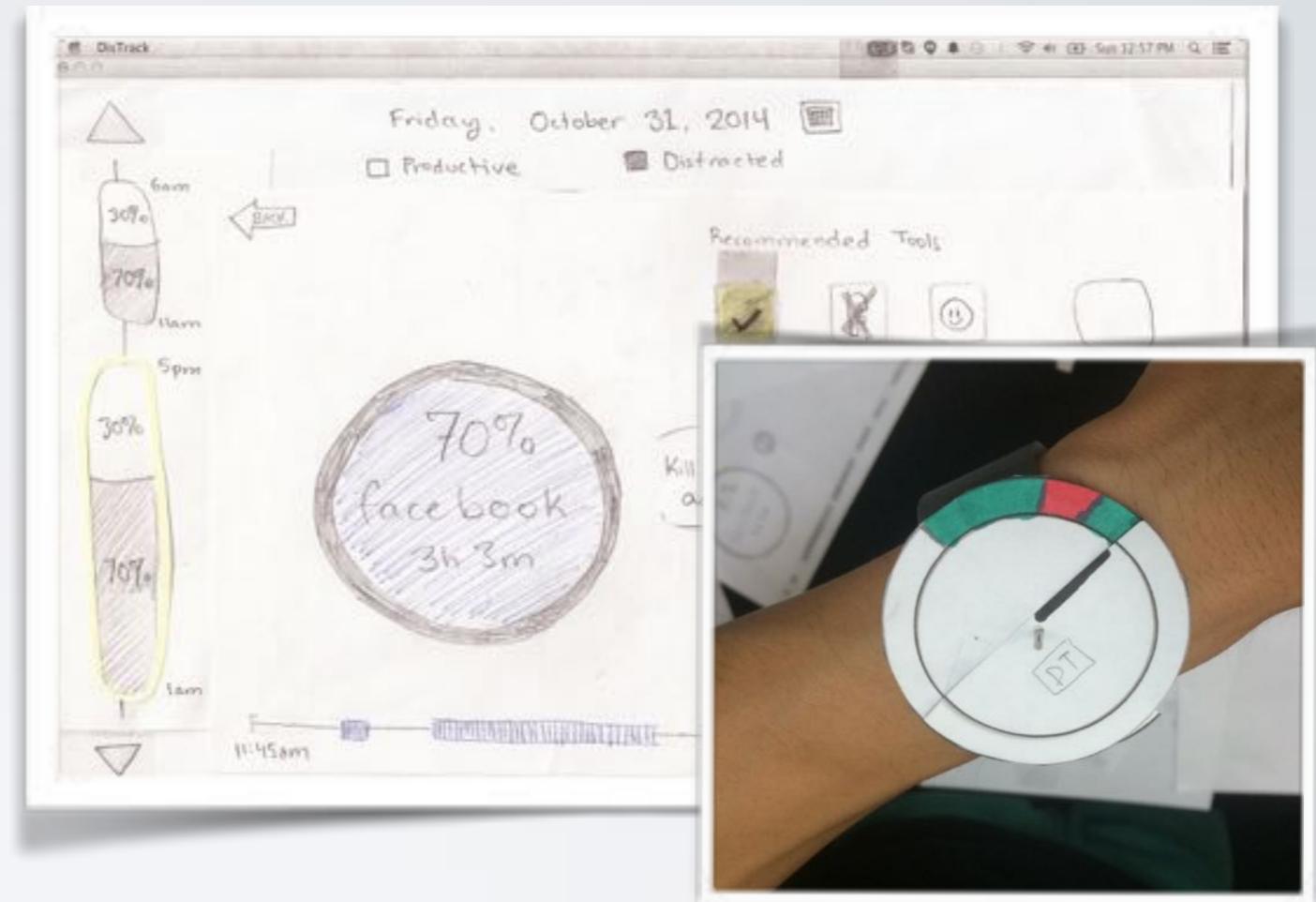




ONE DOES NOT SIMPLY

**STUDY WITHOUT TAKING 2 HOURS
BREAK EVERY 5 MINUTES**

FIRST PAPER PROTOTYPE

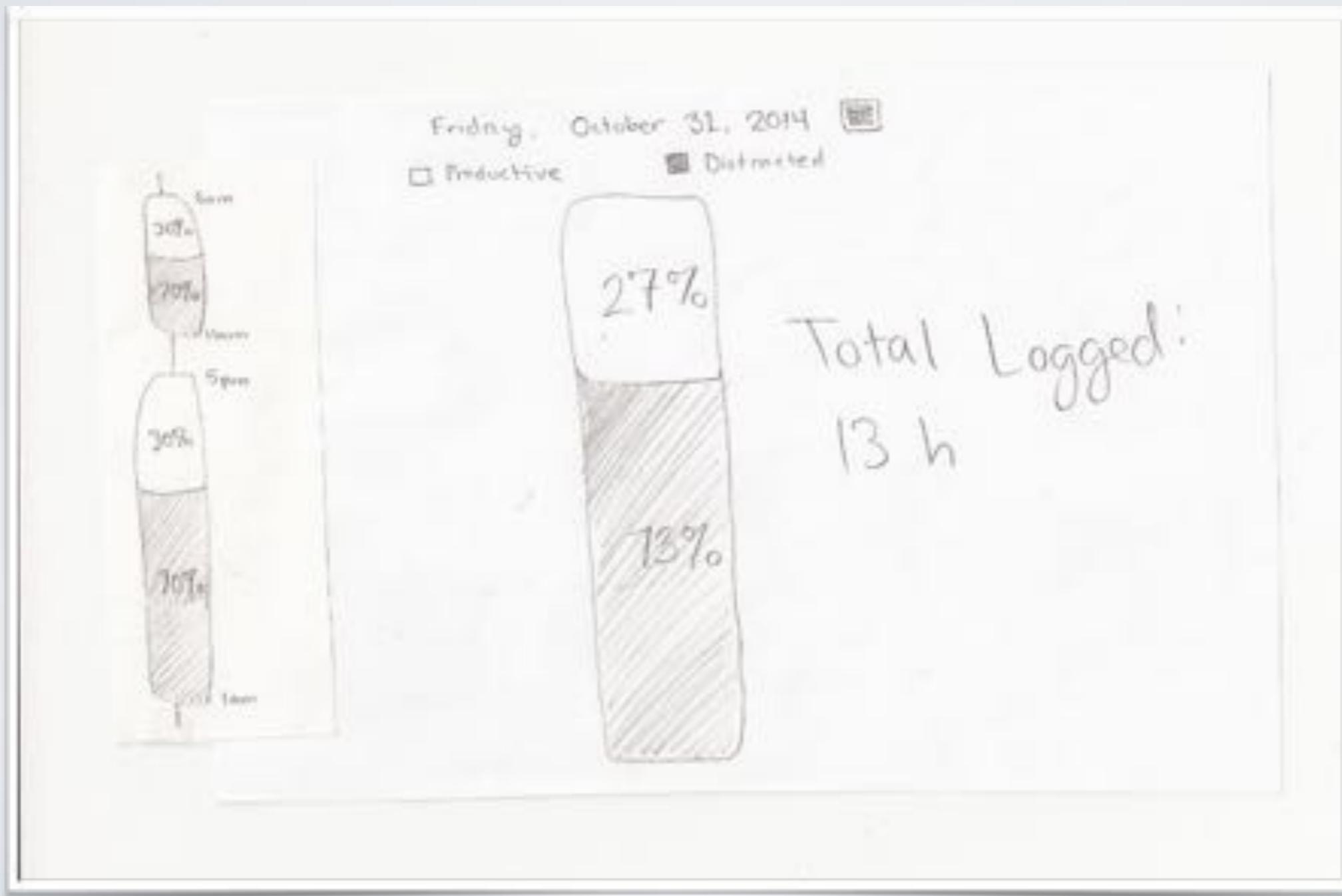


PRIMARY TASKS

- I. Reflecting on past study sessions
2. Finding and using tools to help stay focused when work mode is on

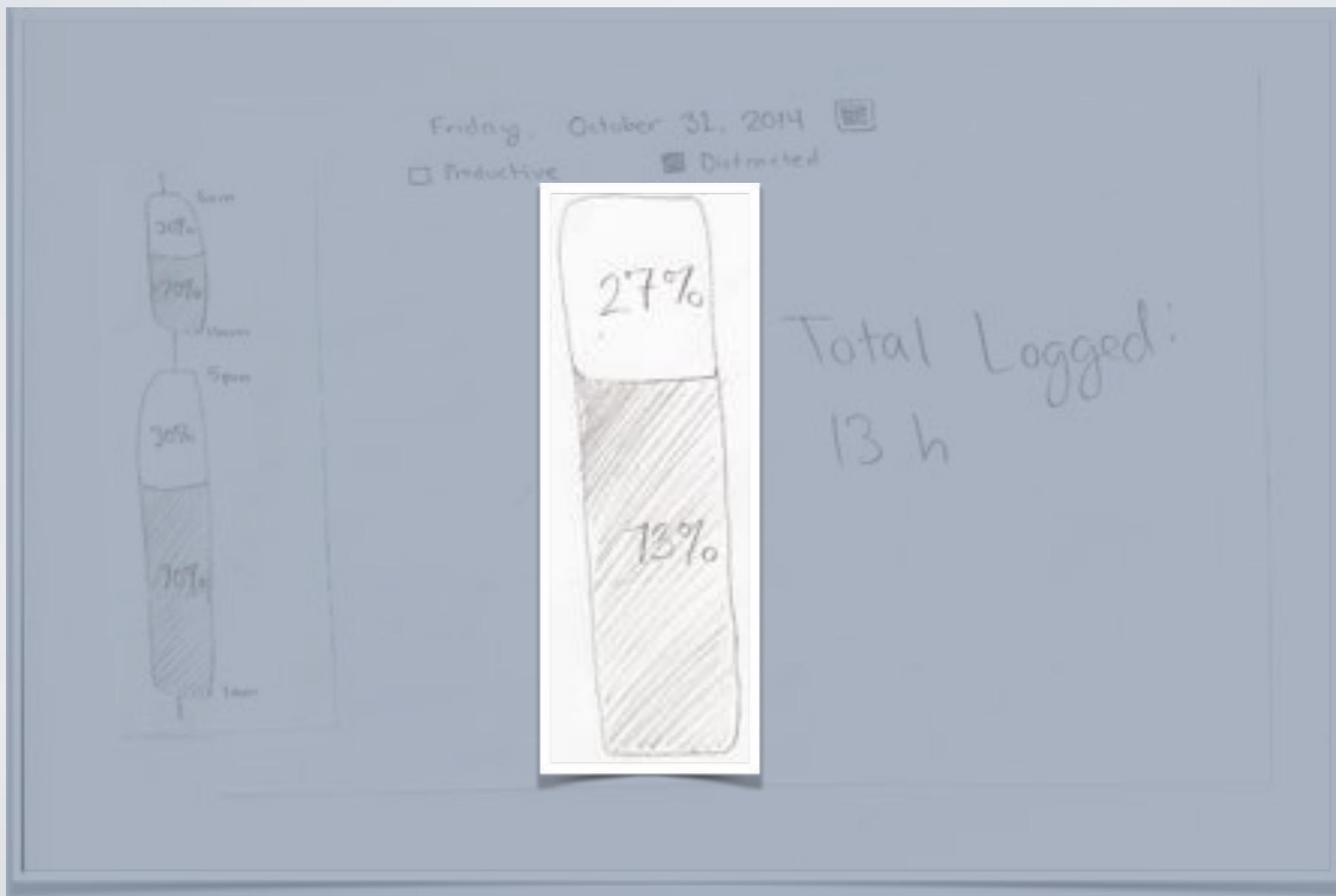
TASK I: REFLECT ON PAST STUDY SESSIONS

Reflect mode with overall view



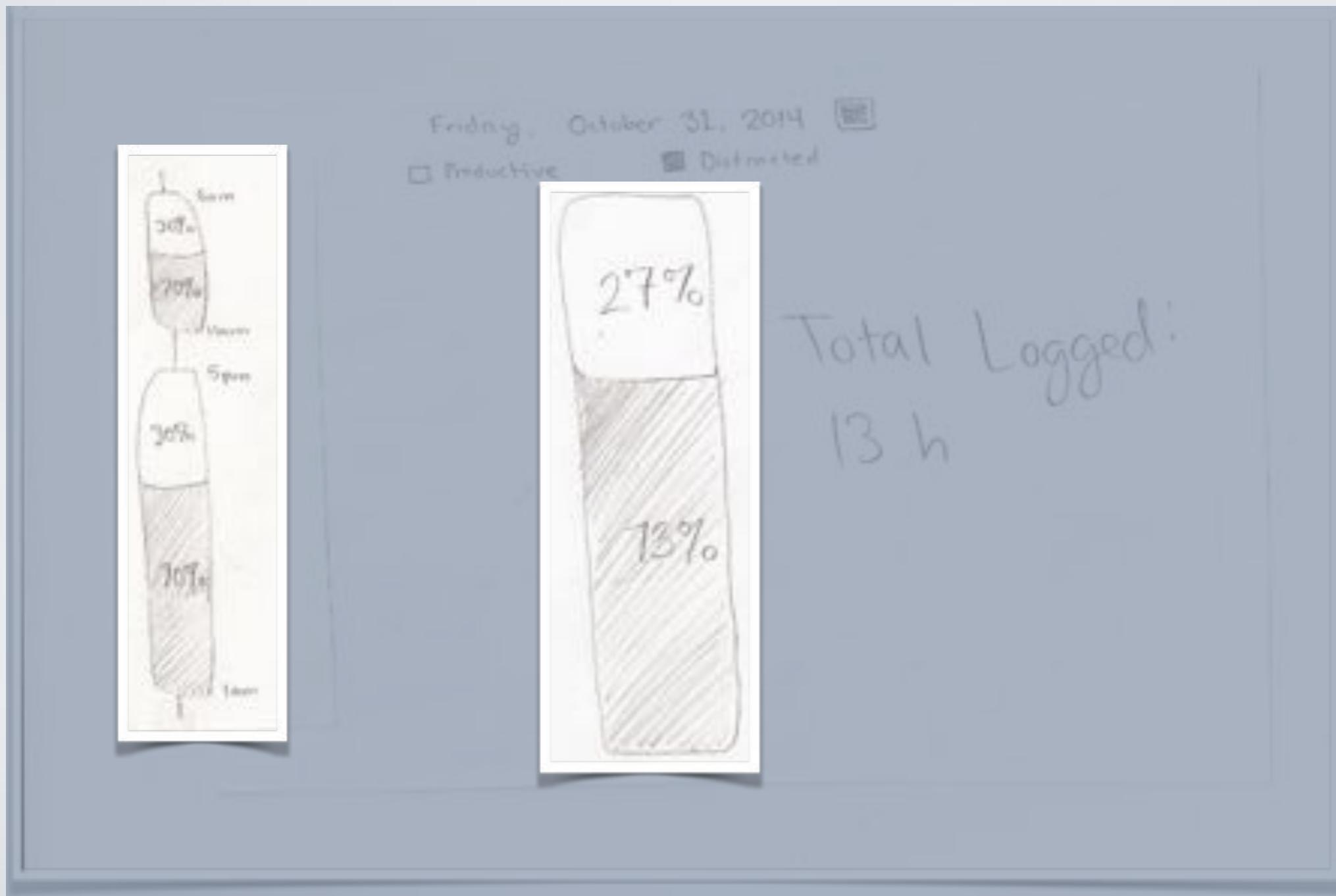
TASK I: REFLECT ON PAST STUDY SESSIONS

Reflect mode with overall view



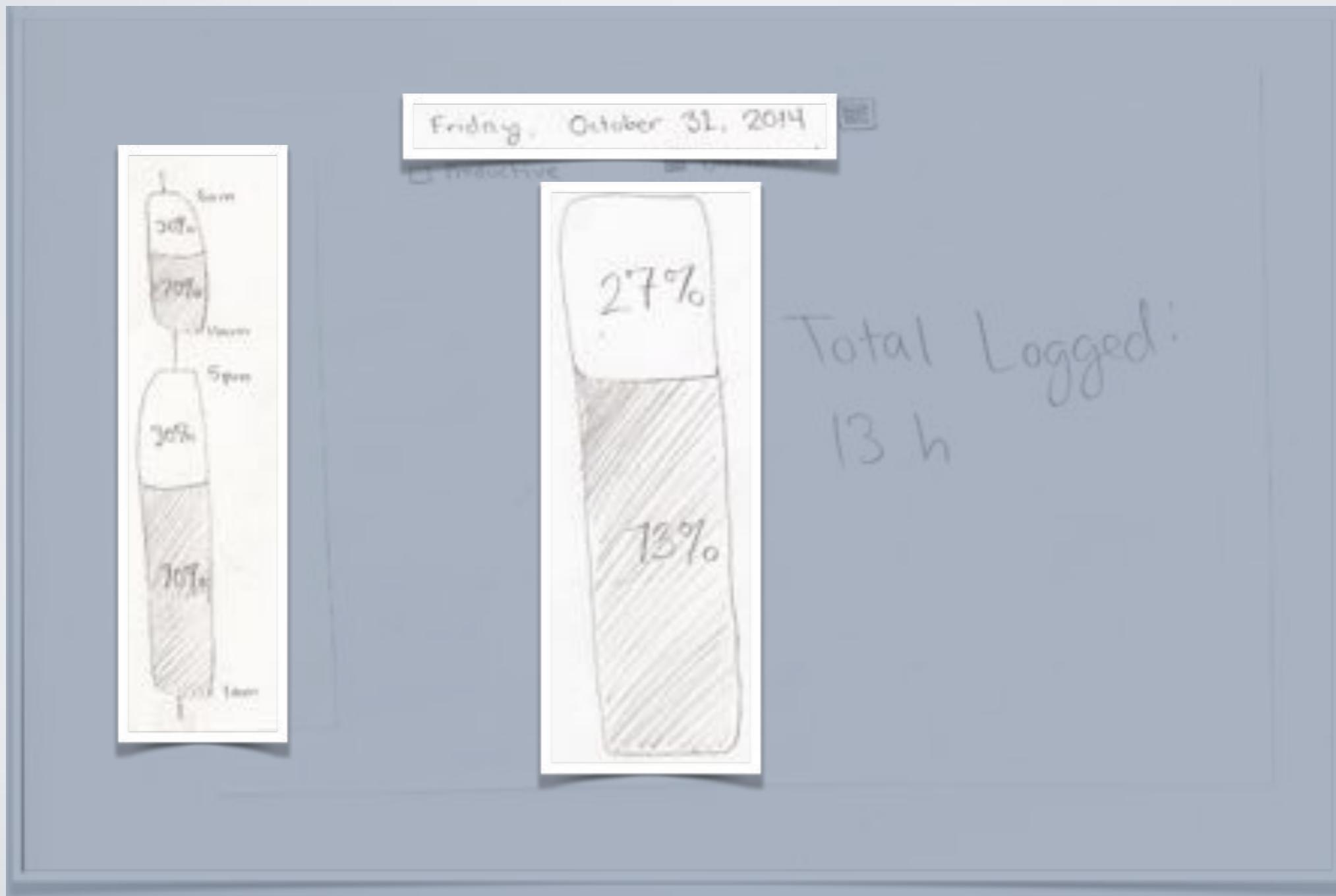
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Reflect mode with overall view



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Reflect mode with overall view



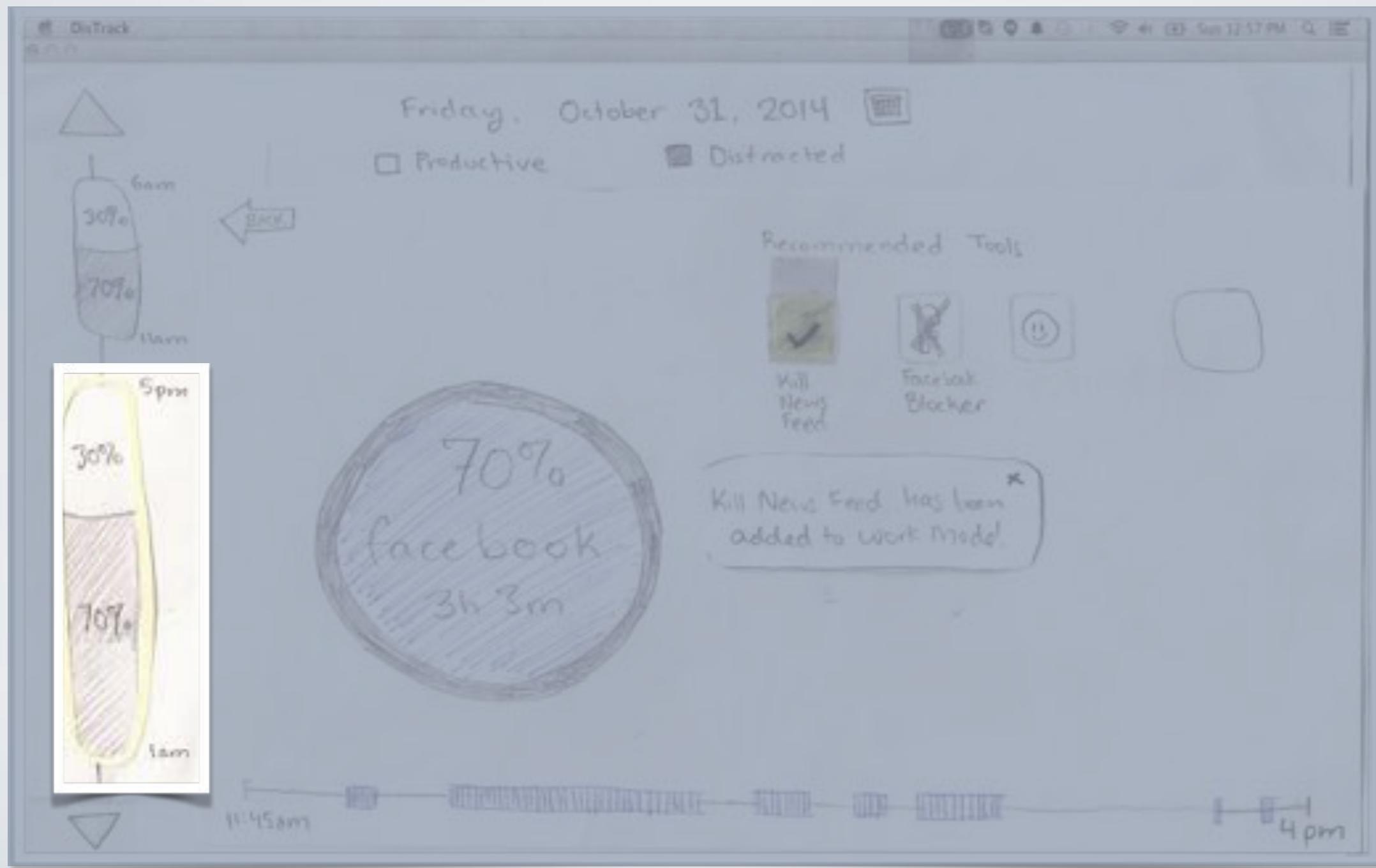
TASK 2: FINDING TOOLS TO STAY FOCUSED

Recommended tools for a specific activity



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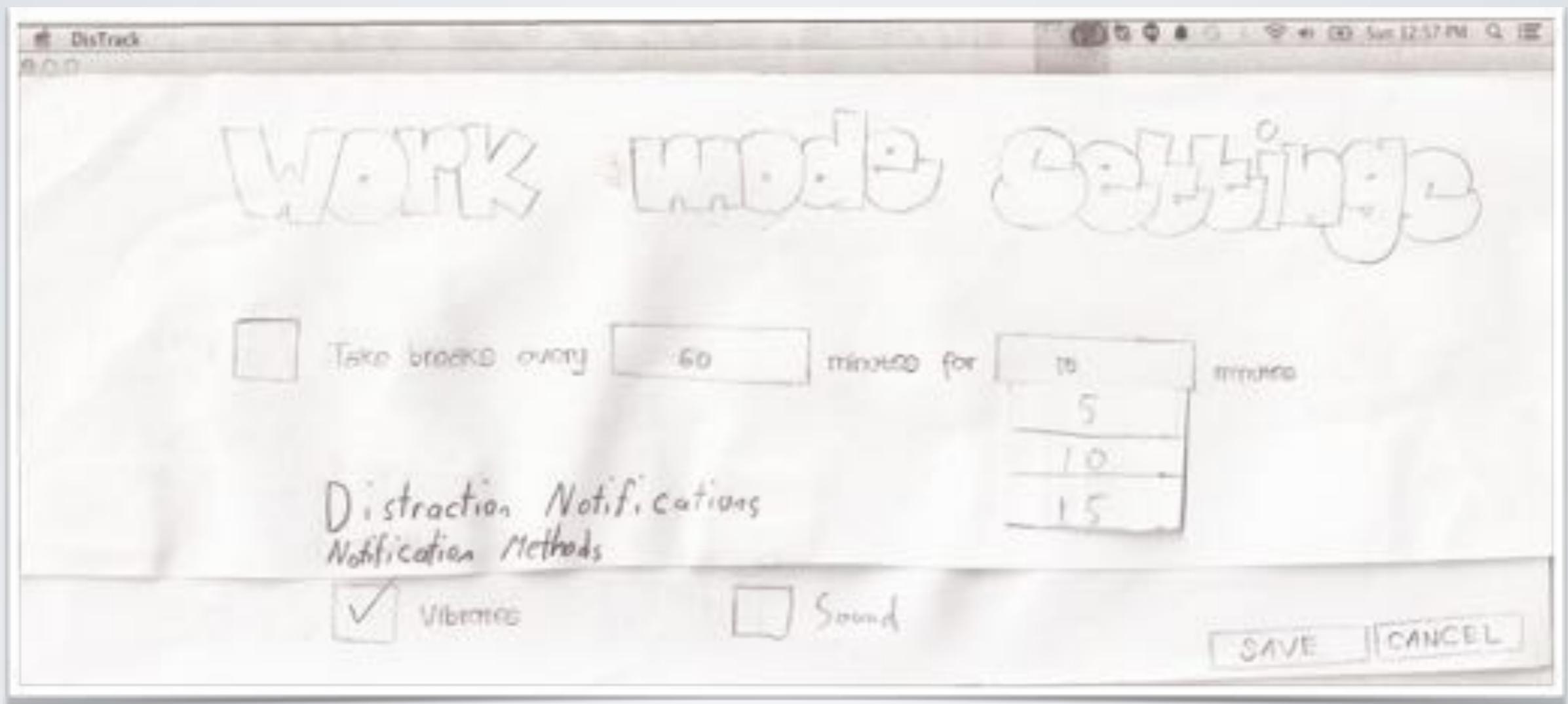
TASK 2: FINDING TOOLS TO STAY FOCUSED

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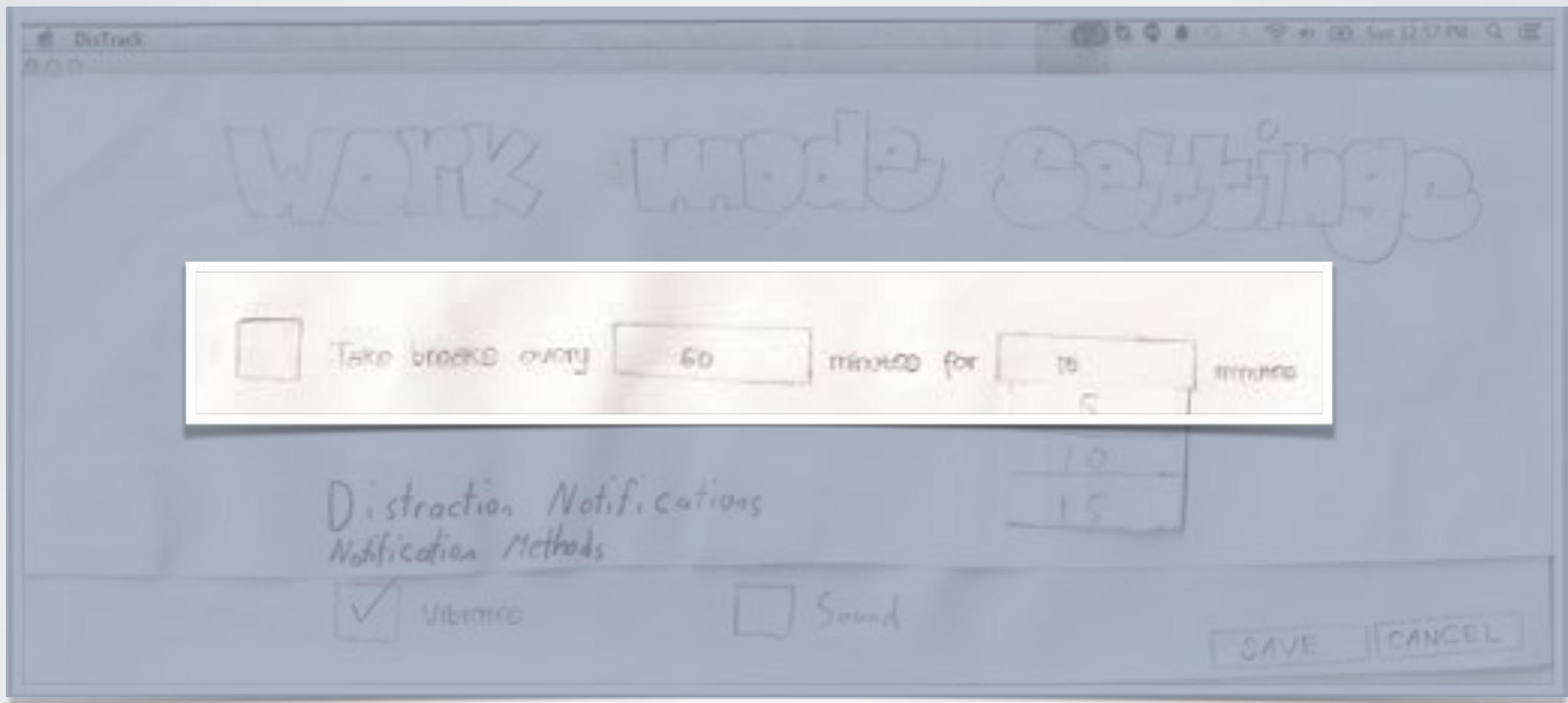
TASK 2: SETTING UP WORK MODE TOOLS

Work mode settings



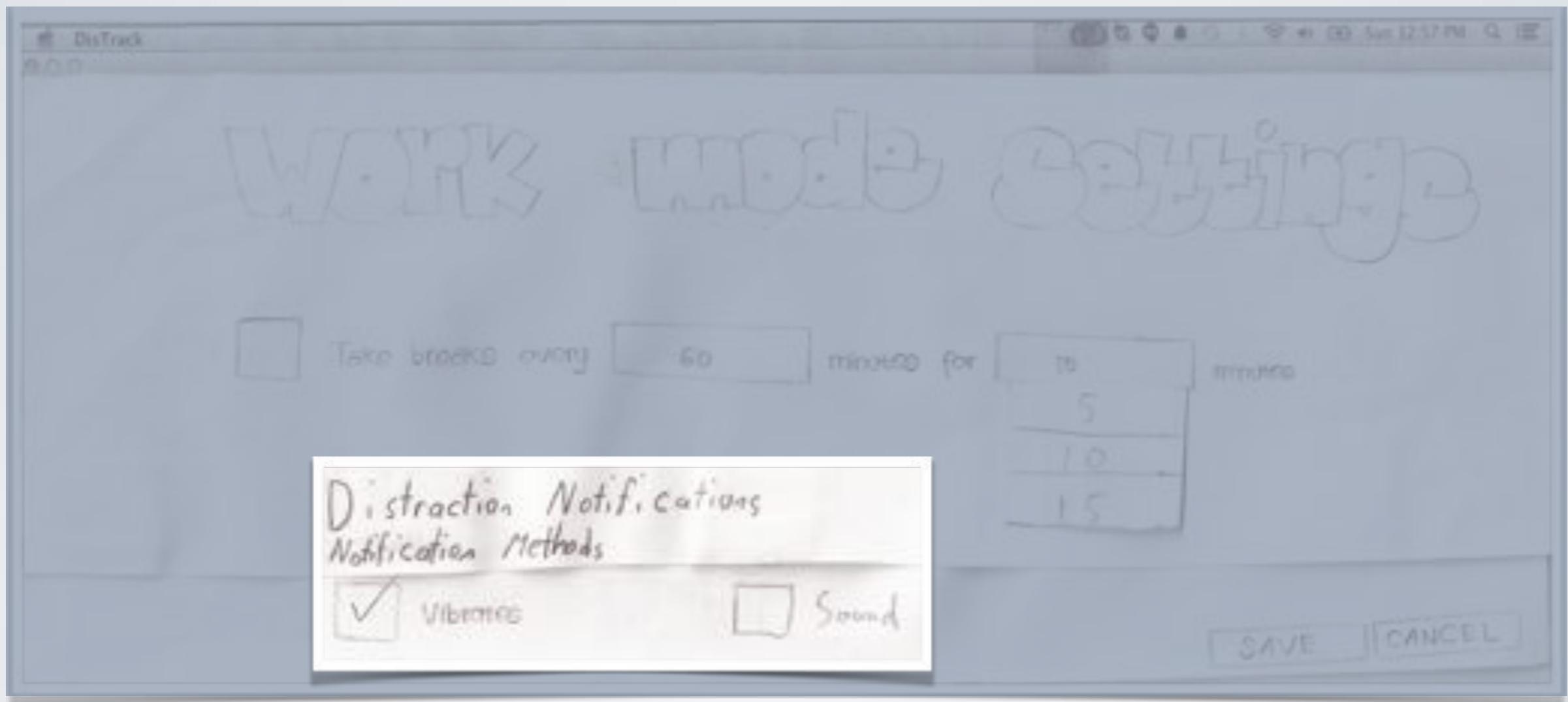
TASK 2: SETTING UP WORK MODE TOOLS

Work mode settings



TASK 2: SETTING UP WORK MODE TOOLS

Work mode settings



TASK 2: USING TOOLS IN WORK MODE

Start work mode in menu



TESTING PROCESS



TESTING PROCESS

- 1 Heuristic Evaluation
- 3 Usability Tests

USABILITY TEST PROCESS

- Scenario 1:
 - Focused on reflection and finding tools
- Scenario 2:
 - Focused on using tools through the watch

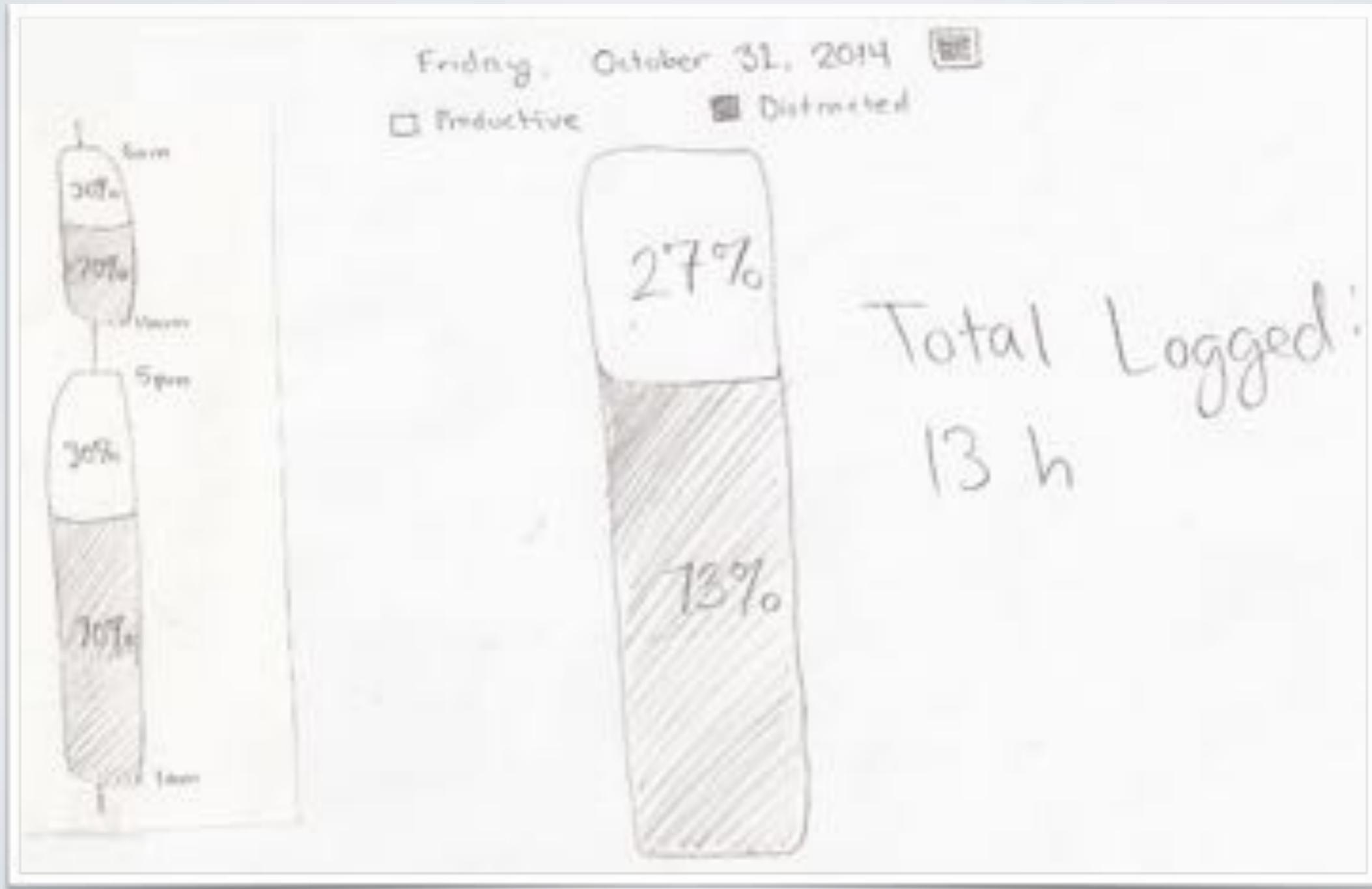
USABILITY TEST PARTICIPANTS

- 3 undergraduate students
- Odegaard Library & Mercer Court Great Room

RESULTS: USABILITY TEST I & HEURISTIC EVALUATION

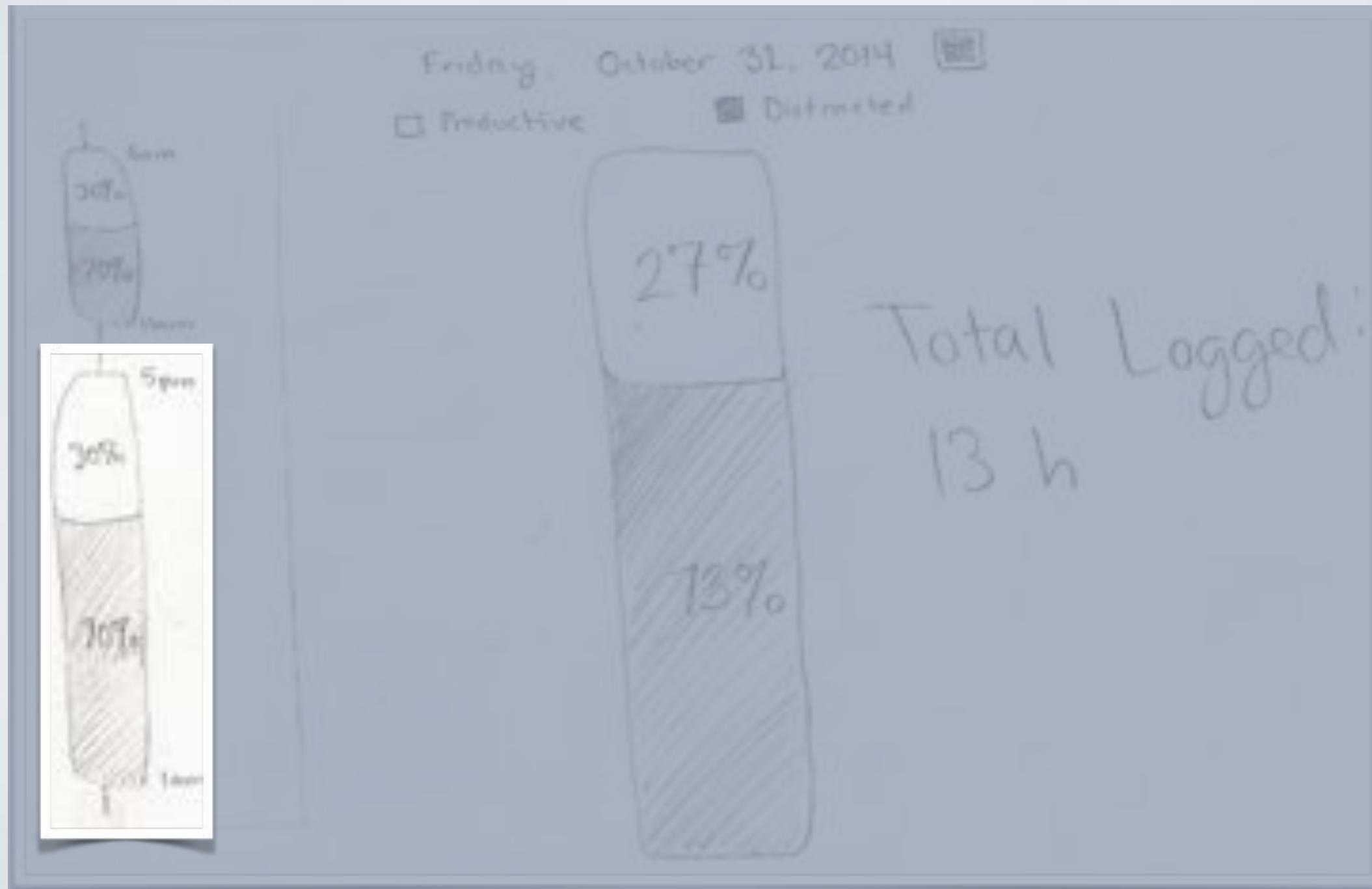
POOR DATA VISUALIZATION

A. Unclear relationships with time



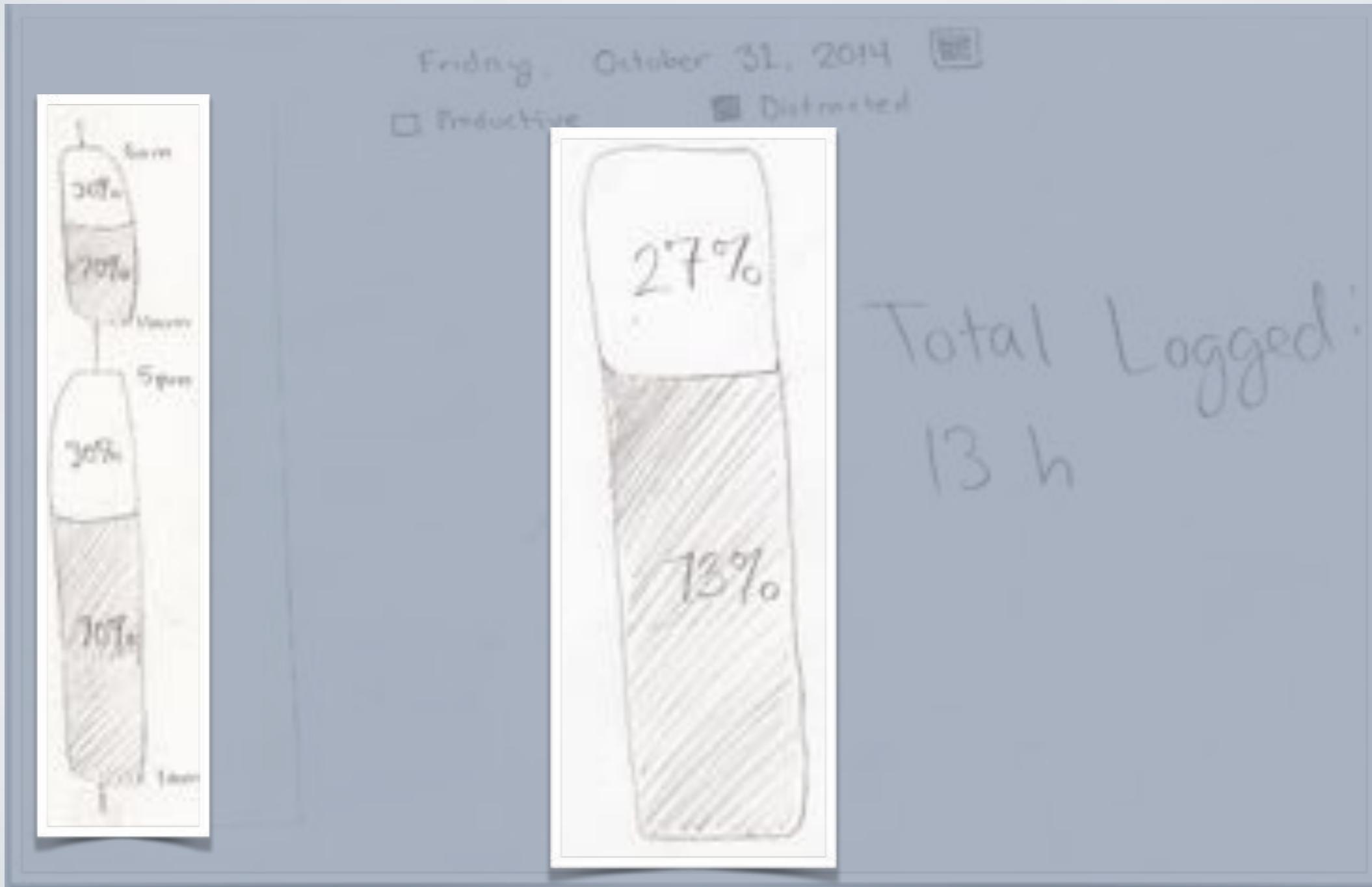
POOR DATA VISUALIZATION

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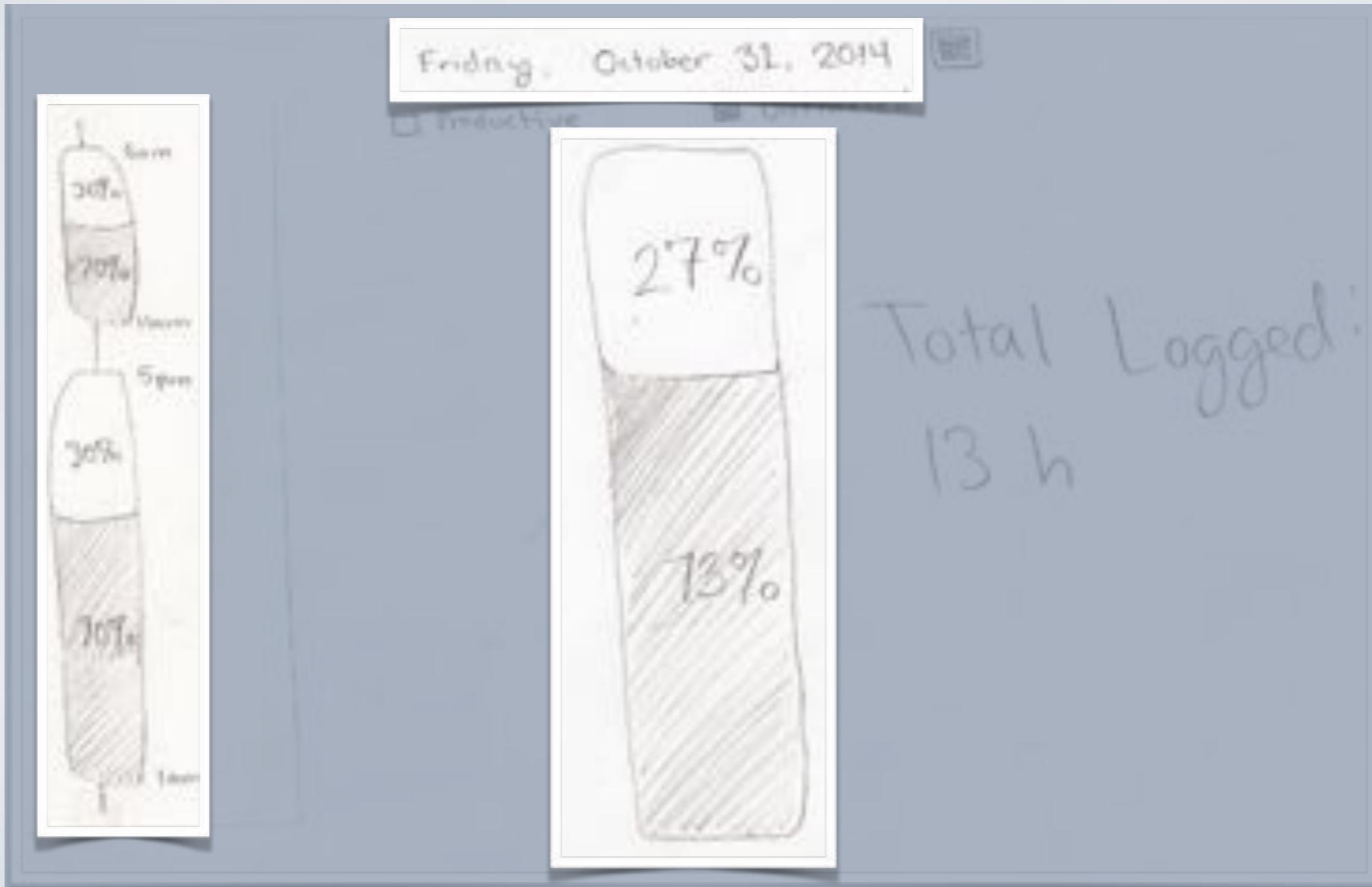
POOR DATA VISUALIZATION

A. Unclear relationships with time



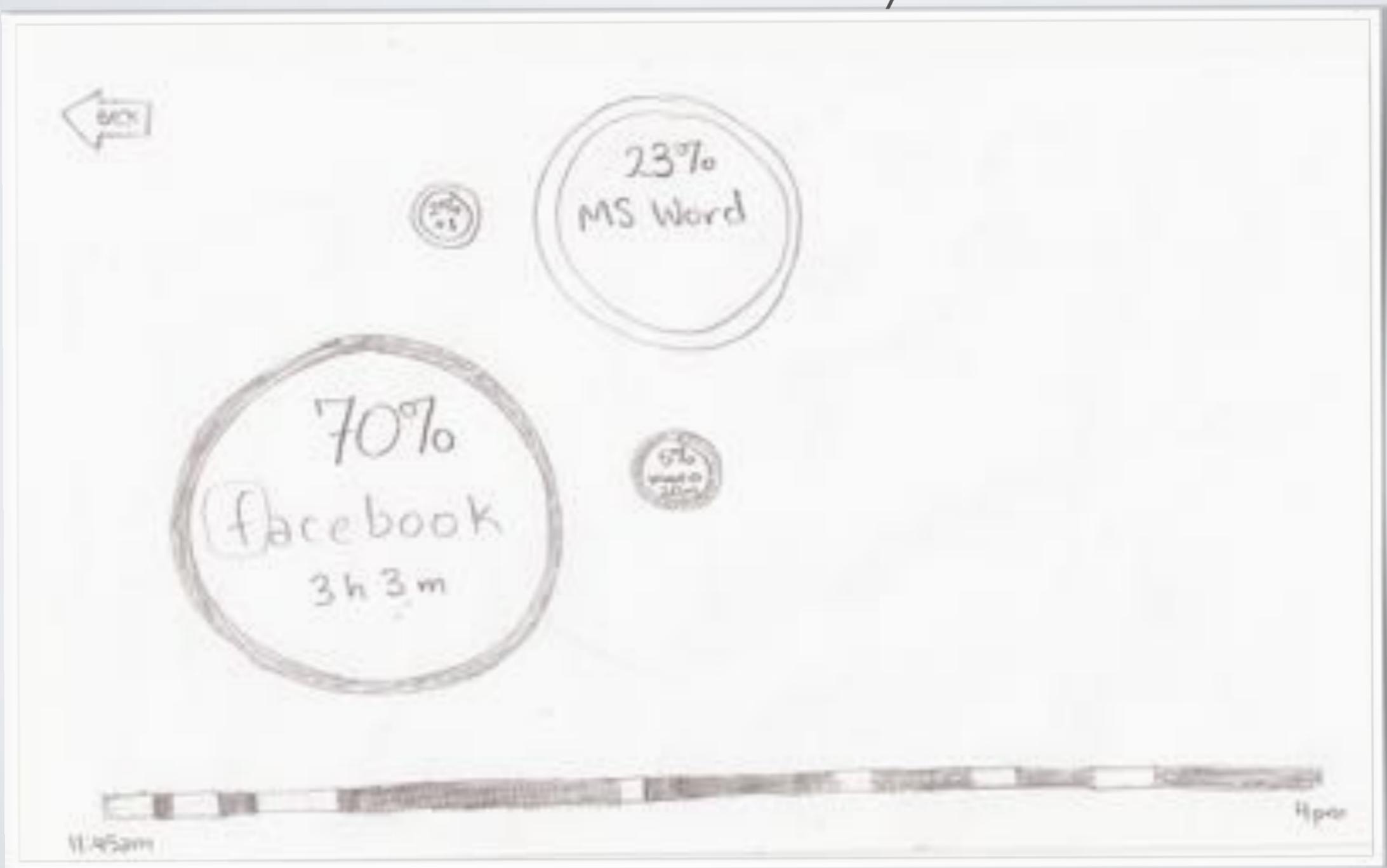
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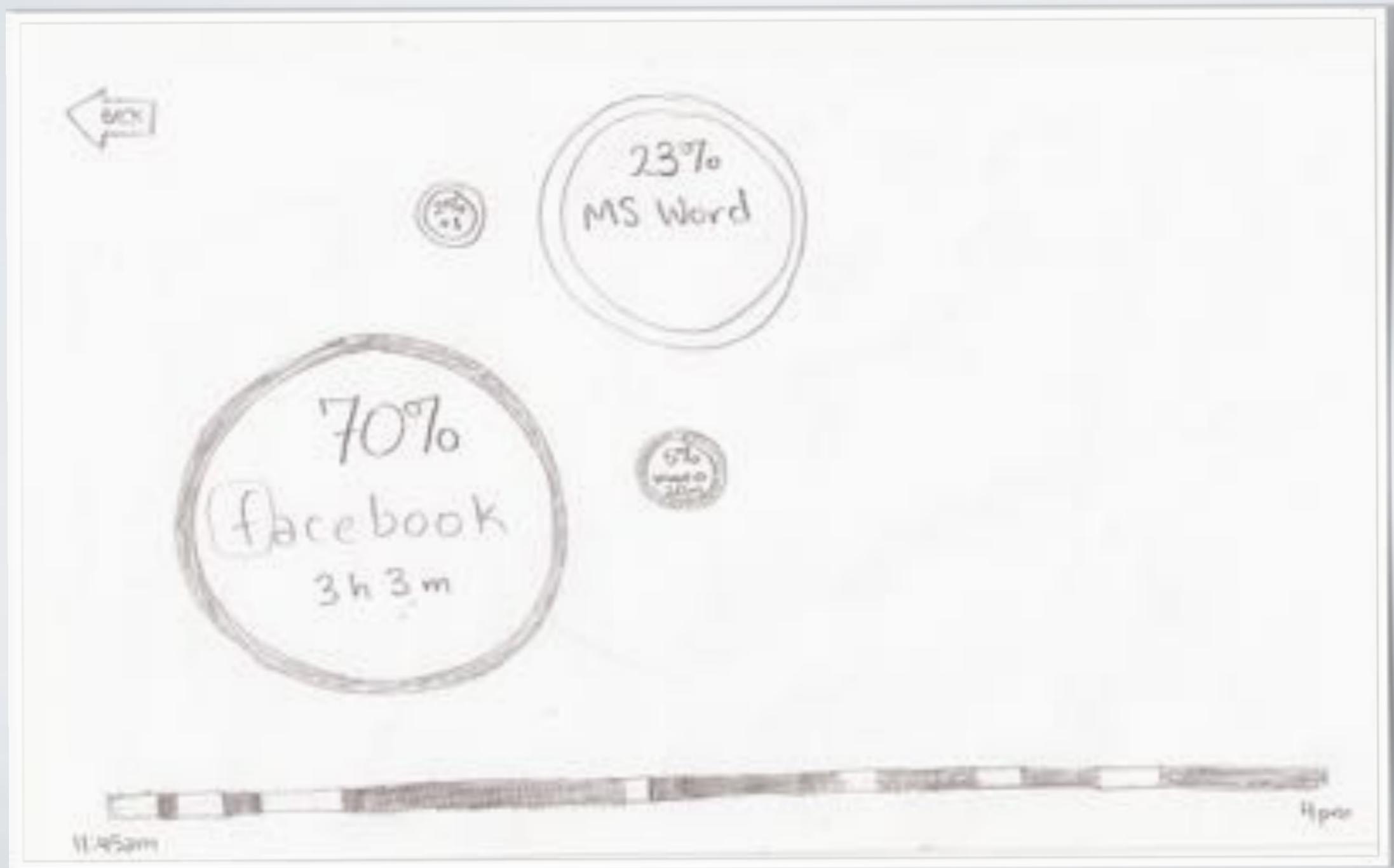
POOR DATA VISUALIZATION

B. Hard to understand activity information

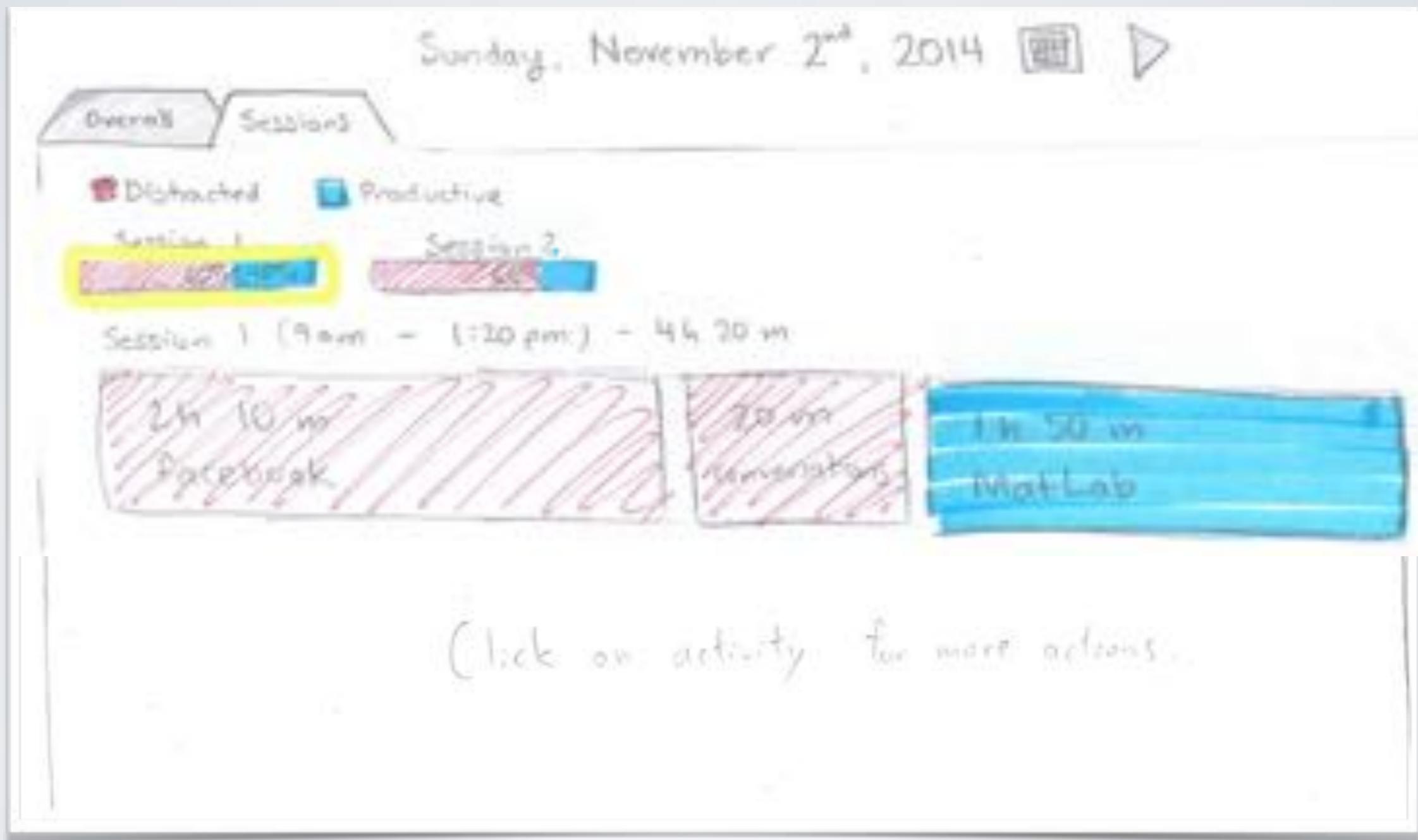


RECOMMENDED TOOLS HARD TO FIND

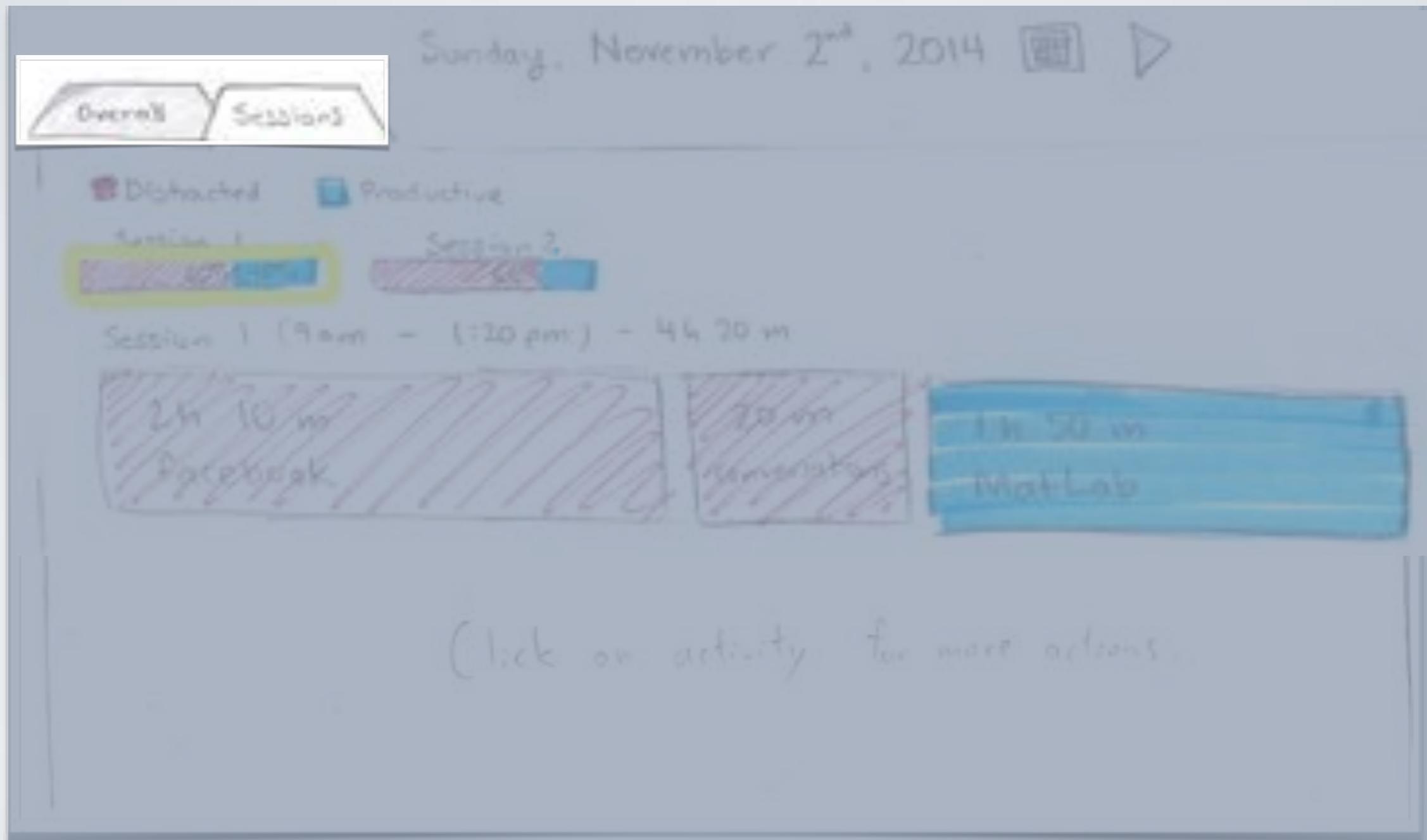
Circles are not obviously clickable



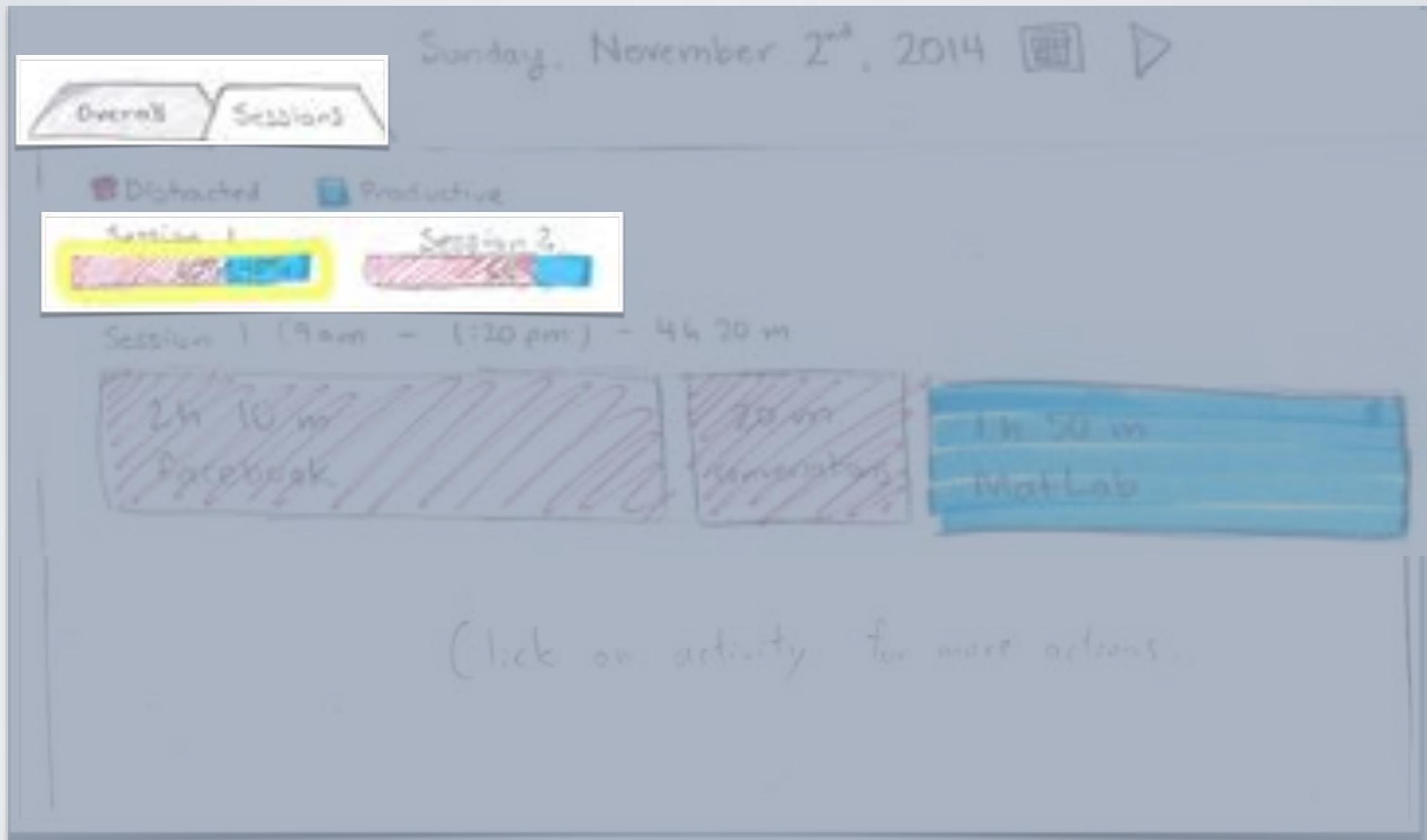
IMPROVED DESIGN



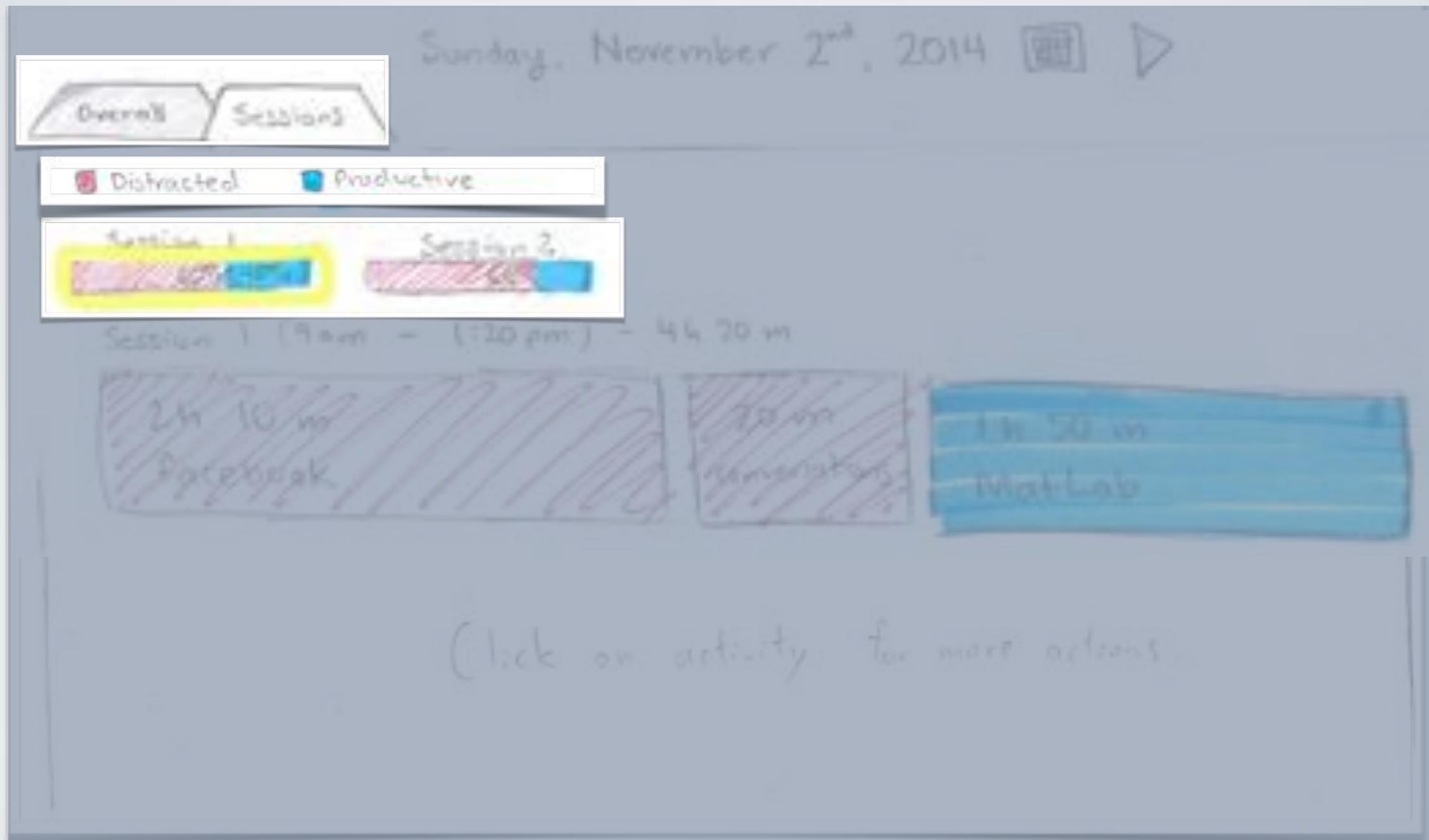
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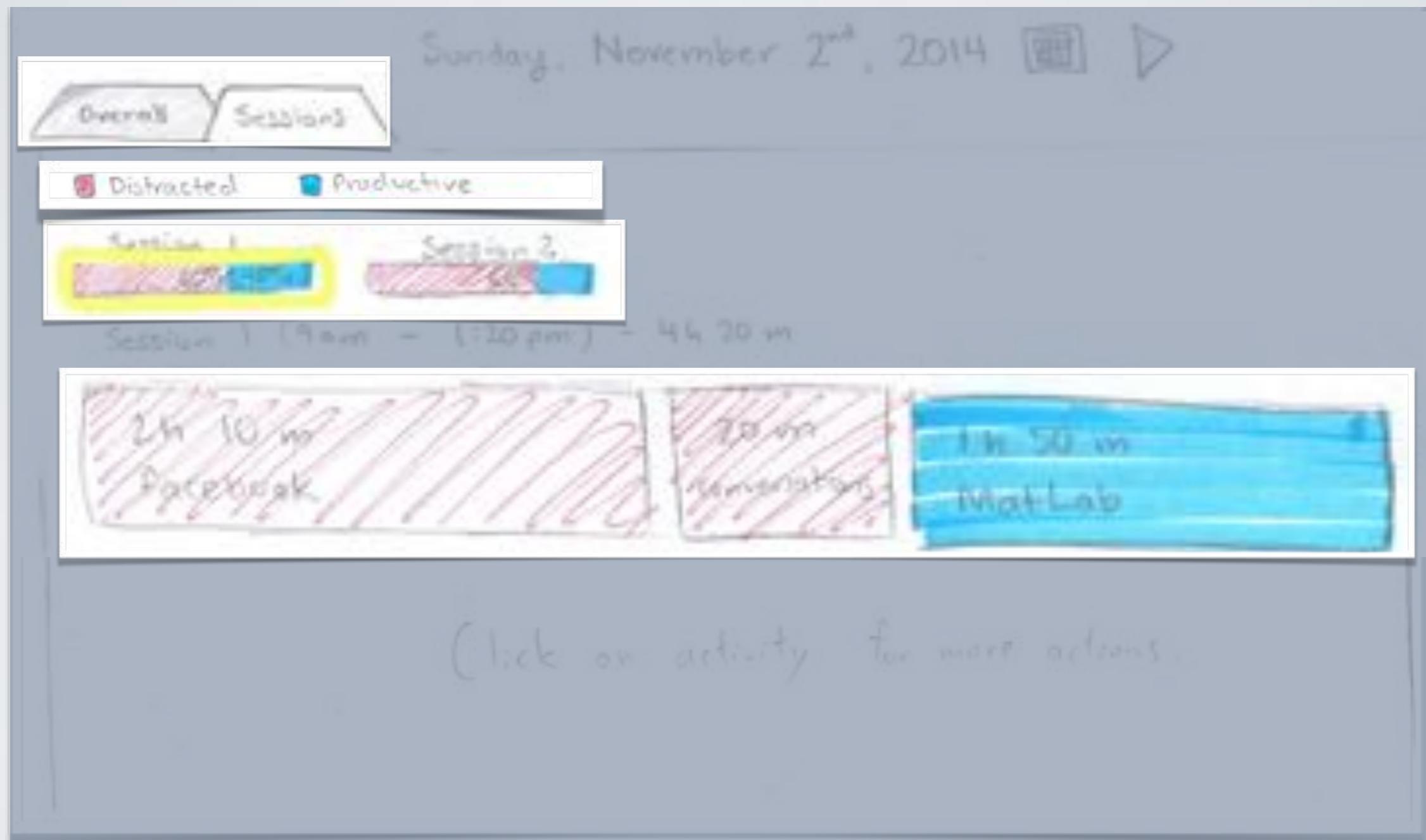
IMPROVED DESIGN



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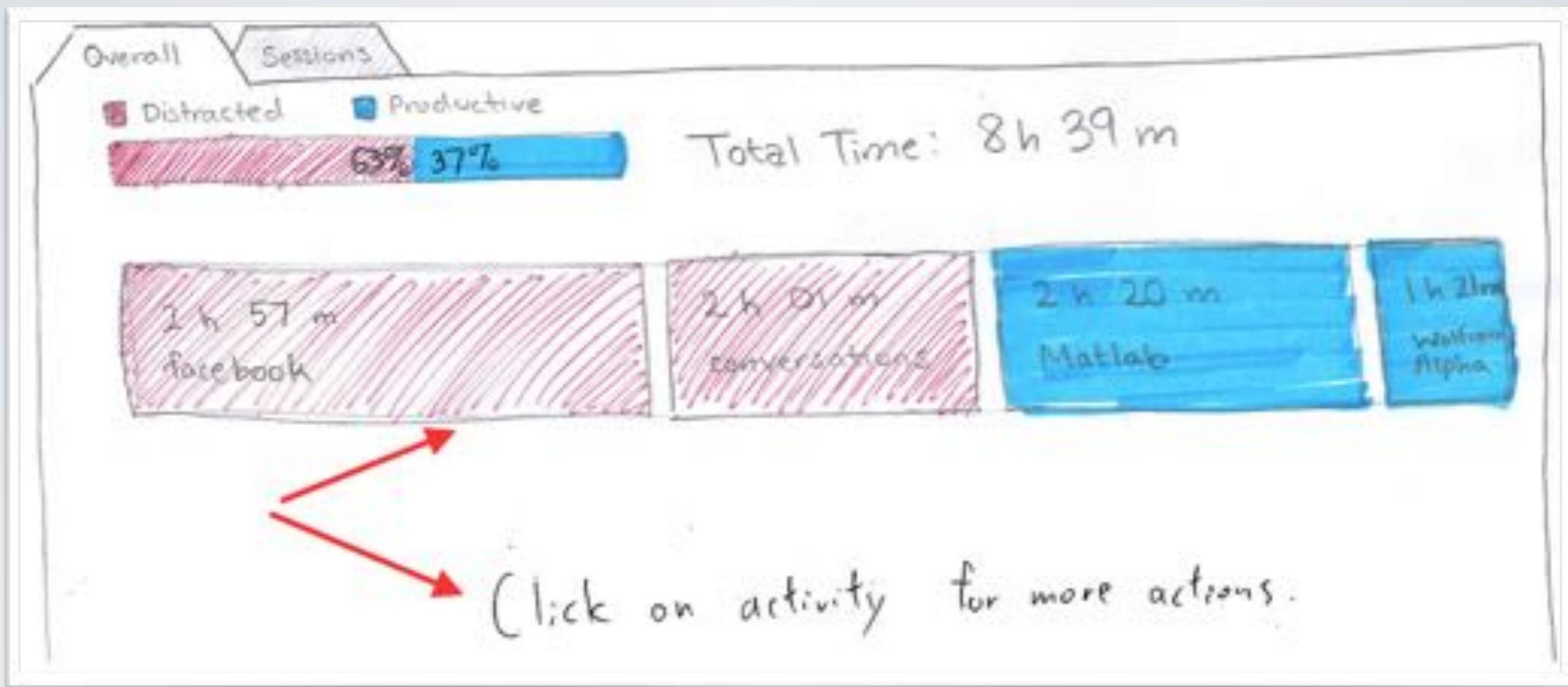


IMPROVED DESIGN

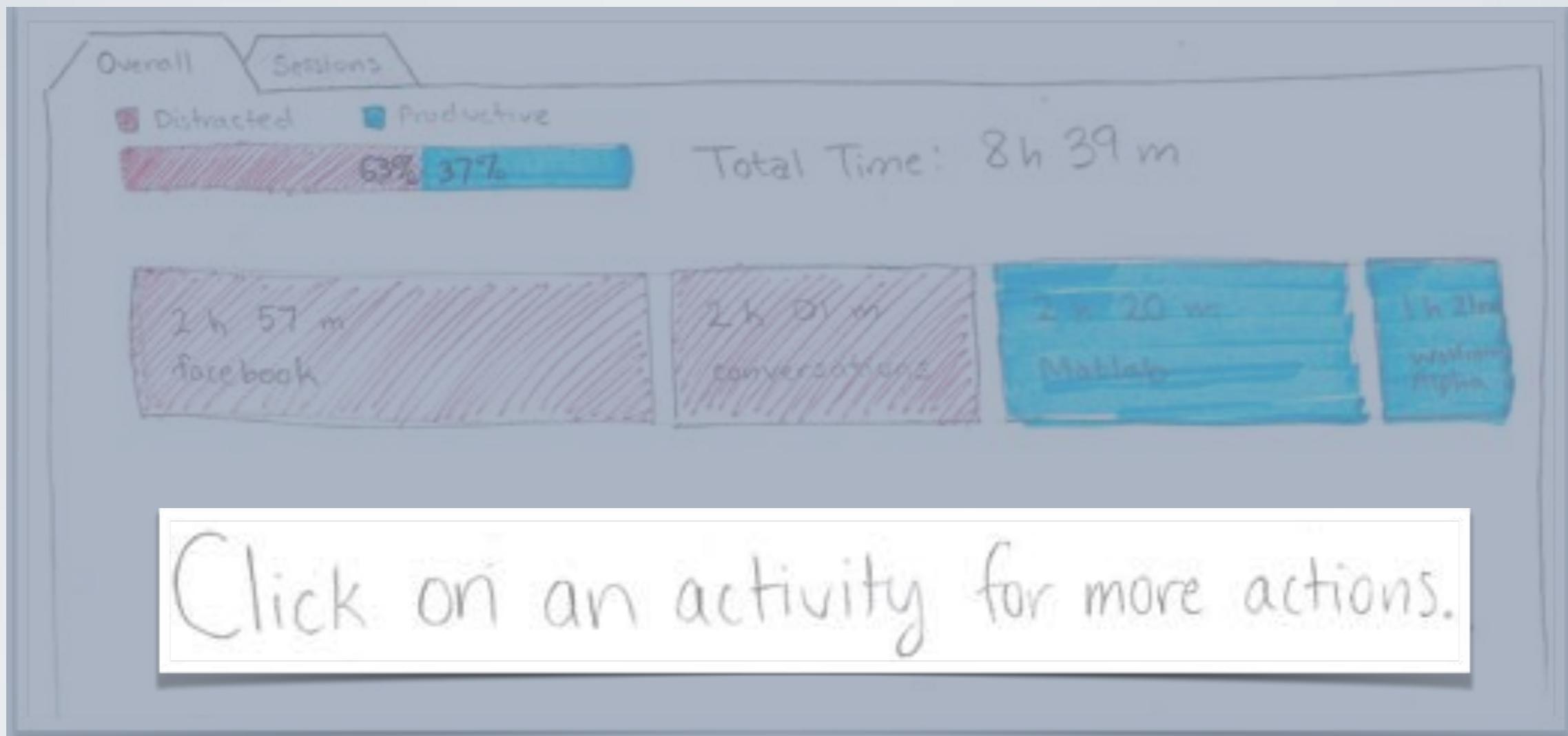


RESULTS: USABILITY TEST II & III

RECOMMENDED TOOLS STILL HARD TO FIND



IMPROVEMENT



WORK MODE CONCEPT WAS UNCLEAR

ooo

Work Mode Tools

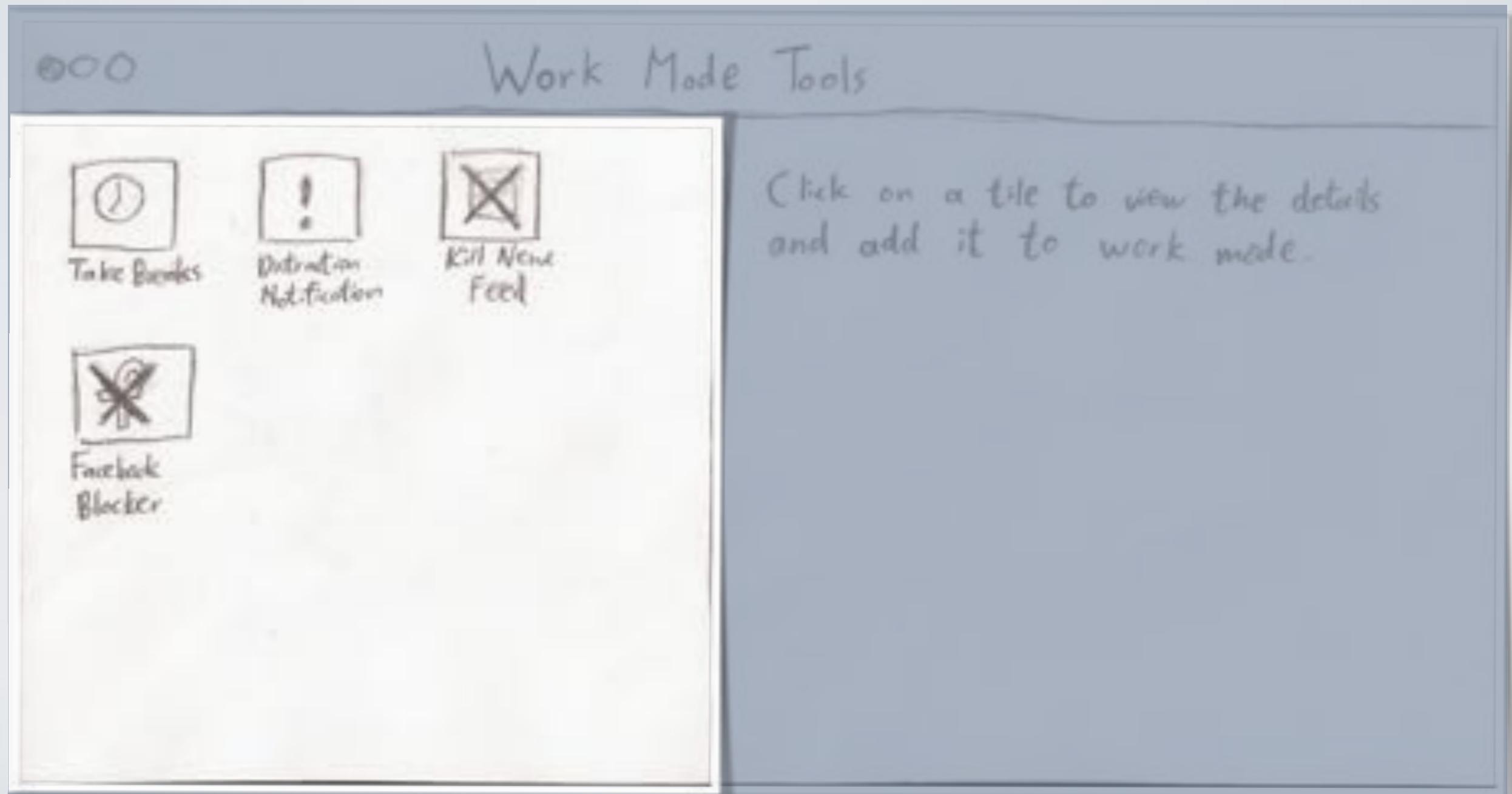
-  Take Breaks
-  Distraction Not-fication
-  Kill News Feed



Facebook Blocker

Click on a tile to view the details and add it to work mode.

WORK MODE CONCEPT WAS UNCLEAR



WORK MODE CONCEPT WAS UNCLEAR

The image shows a hand-drawn wireframe of a mobile application interface. At the top, there is a header bar with the text "Work Mode Tools". Below the header, there are four icons arranged horizontally:

- A square icon with a clock symbol, labeled "Take Breaks".
- A square icon with a pencil writing on a document, labeled "Distraction Notification".
- A square icon with a large red X, labeled "Kill New Tab".
- A square icon with a butterfly, labeled "Facebook Blocker".

To the right of these icons, there is a larger box containing the text "Distraction Notification" and "Notification methods". Inside this box, there is a checked checkbox next to the word "Visible". Below this, there are three rows of icons and labels:

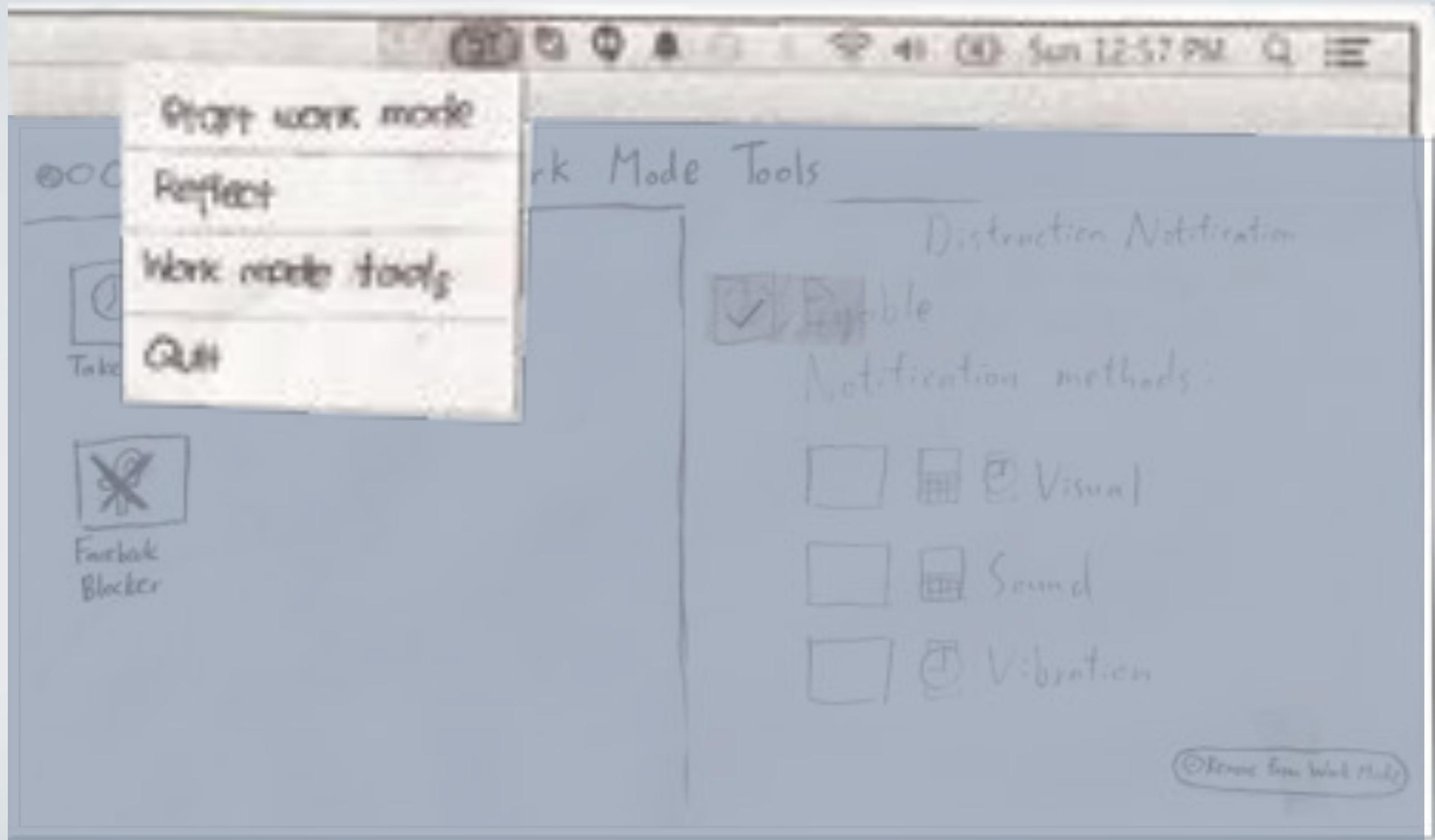
- Visual: A square icon with a checkmark and a small sun-like icon.
- Sound: A square icon with a checkmark and a speaker icon.
- Vibration: A square icon with a checkmark and a vibration icon.

In the bottom right corner of the main interface, there is a small oval button with the text "From the Work Mode".

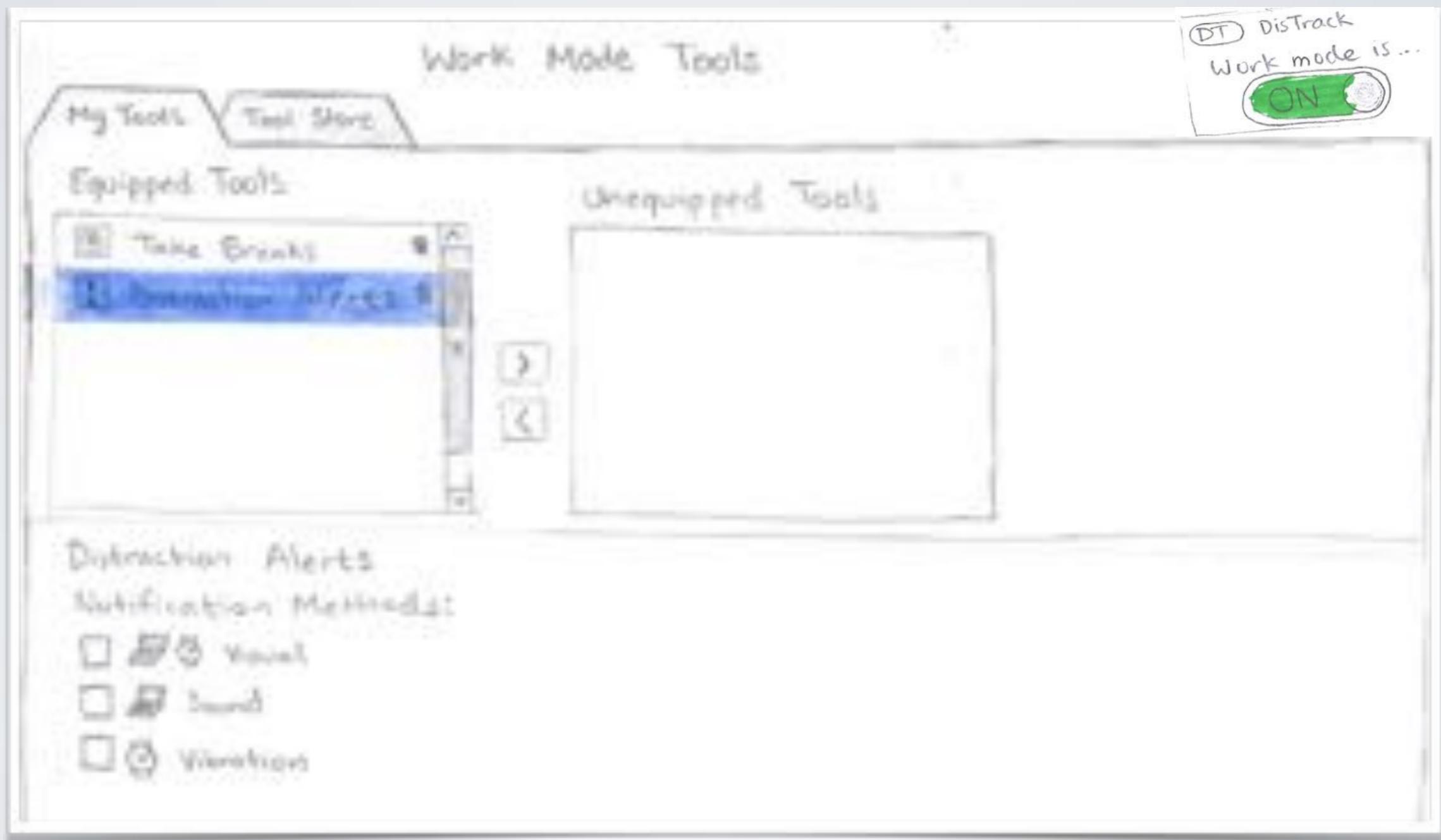
WORK MODE CONCEPT WAS UNCLEAR



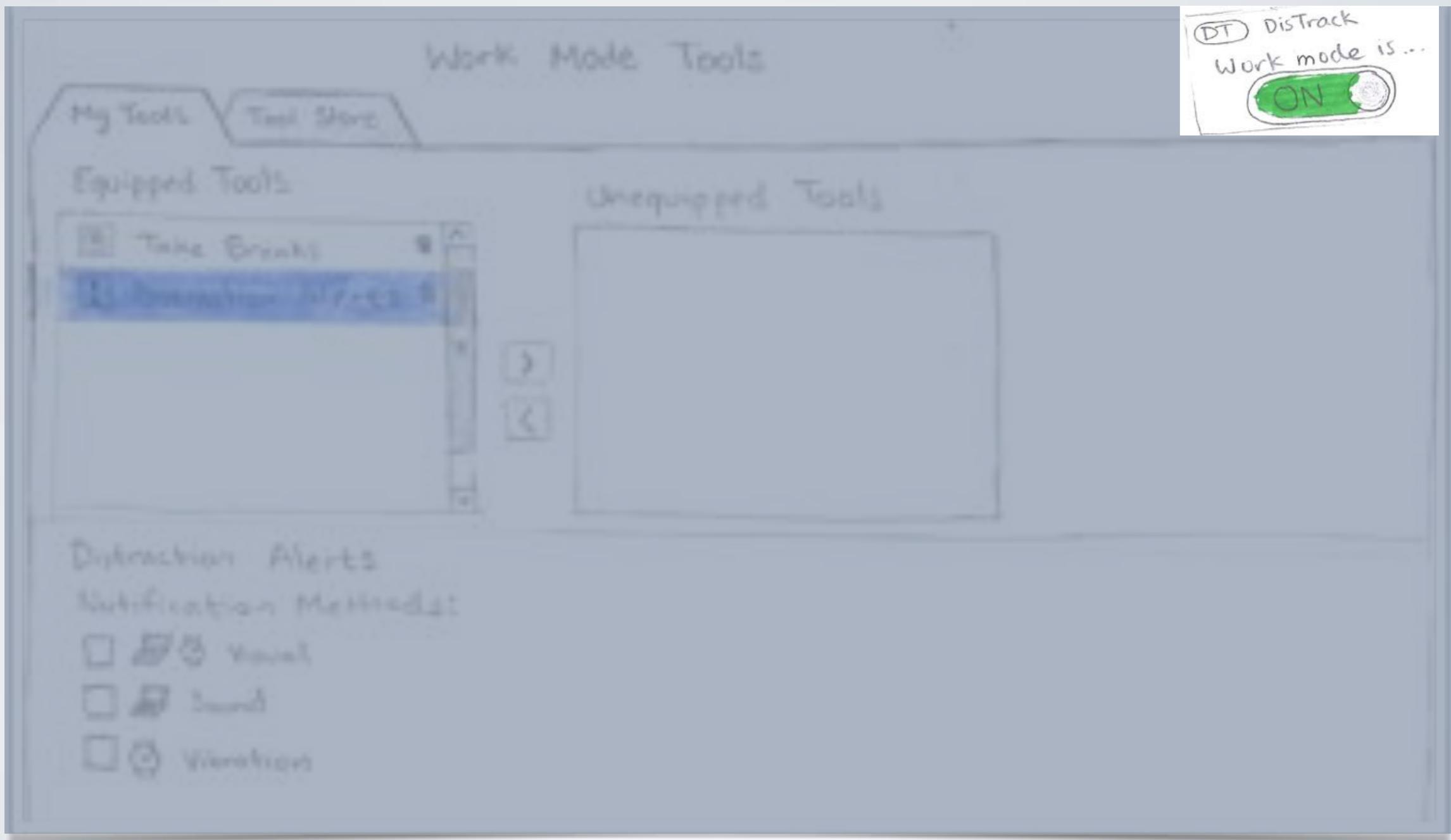
WORK MODE CONCEPT WAS UNCLEAR



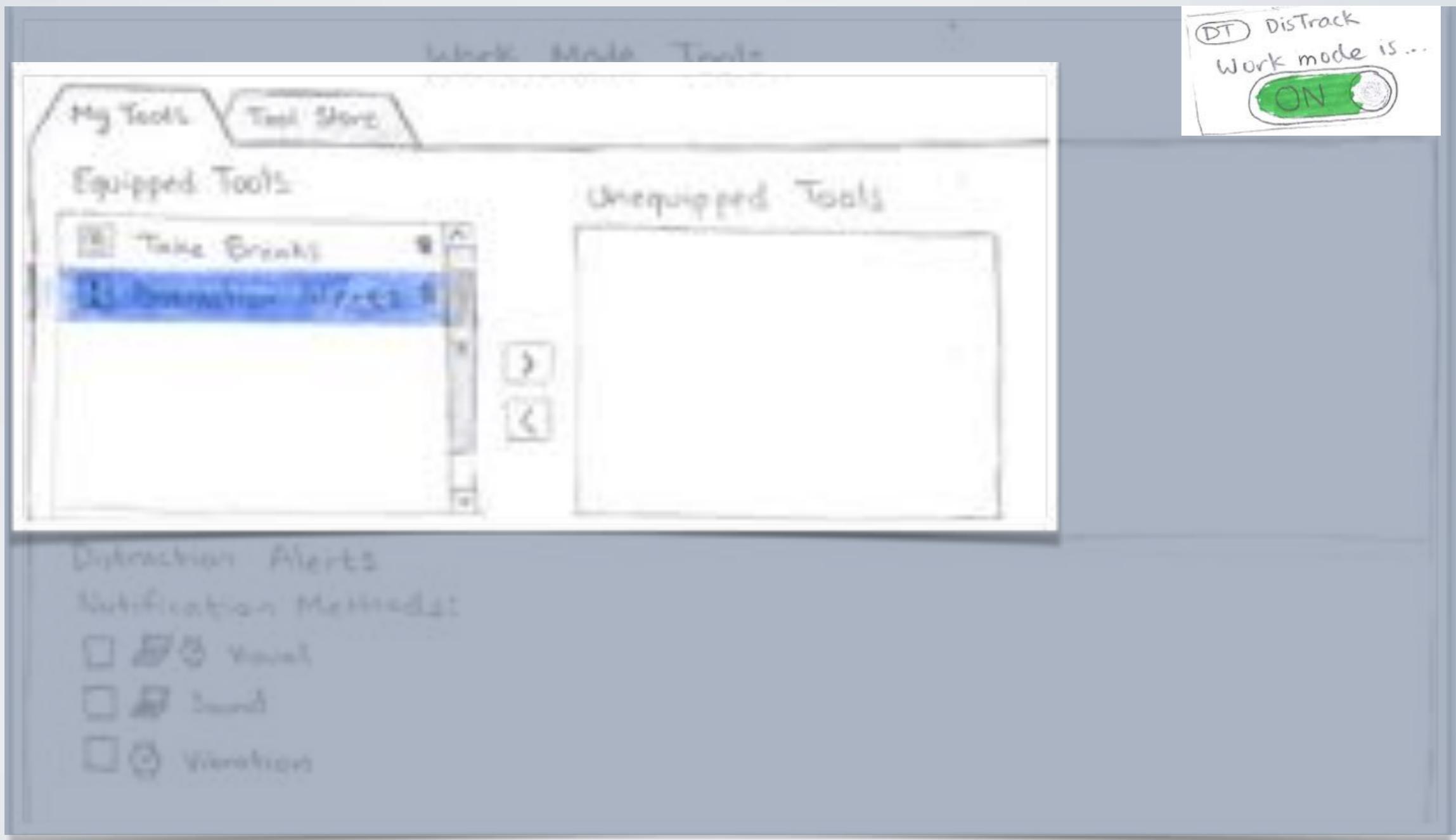
MORE IMPROVED WORK MODE CONTROLS



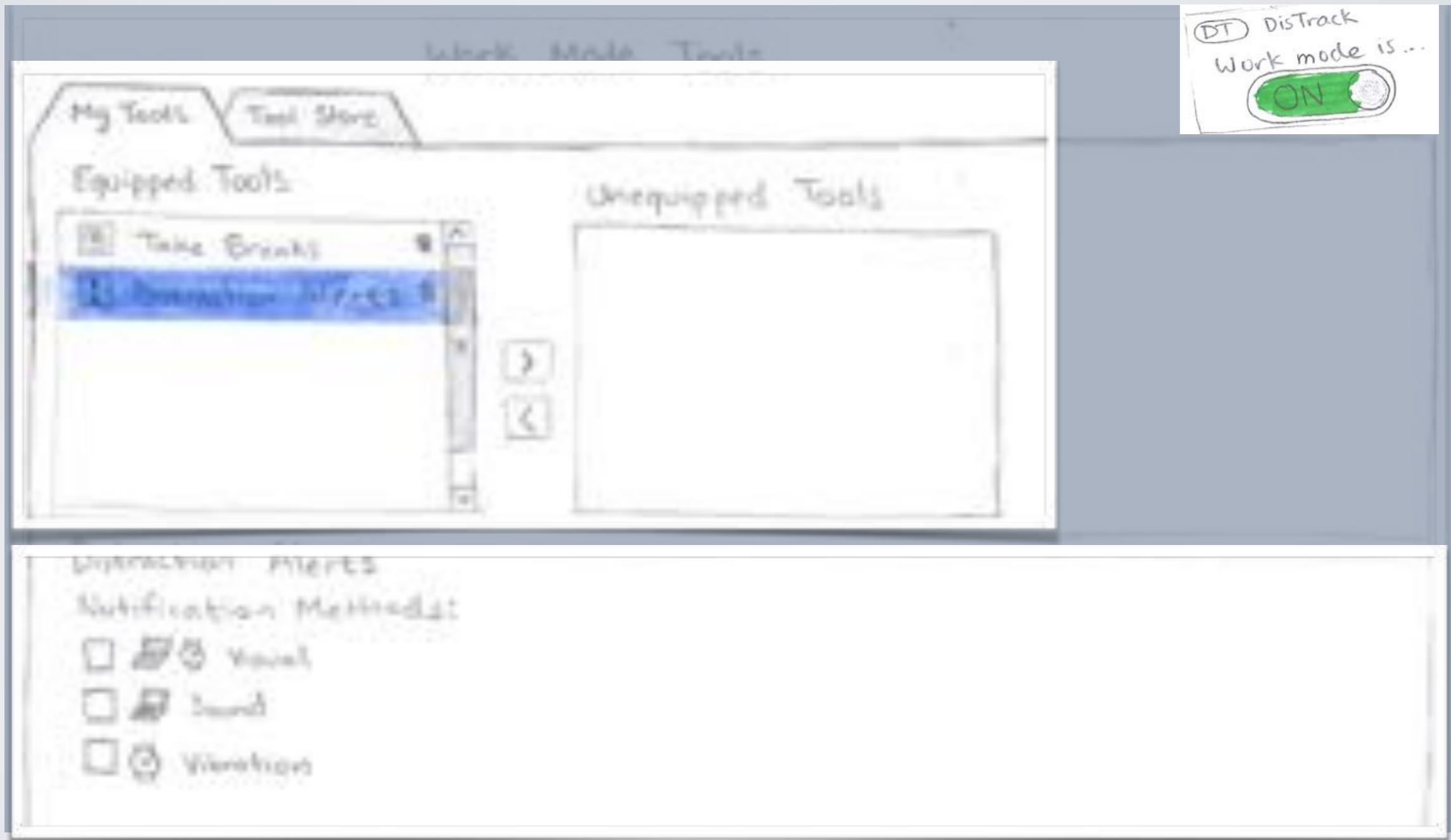
MORE IMPROVED WORK MODE CONTROLS



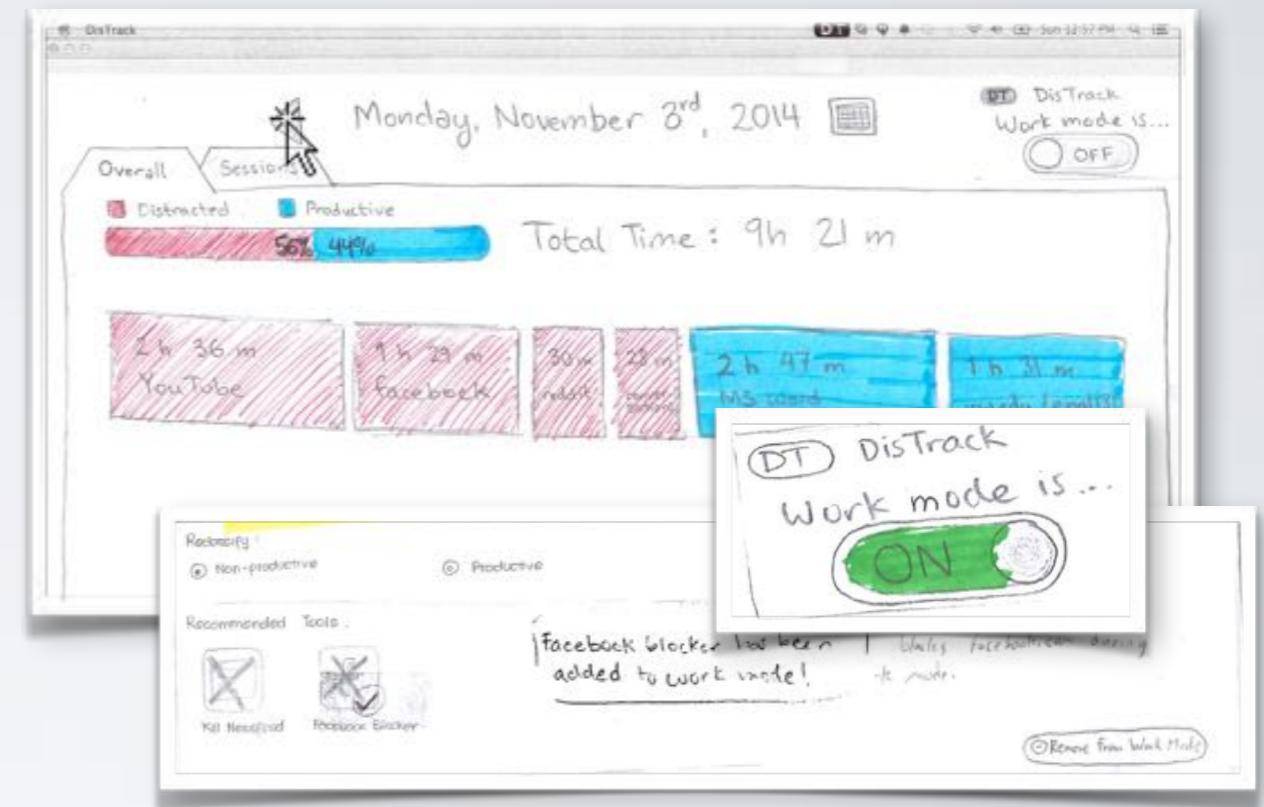
MORE IMPROVED WORK MODE CONTROLS



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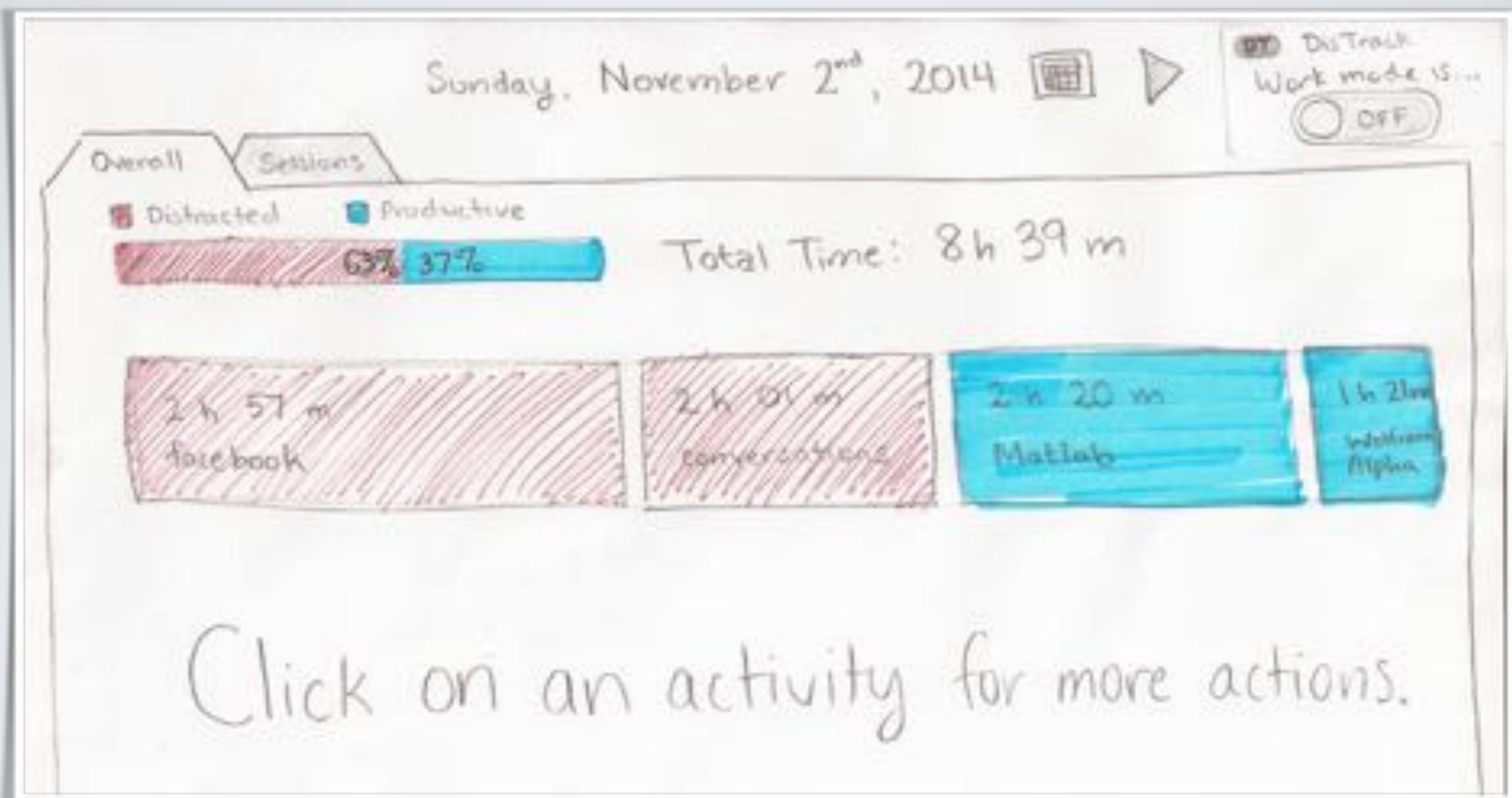
FINAL PAPER PROTOTYPE



PRIMARY TASKS

- I. Reflecting on past study sessions
2. Finding and using tools to help stay focused when work mode is on

REFLECTION



REFLECTION

Sunday, November 2nd, 2014  

Overall

Sessions

Distracted

Productive

63% 37%

Total Time: 8h 39m

2h 51m
notebook

2h 45m
conversion

2h 20m
Materials

1h 20m
sublime plugin

Recency

Non-productive

Productive



Kit Newsfeed

Hides the newsfeed on Facebook. Does not affect other notifications.

Recency

Tools



Kill Newsfeed



Freezer Bunker

 ADD TO HOME MODE

REFLECTION

Sunday, November 2nd, 2014

Overall Sessions: Distracted Productive 63% 37%

Total Time: 8h 39m

2h 51m Note book 2h 49m Conversations 2h 20m Matlab 1h 23m validation fitting

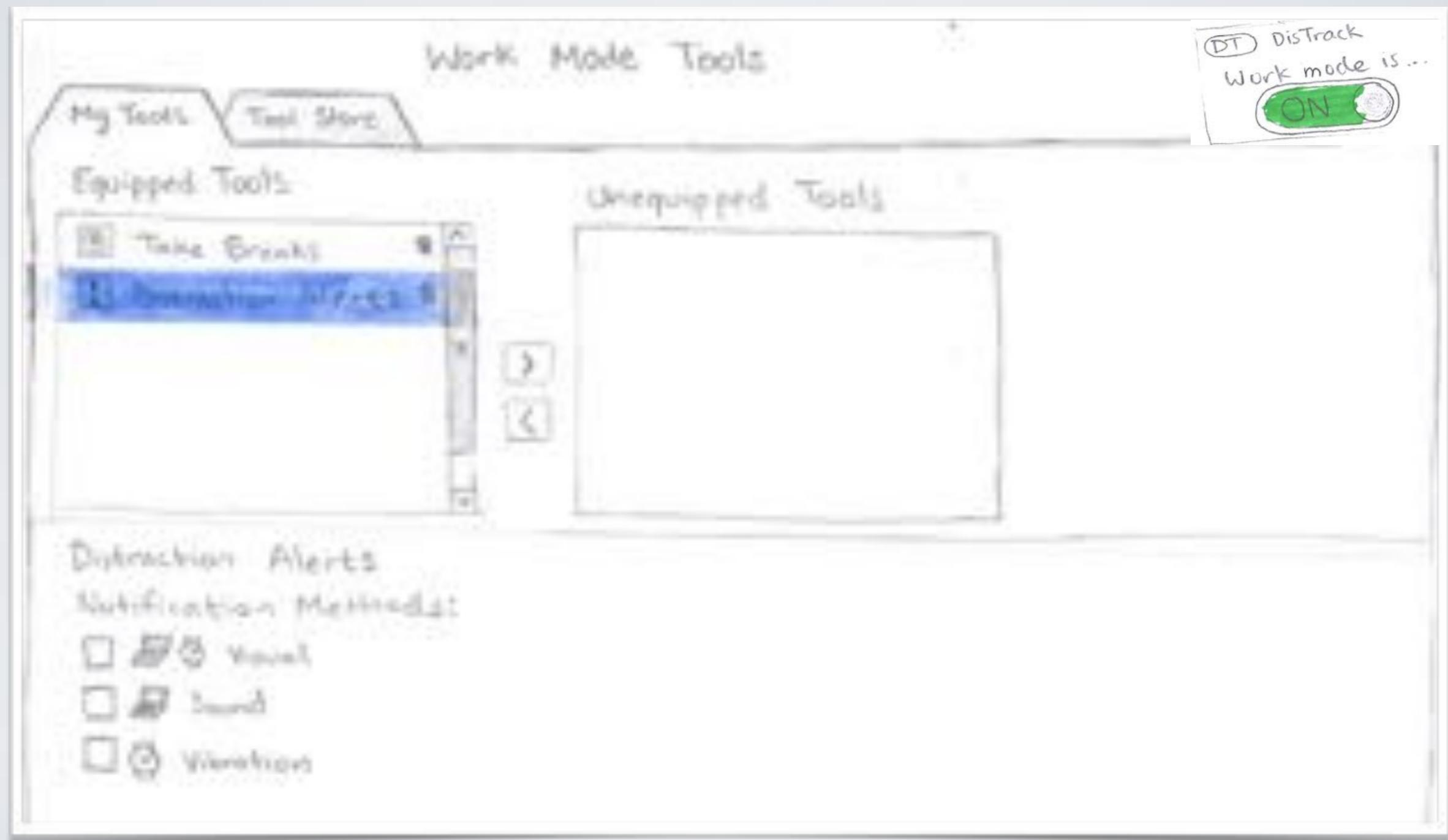
Productivity: Non-productive Productive

Kill Newsfeed Hides the newsfeed on Facebook. Does not affect other notifications.

Kill Newsfeed Tools Kill Newsfeed Unsubscribe

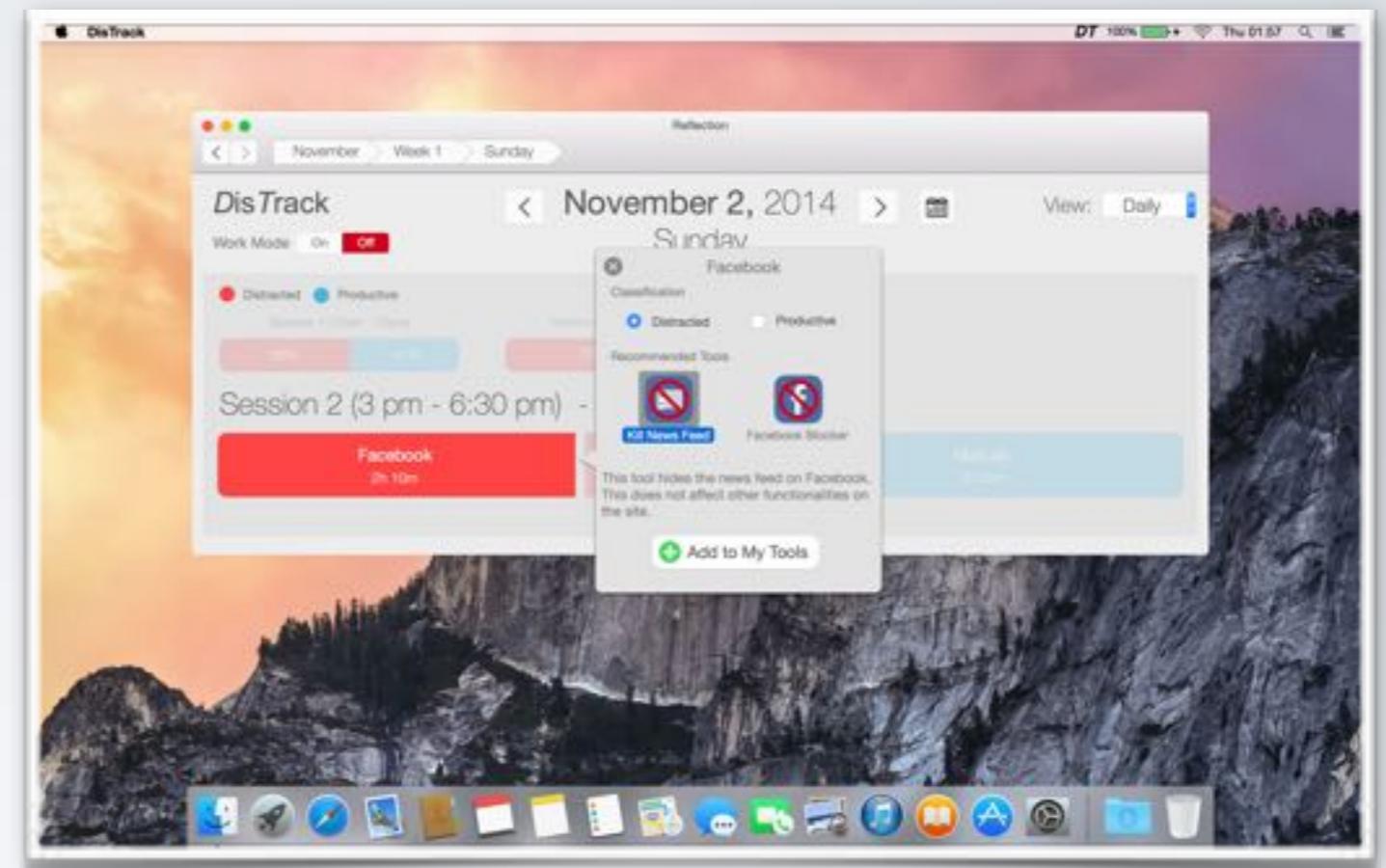
ADD TO HOME SCREEN

WORK MODE TOOLS



DIGITAL MOCKUP

Desktop application

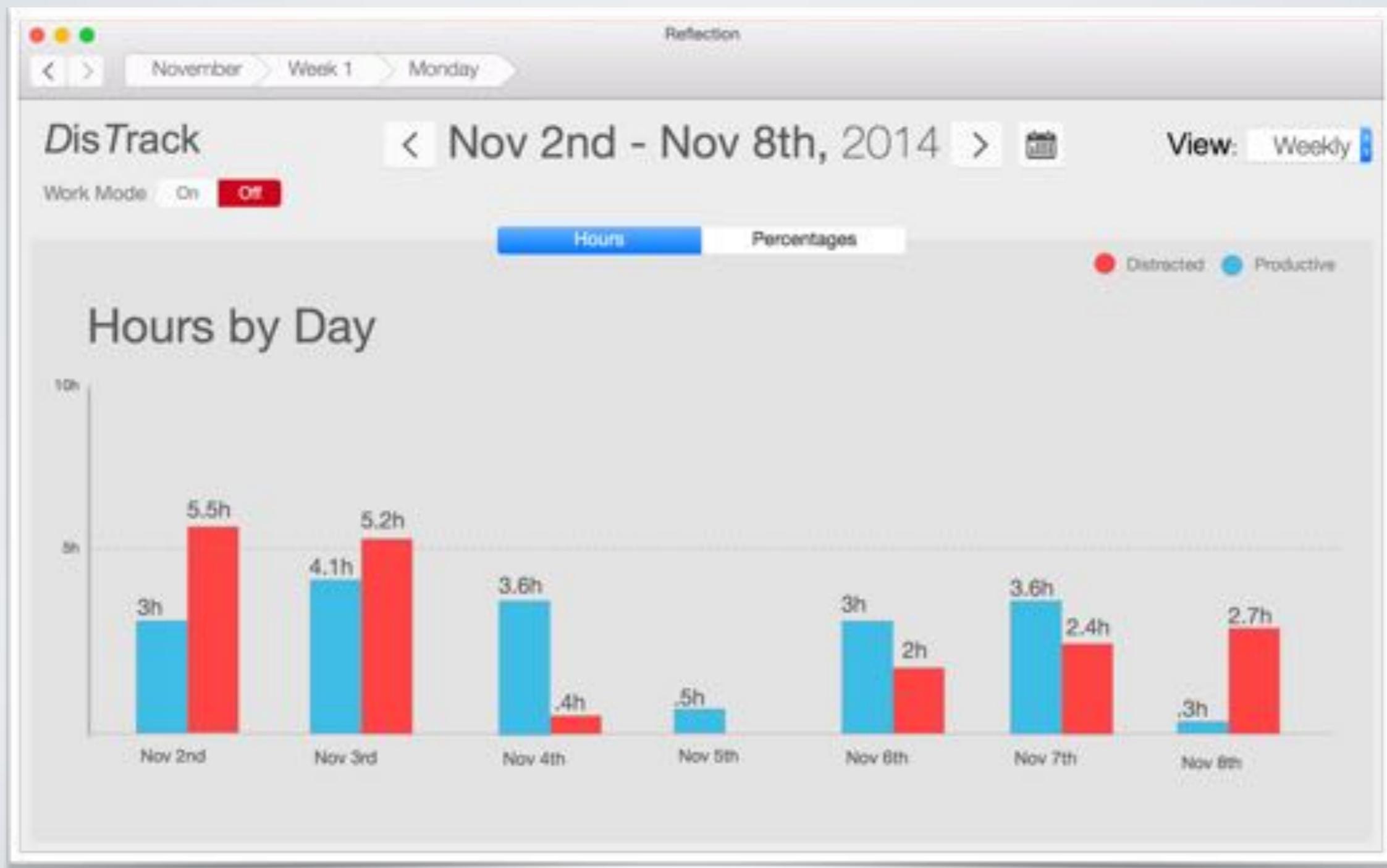


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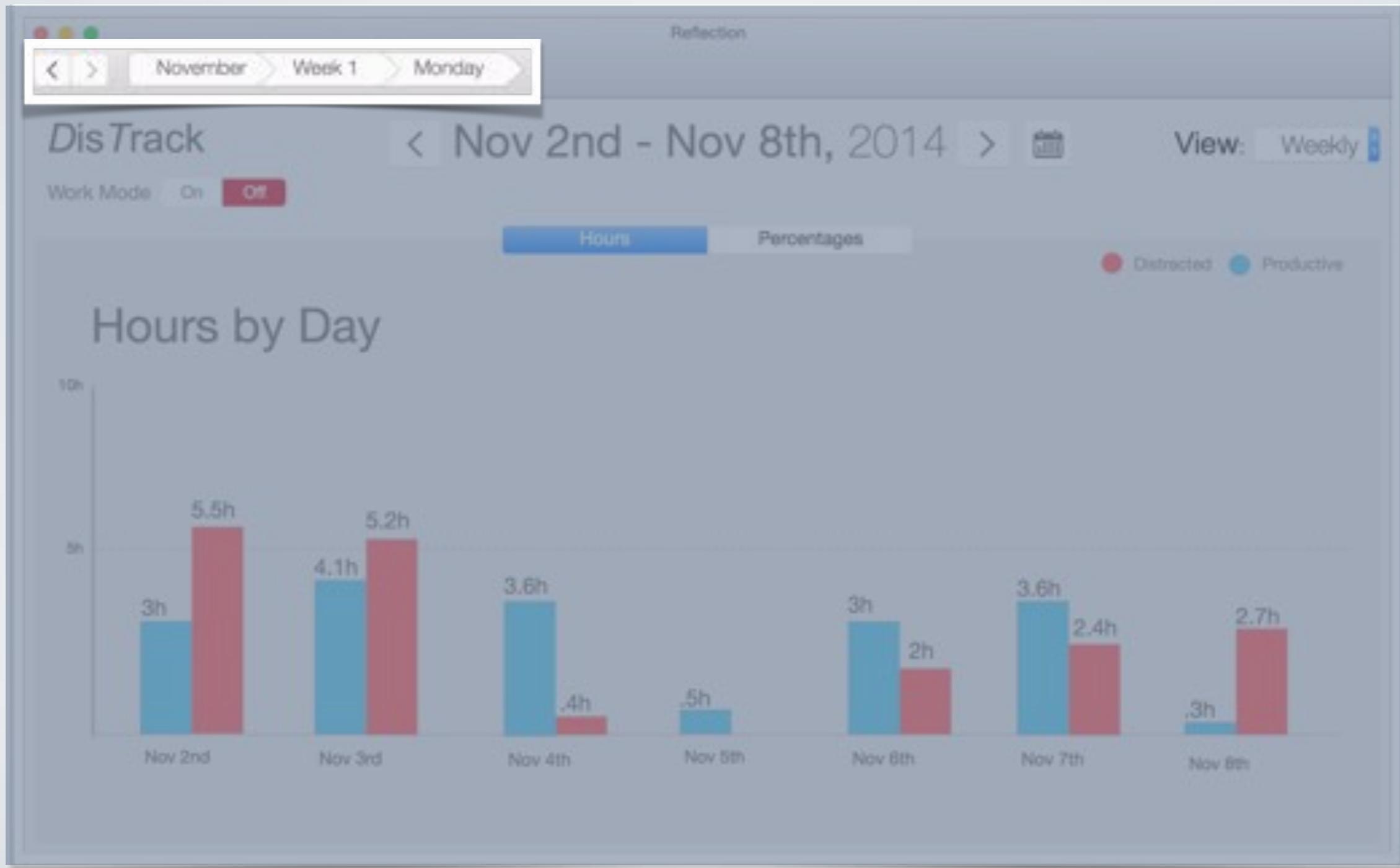
TASK I: REFLECT ON PAST STUDY SESSIONS

Weekly View



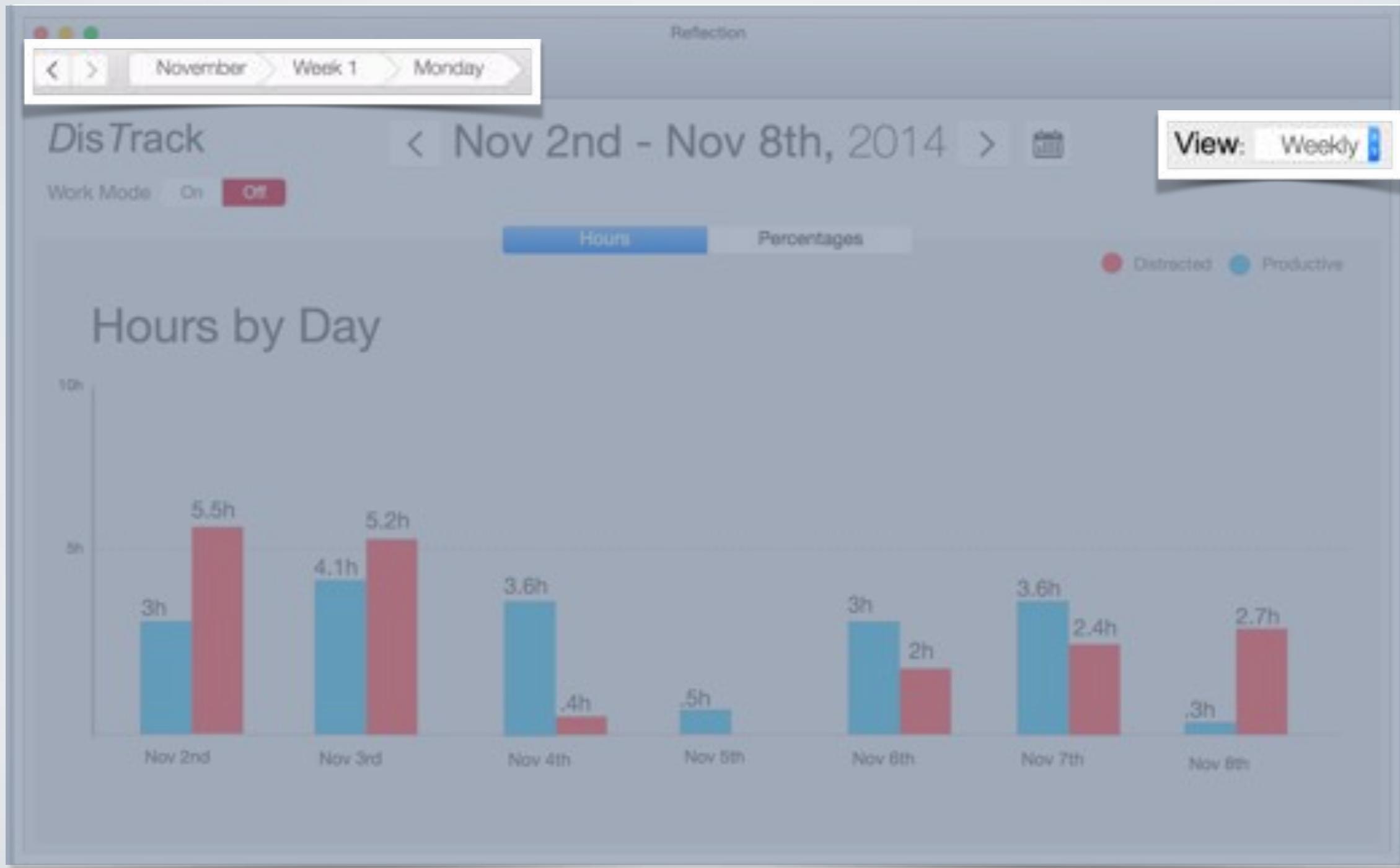
TASK I: REFLECT ON PAST STUDY SESSIONS

Weekly View



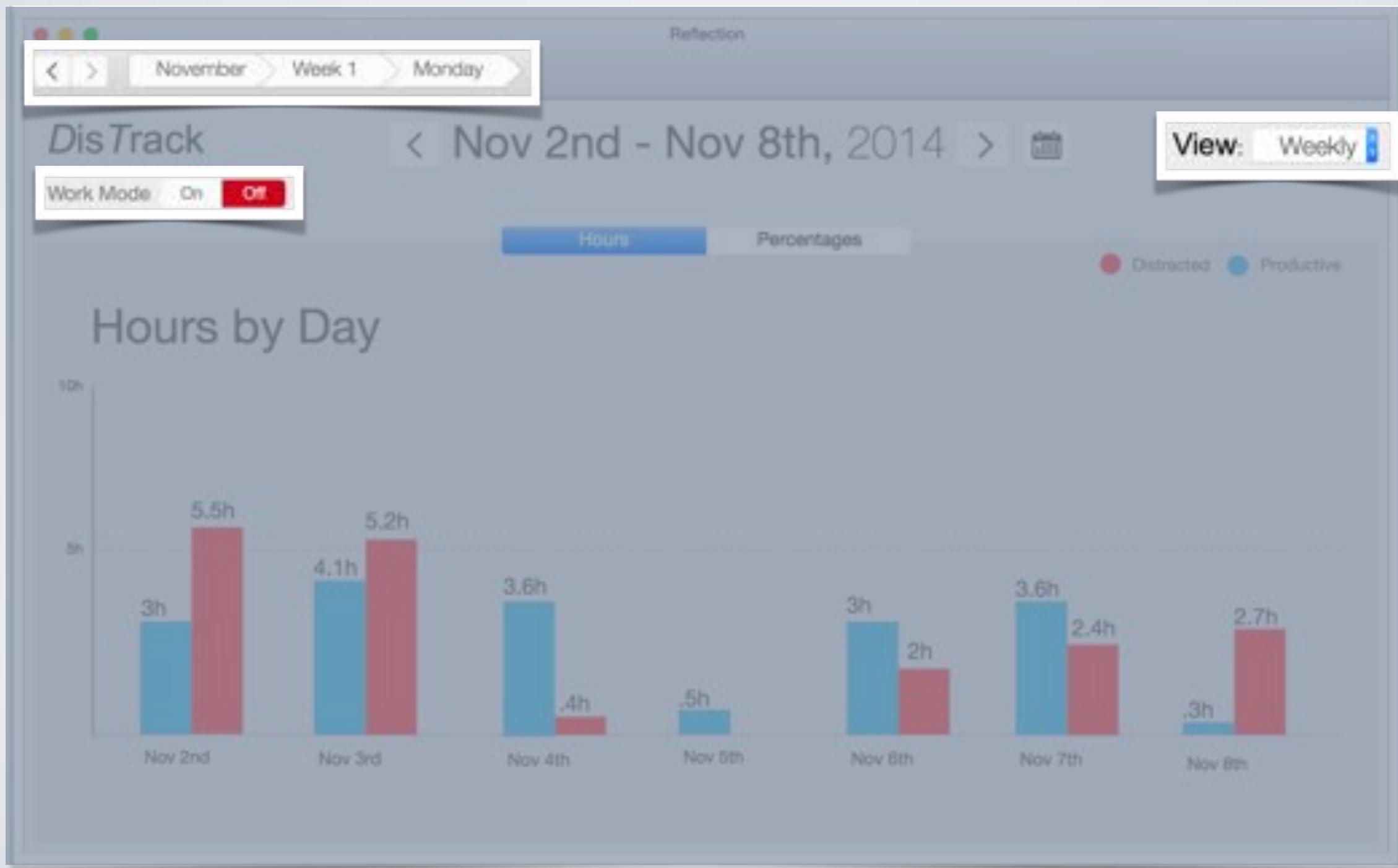
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Weekly View



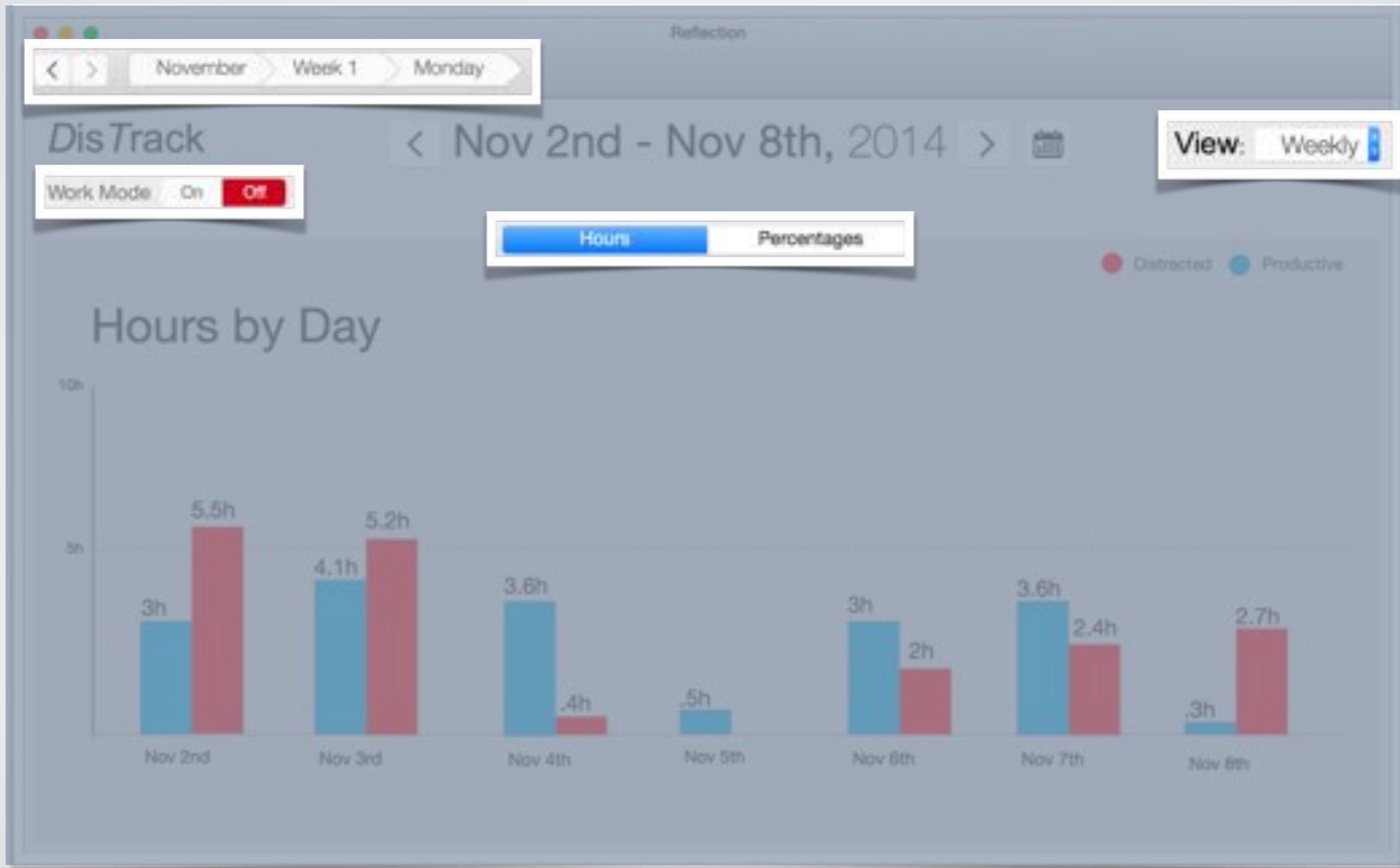
TASK I: REFLECT ON PAST STUDY SESSIONS

Weekly View



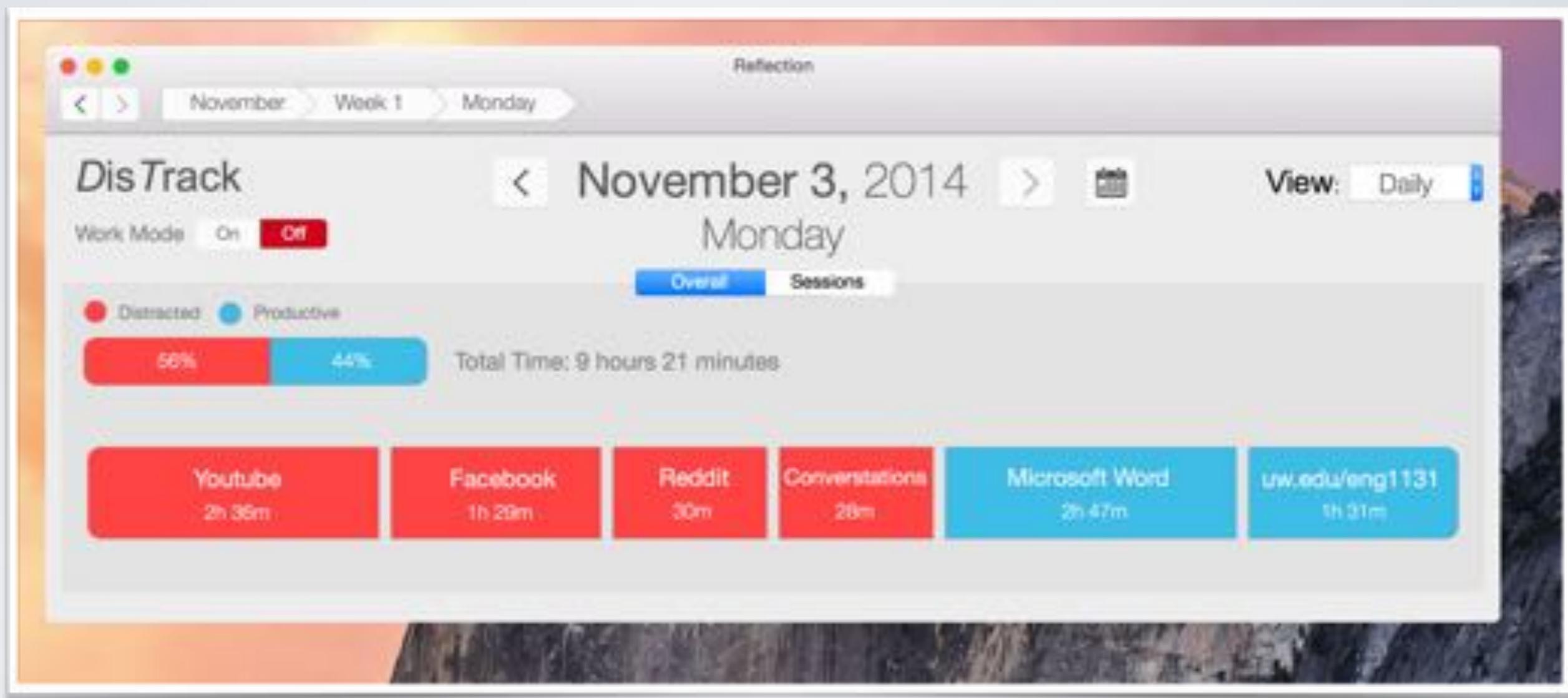
TASK I: REFLECT ON PAST STUDY SESSIONS

Weekly View



TASK I: REFLECT ON PAST STUDY SESSIONS

Overall View



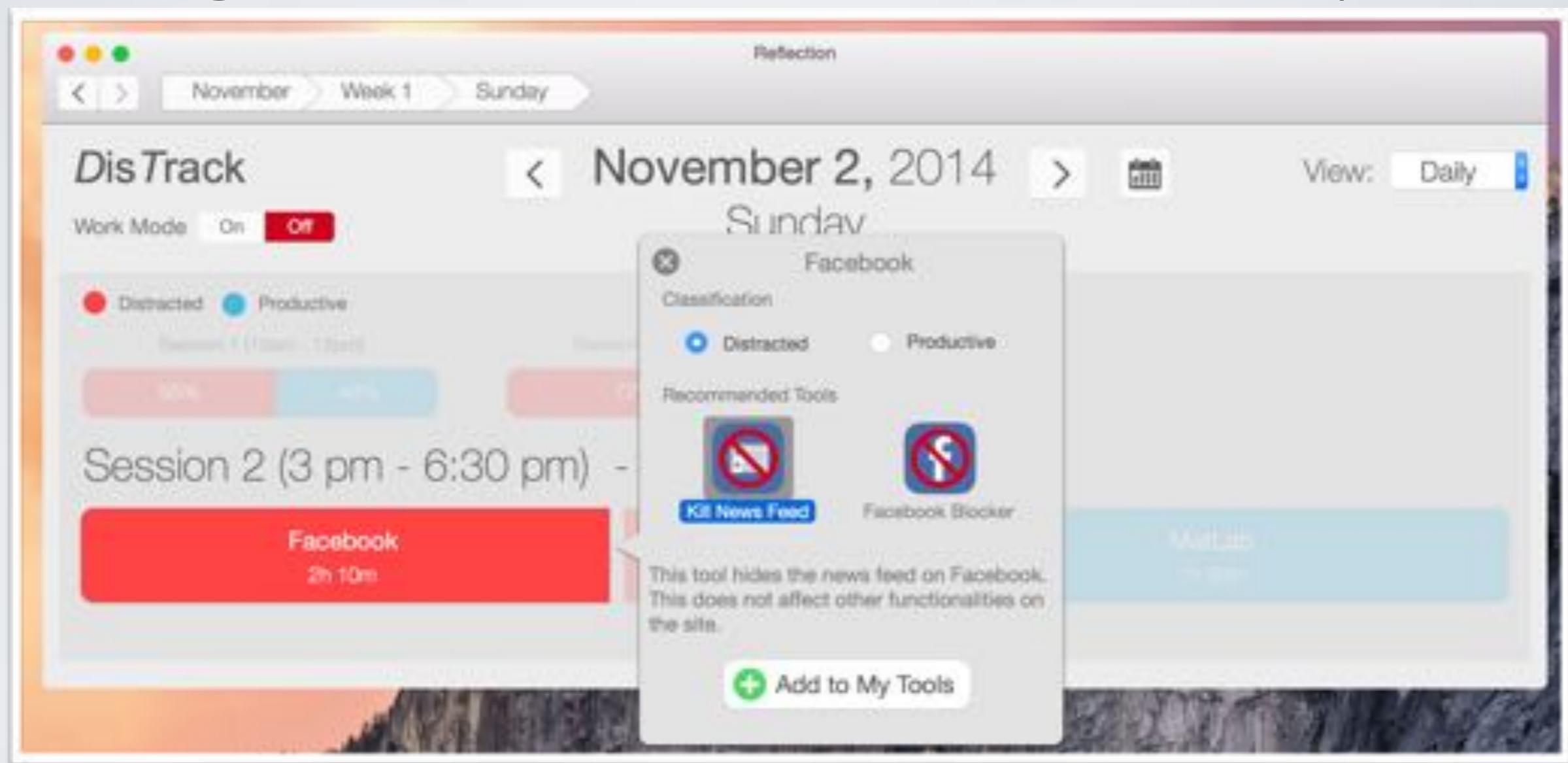
TASK I: REFLECT ON PAST STUDY SESSIONS

Sessions View



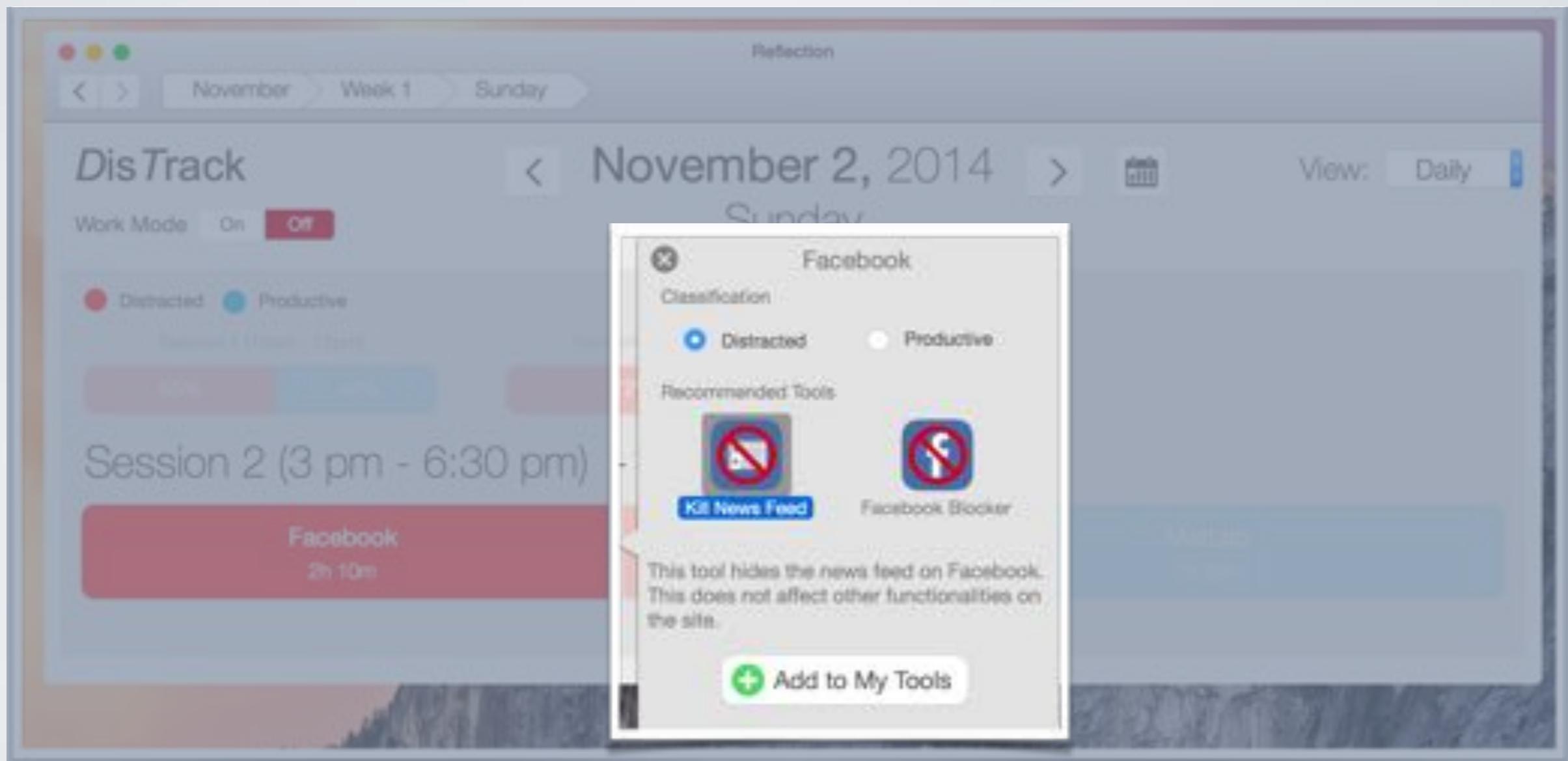
TASK 2: FINDING TOOLS TO STAY FOCUSED

Adding a recommended tool for an activity

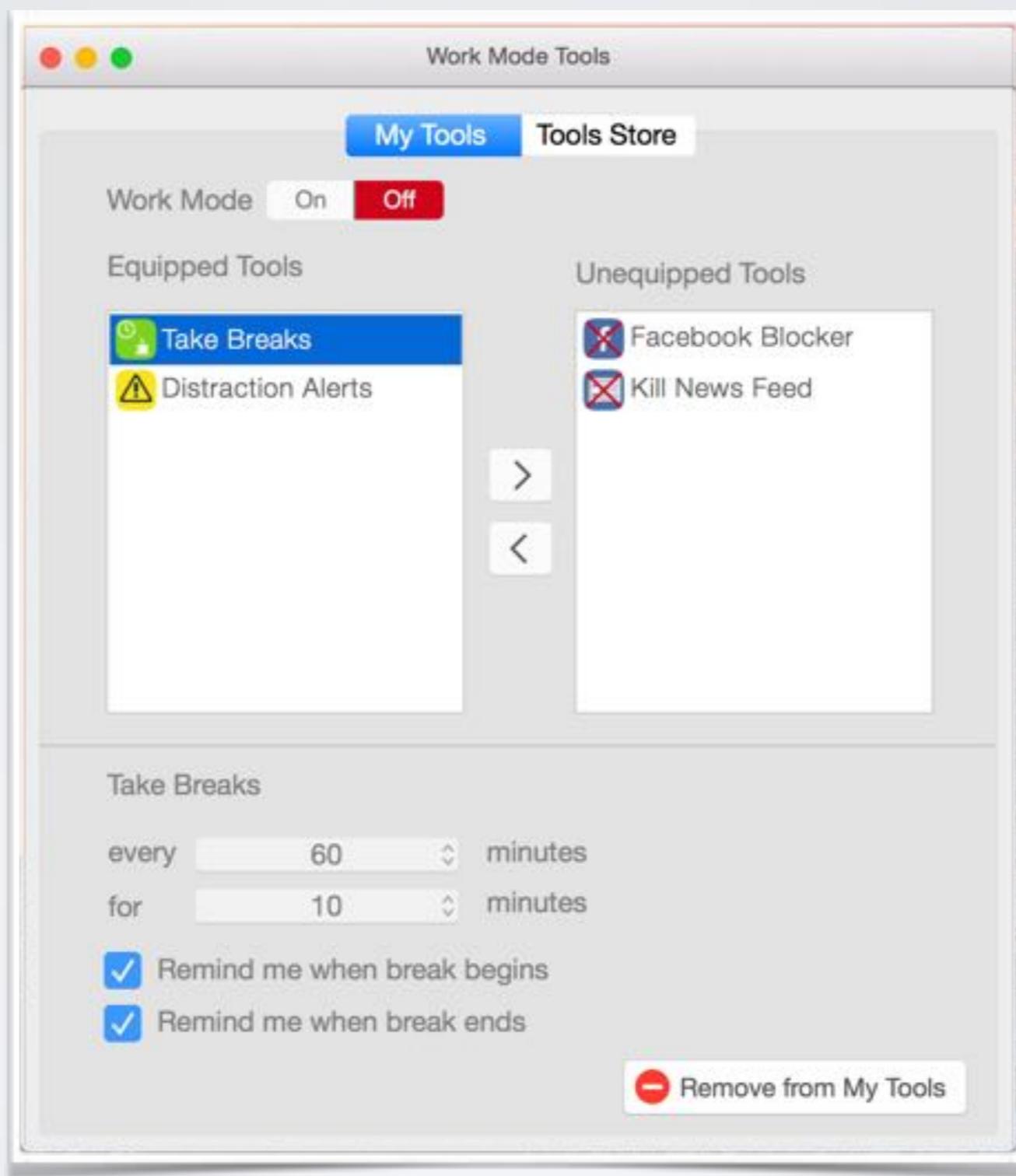


TASK 2: FINDING TOOLS TO STAY FOCUSED

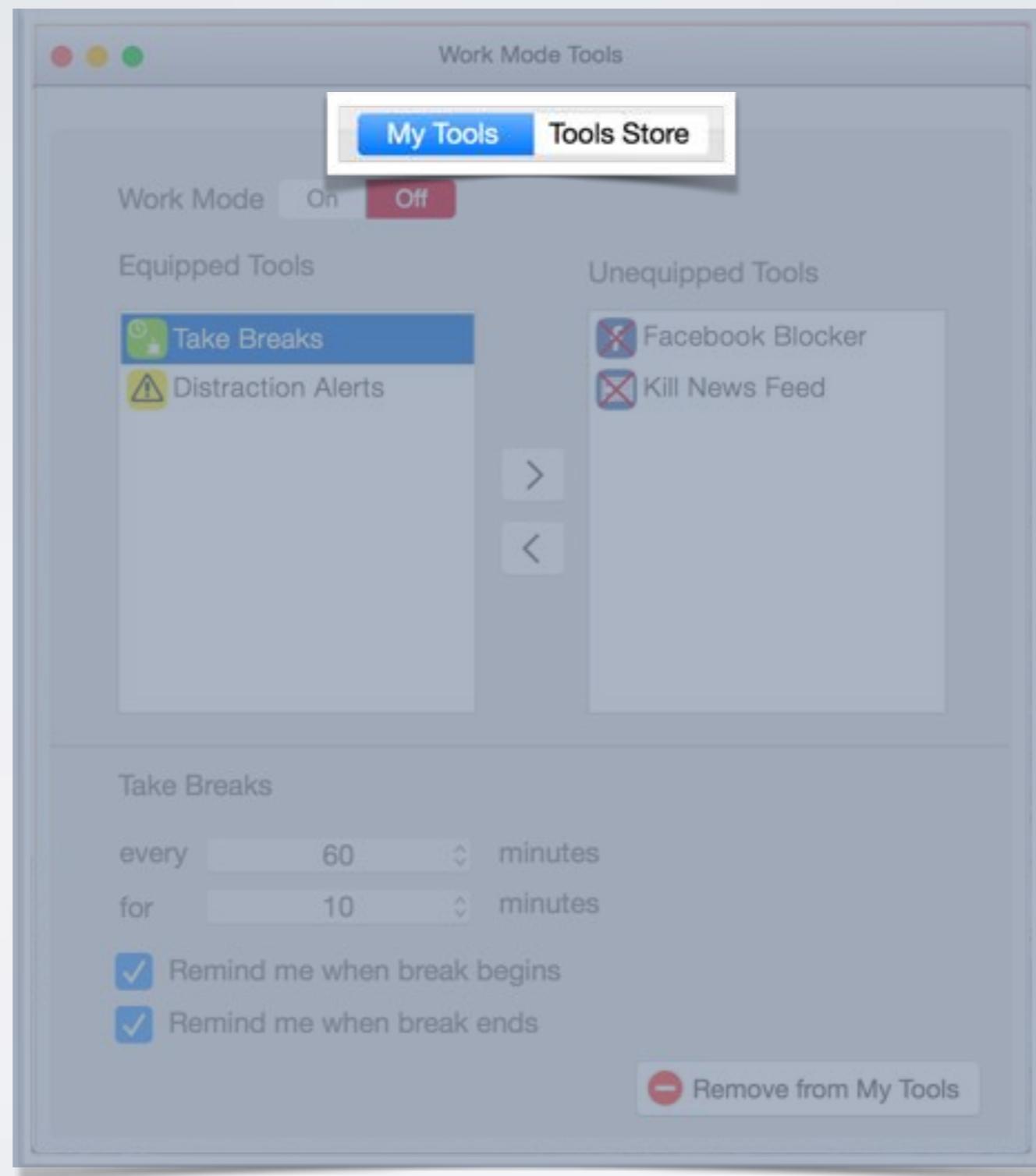
Adding a recommended tool for an activity



TASK 2: USING TOOLS TO STAY FOCUSED



TASK 2: USING TOOLS TO STAY FOCUSED



LESSONS LEARNED

- Iteration is an effective design technique
- Rapid iteration benefits from discipline, time, and practice
- Designing two systems in parallel is difficult

THANK YOU!

DisTrack

"*Refocus Yourself*"