ASSIGNMENT 1 FRONT SHEET

Qualification	**BTEC Level 5 HND Diploma in Computing**
Unit number and title	Unit 06: Managing a Successful Computing Project

Submission date	21/12/2020	**Date Received 1st submission**	
Re-submission Date		**Date Received 2nd submission**	
Student Name	Trinh Minh Duc	**Student ID**	GCH17326
Class	GCH0801	**Assessor name**	Han Minh Phuong

Student declaration

I certify that the assignment submission is entirely my own work and I fully understand the consequences of plagiarism. I understand that making a false declaration is a form of malpractice.

	Student's signature	

Grading grid

P1	P2	P3	P4	M1	M2	D1

✿ **Summative Feedback:**		✿ **Resubmission Feedback:**
Grade:	**Assessor Signature:**	**Date:**
IV Signature:		

Contents

Part 1. Project managerment

I.Introduction

z

II.Project initialization

Project Identification	
Project name	Project of time management function on smartphones
Project description	This research project will conduct research on the feasibility of whether Action Dash should develop functionality that helps users to limit and reduce users' daily phone usage of Android and iOS operating systems.
Sponsor	Sponsor Financial funds of the company Action Dash
Project manager	Trinh Minh Duc

Table 1: Project initialization

1.Project aim

Research project on the impact of social media use on human health and the applicability of Digital Wellbeing on Instagram.

2.Project Objective

- Learn exactly about Digital Wellbeing and its features

- Research on the amount of time users spend on social media

- Assess the availability of Digital Wellbeing on Instagram

III.Project management plan

1.Scope

Initially, the project will develop a minimum workable Product application for Android and IOS mobile devices the operating system, but after the launch of ActionDash, the project will move to one application another operating systems. Popular at a level for domestic users and possibly the world. In the future, probably Enter the smart home market.

2.Time

Time to implement the project in 5 weeks.

Tasks	Due	Done
Week 1: Complete the project plan, WBS, Gantt chart	06/12/2020	11/12/2020
Week 2: Complete interview questions, questionable and project results.	13/12/2020	18/12/2020
Week3: Complete report and assignment 1	20/12/2020	25/12/2020
Week4: Report and present research results.	27/12/2020	01/01/2021
Week5: Report to QA about project implementation.	03/01/2021	08/01/2020

Tab:Time

IV.Communication

1. **Communication methods**

No	Communication object	Communication	Note
1	Director of a Action Dash company	Meet directly to the company	Time from 2am to 5pm, From Monday to Friday
		Telegram application	Contact from 7:30 am to 9 pm
2	Interviewer	meet in person to exchange information at the company	Any time
		Telegram application	
3	Survey participants	Email	ductmgch17326@fpt.edu.vn

Table 2:Communication methods

2.Communication frequency

No	Communication object	Communication frequency
1	Director of a Action Dash company	Report results daily at the end of working days 2 am to 5 pm, all days from Monday to Friday. Contact us via Discord app when needed.
2	Interviewer	Face to face at the company on July 27, 2020 and talk once or twice a day via the Discord app from July 27, 2020 to August 2, 2020
3	Survey participants	Contact when needed

V.Resources

	Detail	Note
Funds	1600USD	Funds for research
Vehicle	Company's car	All company fees will be paid to the driver separately
Meeting room at the company	C11	Meeting rooms are allowed for use with employees in the company, outsiders are not allowed to enter
Working room for 5 people	C12	Working room to conduct research
Personal laptop	HP Omen 15T	Computers for research work
Business Discord, Google account	2 account	Use all available Google tools: Drive, Google Form

Table 3:Communication frequency

VI.Cost estimation

No	Resource Name	Total price
1	Rent interview venue	150$
2	Food and drink for the interview	50$
3	Prepare the document	300$
4	Gifts for customers	700$
5	Buy software that supports project management	200$
6	Redundancy costs	250$
	Total	1650$

Table 4:Cost estimation

VII.Risk

Risk	Affects	Description	How to manager risks
Project Management Problem Change	Project	There will be a change of organizational management with different priorities	Prepare a briefing document for senior management showing how the project is making a very important

|			contribution to the goals of the business
Staff turnover	Project	Experienced staff will leave the project before it is finished	Reorganize team so that there is more overlap of work and people therefore understand each other's jobs
Risks about regime policy	project	This risk is considered to include all financial and policy uncertainties of the site or site of the project, including: new taxes, restrictions and money transfers, nationalization, privatization or resolutions, decrees and other sanctions related to the project's cash flow.	- When evaluating a project, it is necessary to consider the compliance level of the project (according to project documents), to ensure strict compliance with current laws and regulations related to the project. - Investors should have separate preferential contracts for this matter. - Specific foreign exchange guarantees will contribute to limit negative impacts on the project. - Credit insurance, export ...

Table 5:Risk

Planning

2. WBS
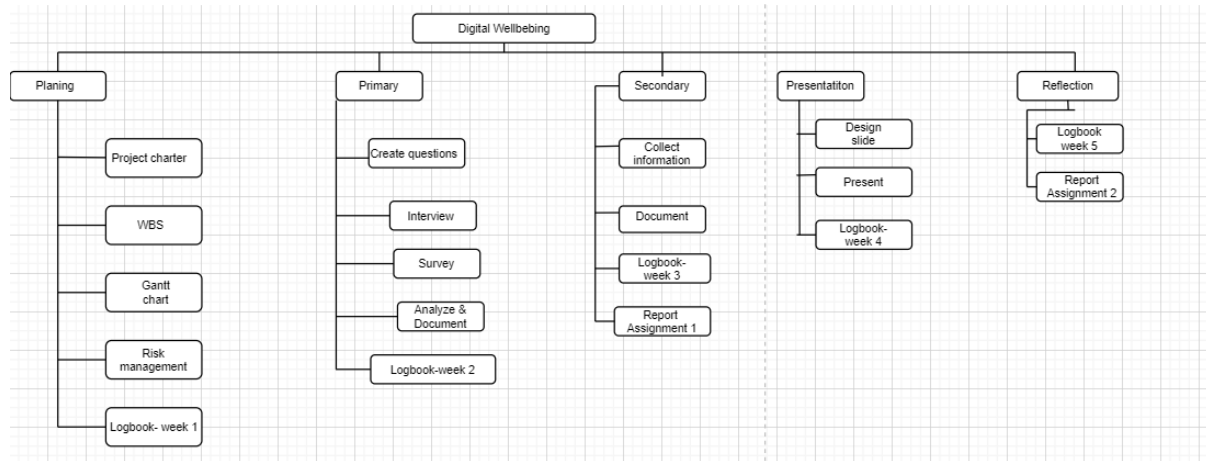
Figure 1:Work breakdown structure

WBS level	WBS code	WBS Name	Descriptions
1.Planning	1.1	Project charter	Initialize the project and project related information
	1.2	WBS	Create a main assignment for the week
	1.3	Gantt chart	Create Gantt charts for the entire Research
	1.4	Risk management	List the risks that may be occurred during the project implementation and strategy to prevent them
	1.5	Logbook 1	Make a weekly history record and prepare the plan for the following week
2.Primary	2.1	Create question	Create questions to ask
	2.2	Interview	After implementing the application interview some users about the application and summarizing the answers
	2.3	Survey	conducted surveys to come up with solutions with negative aspects and

			positive aspects to develop
	2.4	Analyze & Document	Collect all the answers and documents obtained from interviews, focus groups and survey and filter them
	2.5	Logbook 2	Record your activity for week 2 and prepare for the week later
3.Secondary	3.1	Collect information	Summarize, compare and / or summarize existing studies
	3.2	Document	Write a document about secondary research
	3.3	Logbook 3	Record your activity for week 3 and prepare for the week next
	3.4	Report assignment 1	Create a feasibility report of the project after conducting interviews and surveys
4.Presentation	4.1	Design slides	Design a presentation to present your project
	4.2	Present	Make presentations on designed slides
	4.3	Logbook 4	Keep a record of the fourth week's activities and prepare for the coming week
5.Reflection	5.1	Logbook 5	Record activity of the last week
	5.2	Report assignment 2	Implementing the report writing for the reflection project

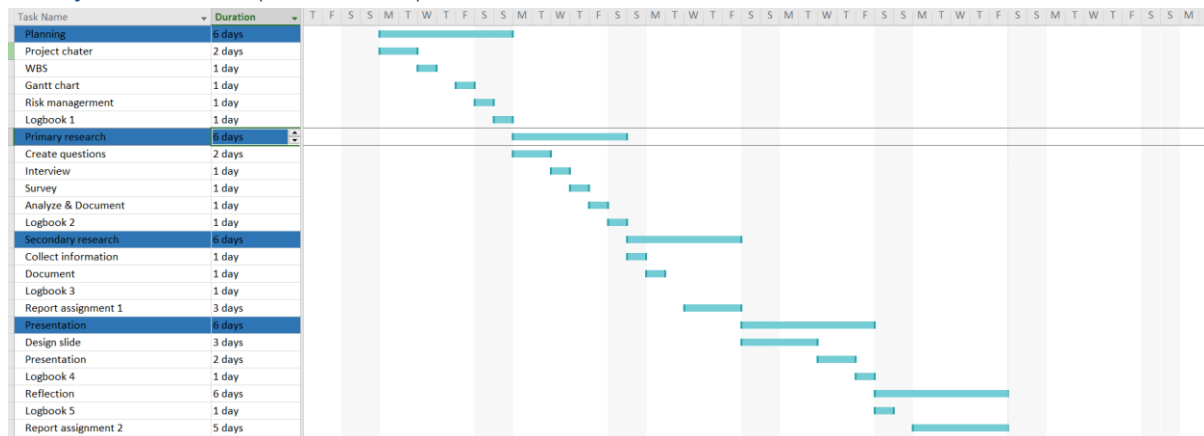*Table 6:WBS dictionary*

3.Project Schedule (Gantt Chart)

Figure 2:Gantt chart

4.Project quality

This time management application will bring many benefits to users, suitable for all ages. In order to bring products to the market we test thoroughly to ensure quality for users. After applying Digital Wellbeing always returns results and quality desired by users.

Part 2: RESEARCH

I. Primary Research

1.Research result

Interview question

Interview: Trinh Minh Duc

Interviewer: Tiến, Nguyên, Hiệu , Hùng

> **Q1. Do you know anything about Digital Wellbeing?**
>
> **Answer Tiến: Yes, I think time management on Instagram very useful**
>
> **Answer Nguyên: No, I don't care**
>
> **Answer Hiếu: Yes, It very useful**
>
> **Answer Hùng: No, I don't care**
>
>
> **Q2.How long do you spend on social media?**
>
> **Answer Tiến: Yes, I use social media regularly**
>
> **Answer Nguyên: Yes, It is my indispensable thing**
>
> **Answer Hiếu: No, I use it occasionally because it's a waste of time**
>
> **Answer Hùng: Yes, I always use**
>
> **Q3. Do you use your phone at night?**

Answer Tiến: Yes, I often use my phone at night, which affects my biological sleep

Answer Nguyên: No, I don't

Answer Hiếu:Yes, I often use the phone at night because it is my habit

Answer Hùng: No, I don't

Q4. Do you think this software can really help improve health and sleep?

Answer Tiến: Yes, This app very useful

Answer Nguyên: Yes, This app very useful

Answer Hiếu: Yes, This app helped me improve my sleep.

Answer Hùng: Yes, This app very useful

Q5.Do you want to further improve product functionality in the future?

Answer Tiến:Yes, I, want

Answer Nguyên:No, I don't want

Answer Hiếu: Yes, I, want

Answer Hùng: No, I don't want

2.Questionaire

Question	Answer
Q.1What's your name?	
Q2.How old are you?	
Q3. What's your major?	A.IT B. Design C. Business
Q4. Are you tired of your eyes when using the phone a lot?	A.Yes B.No
Q5. How do you think the darkmode function can protect the eyes?	A. It very useful B. useless
Q6. How much time do you spend on social networks?	A.1 hour – 2 hour B.4 hour – 6 hour C.8 hour – 12 hour D.Regularly
Q7. Does the process of using your phone too much at night feel tired?	A. No B. Yes
Q8: Have you ever used ActionDash software?	A.Yes B.No
Q9. Do you use your phone at night for a long time and do you have trouble sleeping?	A.Yes B.No
Q10. Do you need additional features for the software?	A.Yes B.No C.Maybe D.Other
Q11. After using the software, how do you feel about our products?	A.Very good B.Good C.Bad D.Very bad

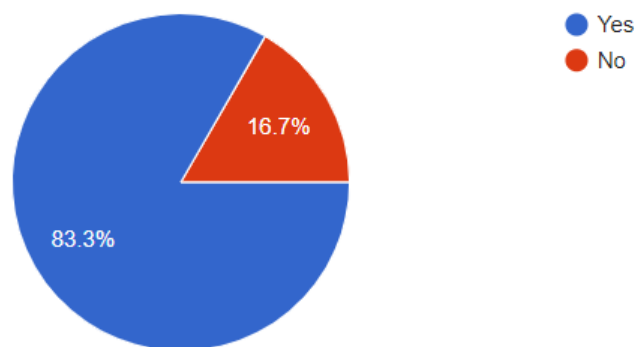## 3.Survey

How old are you?

30 responses
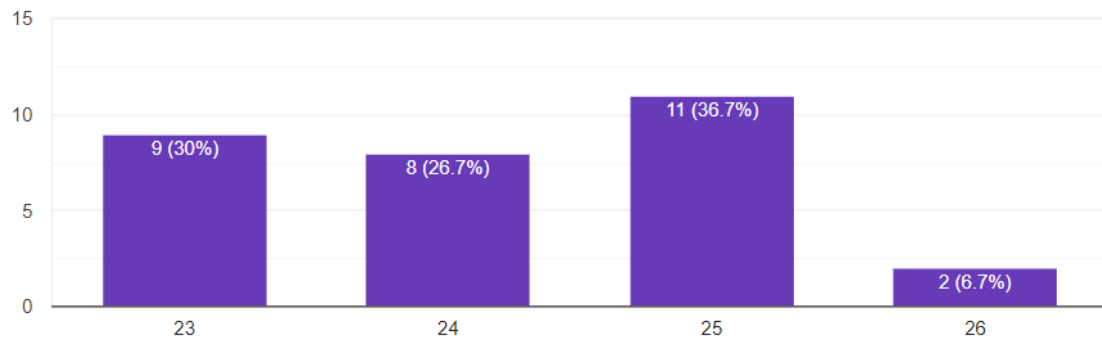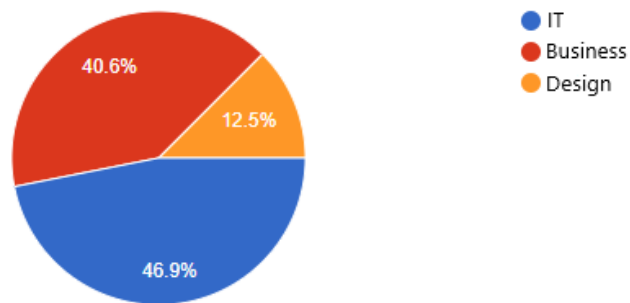

Are you tired of your eyes when using the phone a lot?

30 responses

After the survey, number of people with eye strain: 83.3%, number of people without fatigue: 16.7%

What's your major?

32 responses

- IT
- Business
- Design

40.6%

12.5%

46.9%

Based on the chart, the percentage of IT learners is: 46.9%, business learners are: 40.6% and design learners are: 12.5%

How do you think the darkmode function can protect the eyes?
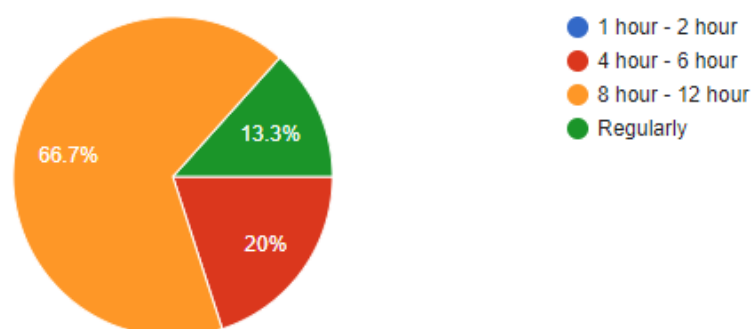
30 response

- It very useful
- useless

100%

Based on the chart, the dark mode feature is very effective in protecting the eyes when using the phone to read books, watch movies at night.

How much time do you spend on social networks?

30 responses

- 1 hour - 2 hour
- 4 hour - 6 hour
- 8 hour - 12 hour
- Regularly

66.7%

13.3%

20%

Based on the above survey, young people use smartphones too much now, the number of people using 1-2 hours: 0%, the number of people using 4-6 hours: 20%, the number of people using 8-12 hours 66.7%, regular users: 13.3%

Does the process of using your phone too much at night feel tired?

30 responses
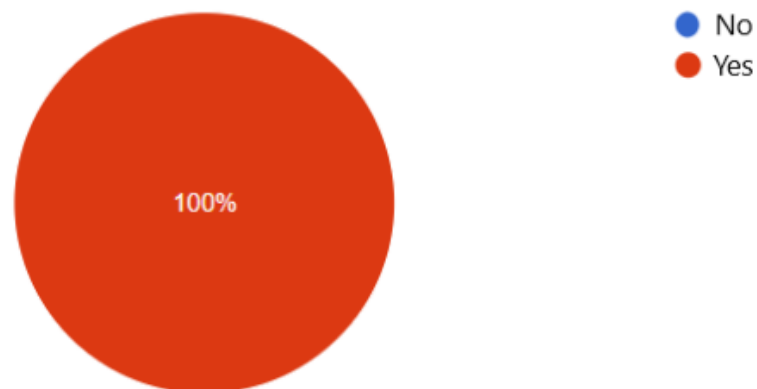
Based on the chart shows that the number of people using the phone at night has a lot to do with health and work

Have you ever used ActionDash software?

30 responses
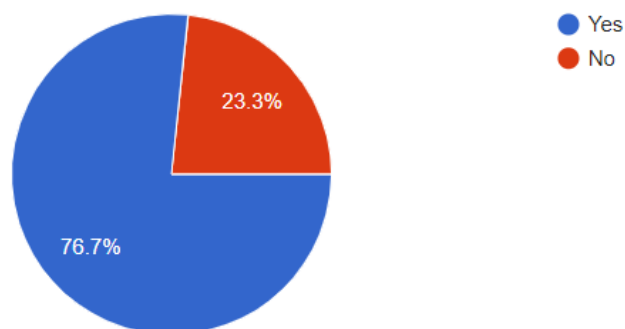
Based on the above survey rates, our app users are a lot, the proportion of people who have used is 76.7% and have never used 23.3%.

Do you use your phone at night for a long time and do you have trouble sleeping?

30 responses
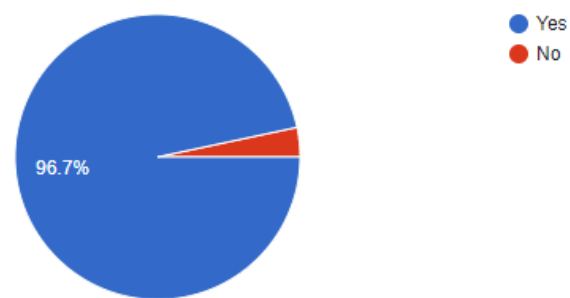
Based on the Graph shows that people who use the phone at night are very susceptible to insomnia and health problems.

Do you need additional features for the software?

30 responses

Based on the above chart it shows that the user wants to change the upgrade is 83.3%, no change is 16.7%.

After using the software, how do you feel about our products?

30 responses

After finally interviewing users for reviews after using the app, the customer has a very good rating: 56.6%, good is: 40%, bad: 3.3%

4. Index

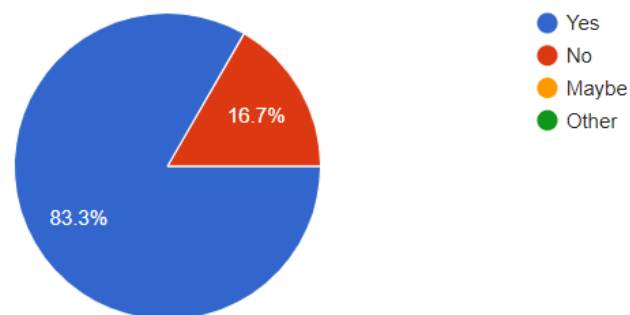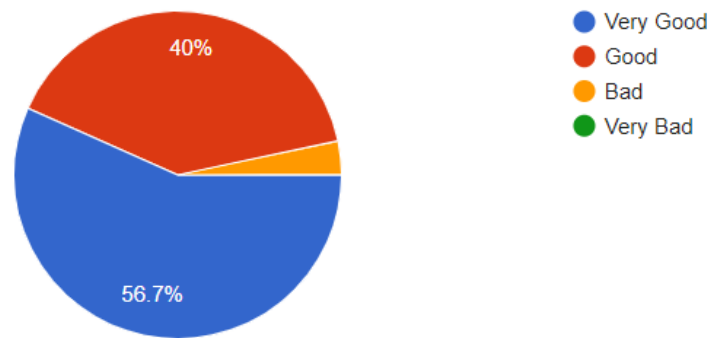| Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10
	1	1	1	2	2	1	2	1	2
	2	1	1	2	2	1	1	1	2
	3	1	1	1	2	1	1	1	2
	1	1	1	1	2	1	2	1	2
	2	1	1	1	2	1	1	1	2
	2	2	2	2	2	1	2	1	2
	1	1	2	2	2	1	1	1	2
	3	1	2	2	2	1	1	1	2
	2	1	2	2	2	1	1	1	2
	3	2	1	1	1	1	1	1	2
	3	1	1	1	2	1	1	1	2
	2	2	1	2	2	1	1	1	2
	2	1	1	2	2	1	1	1	2
	1	1	2	2	1	1	1	1	3
	3	1	2	1	1	1	1	1	2
	4	2	1	1	2	1	2	1	2
	1	1	1	1	2	1	1	1	2
	1	1	1	2	2	1	1	1	2
	3	1	2	1	1	1	1	1	2
	2	1	2	2	2	1	2	1	2
	4	1	1	2	3	1	1	2	2
	1	1	1	1	1	1	1	1	1
	2	1	1	2	1	1	1	1	1
	3	1	1	1	4	1	1	1	1
	1	1	1	1	1	1	2	1	2
	2	2	2	2	2	1	1	1	1
	2	1	3	2	2	1	1	1	2

Figure 3:question code and answer

5. Evaluate

Project of building and researching digital well-being based on the plan, conducting design,

making for the user experience and surveys from which to build and research projects. The project, after its first launch, will have a domestic scope, with a budget of $ 950,000 later finish. Digital Wellbeing is born to bring healthy habits to your whole family. Through the process of interviews, group discussions and project quality surveys, most of the results are found After being considered, it is assessed positively and 95% met the detailed goals. Research process also positive for users.

II.Secondary research

Type of Resource	Type of Resource	Links
Blog post	Digital wellbeing is a term used by health professionals, researchers and device manufacturers to describe the concept that when humans interact with technology, the experience should support mental and/or physical health in a measurable way. The goal of improving digital wellbeing is to design technology in such a way that it promotes healthy use and proactively assists the user to maintain a healthy lifestyle.	https://whatis.techtarget.com/definition/digital-wellbeing
Article	Smart devices have undeniable benefits to productivity, social connectivity, entertainment, and enhanced learning technology. The concept of digital well-being (the mental and physical health associated with the use of digital tools) assumes that private and professional lives are saturated by technologies. also serves their purpose but can sometimes act as a hindrance, distracting students and educators from their daily routines, damaging interpersonal relationships and encourage nondemocratic values.	https://www.aace.org/review/digital-well-being-are-devices-overwhelming-or-extending-our-minds/
Webinar	This program is nothing but a DATA miner so google knows every single move you make on your phone at	https://whatis.techtarget.com/definition/digital-wellbeing

	all times. you cant deleted the app and even when you turn off all permisions its still collecting Data. HOPE the EU sets records for the fine on this one.	
Webinar	Mr. Neil Seligman attended this February Intellectual Conference 2.0 in San Francisco, where he has been an annual attendee since 2014. The conference invites conversations and exchanges about the intersection of mindfulness and technology. and business. In particular, this year, he was hit by the latent shame I feel at some of the wealthy tech founders who are waking up at the sky-high human costs of devices, applications and technology steal their attention successfully. The Information Age now seems to have transformed from the beautiful promised land of common knowledge and shared advantage, into another wasteland with an increasing concentration of wealth, and workers being exploited. and to the detriment of an unsuspecting public, most common ones, who are falling into addictive behaviors surrounding digital media and their devices.	https://www.linkedin.com/pulse/digital-addiction-what-have-we-done-alexandra-joicey

Digital Wellbeing affects families

Google's macro vision for Digital Wellbeing is to help you find balance in your life and your family, so family controls will be an even more significant part of what they do. Family Link is the central point of that realm. It gives parents the ability to monitor and manage their kids' devices, whether that's seeing which apps they've downloaded and how long they use those apps. Parents will continue to get controls to manage screen time, set bedtime schedules, remotely lock devices, and approve or deny app downloads and purchases. In the future, they'll also get recommendations on education contents to keep their kids learning. And then there's still the child-friendly YouTube Kids, Google WiFi's higher level network management (just in case they've gone and found some way to circumvent that Family Link stuff), and digital edutainment content Google will continue to push.Google's macro vision

for Digital Wellbeing is to help you find balance in your life and your family, so family controls will be an even more significant part of what they do. Family Link is the central point of that realm. It gives parents the ability to monitor and manage their kids' devices, whether that's seeing which apps they've downloaded and how long they use those apps. Parents will continue to get controls to manage screen time, set bedtime schedules, remotely lock devices, and approve or deny app downloads and purchases. In the future, they'll also get recommendations on education contents to keep their kids learning. And then there's still the child-friendly YouTube Kids, Google WiFi's higher level network management (just in case they've gone and found some way to circumvent that Family Link stuff), and digital edutainment content Google will continue to push. (KENNEMER, 2018)

Part 3: Project

After doing my project research, I will proceed to develop my project.

Aim and Objectives of project	
Aim	Deploy time management features for iOS and develop darkmode feature on android
Objectives	Based on research results, a set of functional requirements that limit phone usage time was built. -Build stabilization functions to reduce smartphone usage time -Build new functions for iOS and Android operating systems

Table 7:Aim and Objectives

I.Time

| No	Activate		Dates	The work must be completed
1	Study the feasibility of the project	Primary research	06/12/2020 – 12/12/2020	Complete the interview, collect results from survey, evaluate the results
		Secondary resarch	13/12/2020- 18/12/2020	Research and answer research questions
2	Project	Project initialization	19/12/2020 – 26/12/2020	Implementation of project initialization: Time, risk contact, financial and functional requirements building
		Project implementation	27/12/2020- 02/01/2021	Perform construction of the interface and coding for functionality
		Project finished	03/01/2021- 09/01/2020	Carry out the update and make a maintenance plan

Table 8:Time

II.WBS
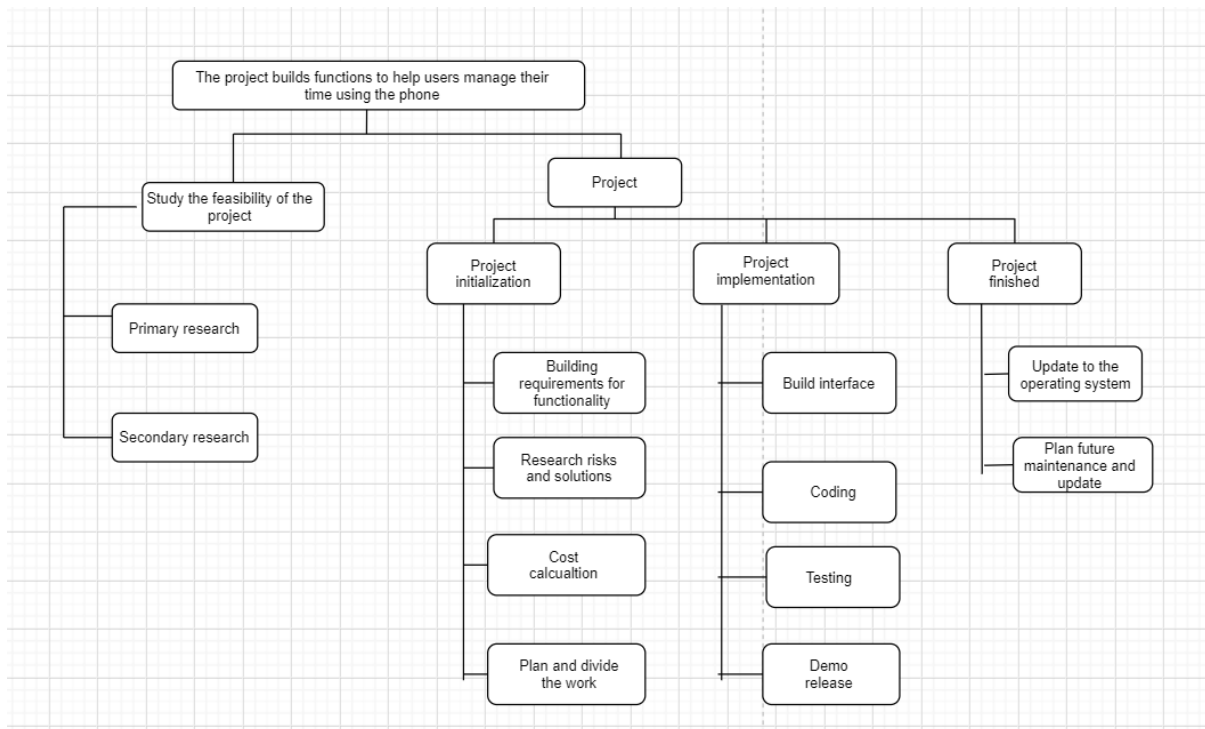
Figure 4:WBS

III. Gantt chart

Figure 5: Gantt chart
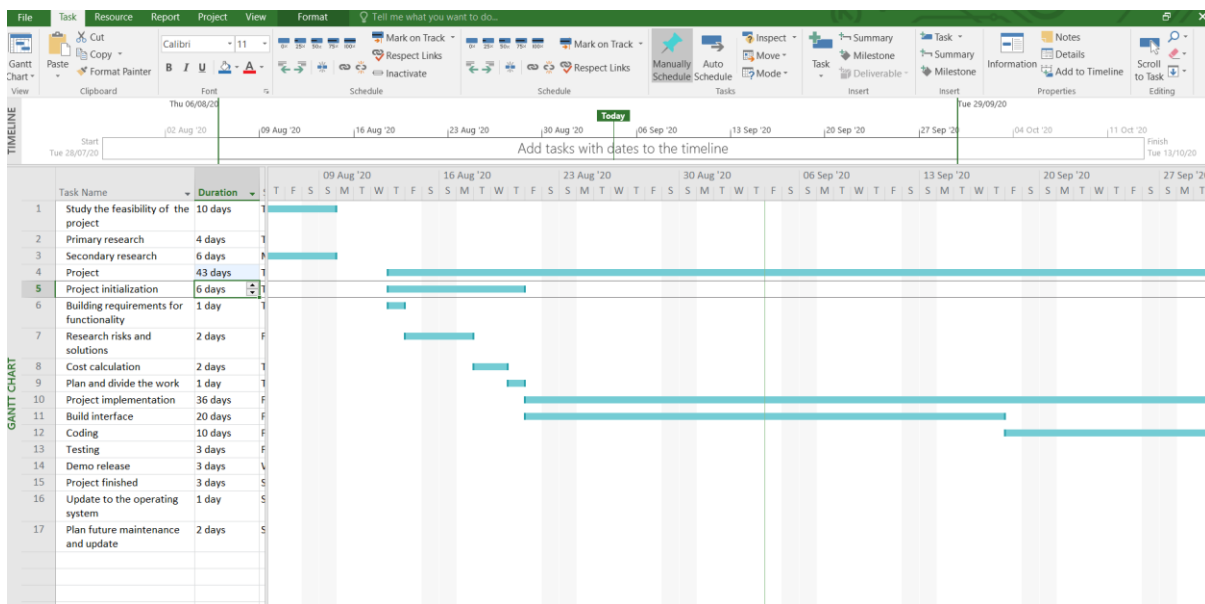
IV.Requirements for new functionality

No	Description
1	Users can schedule to shut down applications that are statistically used a lot. Users can choose the time frame to turn off the application at weekdays. This option can help users not to be disturbed during working or resting hours.
2	Users can customize the Dark mode feature gold light of the app

3	You can set the Custom Dark mode to an automatic timer of your choice
4	Users count the number of application launches, helping to provide a more comprehensive view of smartphone usage habits.
5	Users implementing the feature of removing push notifications will be more convenient and intuitive here in time management and notification management.
6	Helping users to limit phone usage will show a notification prompting the user to turn off the phone
7	Users can set a reminder to stop using the phone for a few minutes after a certain period

Table 9Requirements for new functionality:

V.Cost

	Detail	Note
Upgrading office	1000USD	Buy some more monitors and computer parts
Research costs	1000USD	Serving the feasibility study of the project
Test equipment	600$	Buy phone for testing
Support for meals	700$	Support for eating and drinking while working at night for project members
Buy a test server	3000$	Buy the server for the trial
External costs	2000$	Contingency costs for the project

Table 10:Cost

VI.Risks

	Risk	Deal with risks
1	The price of the upgrade to the plus version to add features users reflect is still too expensive	We will adjust the prices accordingly for all users
2	New technology applied in product development is not fully supported by the supplier The technology product selected for the project does not address the customer problem or need	Ask the Customer to explicitly desire the performance standards of the functionality Make sure everyone in the project is aware of the specific performance requirements. Test with real data to confirm exact performance (dev or staging only) to confirm the correct performance of product
3	Too many participants experiencing the new feature had an overload resulting in delay or error	spend $ 300 more to increase bandwidth

Table 11:Risks

VII. Division of work

No	Activate		Date	The person performing
1	Study the feasibility of the project		28/07/2020 – 09/08/2020	Trinh Minh Duc
2	Project	Project initialization	13/08/2020 – 20/08/2020	Trinh Minh Duc
		Interface design for functionality	21/08/2020 – 17/09/2020	Trinh Minh Duc Nguyen Huu Quan
		coding	18/09/2020- 01/10-2020	Trinh Minh Duc Pham Duc Thang
		testing	02/10/2020- 06/10/2020	Trinh Minh Duc
		Update to the operating system	10/10/2020- 10/10/2020	Trinh Minh Duc
		Plan future maintenance and updates	11/10/2020- 12/10/2020	All team

Table 12:Division of work

VIII. Resources

	Detail	Note
Save the code	All project code data will be stored on MongoDB	https://cloud.mongodb.com/v2/5f28b2522db8685f1bbb8529#metrics/replicaSet/5f28b32e5cfbcf38c49e0eb3/explorer/Managertime
Task assignment tool	Action Dash calendar	Send the link to join by email
Server	The project is hosted by a server hired on Ebay for testing	Account: ActionDash.com Password: ActionDash1st
Test tool	Action Dash Test Tools	Account: Google.com Password: NoBug

Table 13:Resources

Conclusion

Digital Wellbeing is dedicated to helping you understand how digital technology affects Psychological health. We summarize the latest studies, findings and details about capabilities Our lives experiences and assessments are positively influenced by time spent using devices, social media and smartphones. In a world rife with warfare, Digital Wellbeing seeks to provide a balanced range of scientific research on the impact of digital technology on our health. The goal of digital wellbeing is to design technology in

a way that promotes healthy use and proactively assists users in maintaining a healthy lifestyle.

References

Joicey, A., 2020. [Online]
Available at: https://www.linkedin.com/pulse/digital-addiction-what-have-we-done-alexandra-joicey

KENNEMER, Q., 2018. *https://www.androidcentral.com/.* [Online]
Available at: https://www.androidcentral.com/googles-digital-wellbeing

Rouse, M., 2019. *https://whatis.techtarget.com.* [Online]
Available at: https://whatis.techtarget.com/definition/digital-wellbeing

Rouse, M., 2020. [Online]
Available at: https://whatis.techtarget.com/definition/digital-wellbeing

Themelis, C., 2020. [Online]
Available at: https://www.aace.org/review/digital-well-being-are-devices-overwhelming-or-extending-our-minds/