Technology configuration inventory

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Instructions

It is useful to inventory the current technology configuration of the community, i.e., the current technology that the people working, learning, advancing knowledge (etc.) in the specific area you are engineering software for are using, as a way to understand the community better and what matters to them better. If yours is a new community, it may not have any specific technology yet, but even for brand new communities, the current configuration may not be empty, for instance if general tools like email or phone are going to be used. You can use a version of the table on the next page to inventory and analyze the current configuration of your community:

1. Get the big picture. Research the area and make a list of all the platforms and stand-alone tools in your community's configuration as best you can
2. For each platform, list the tools and check the ones that are being used. Why are some not being used? Are there duplicates? Are there issues around integration between tools?
3. To the left, make a note of which community activities/orientations the tools currently support in your community
4. To the right, identify the key features of tools. Are some of these features commonly or rarely used? What are the reasons for that?
5. Assess actual tool use if you can. Identify which are dominant and which are only used by smaller groups and individuals.

NOTE: Add new rows as needed below. Please know your search should be as exhaustive as possible given the area you are researching

Platform	betterhelp		
https://www.betterhelp.com/			
Supported activities	**Tools**	**Key features**	**Usage notes**
Talk with an expert (counseling feature)	Counselor will be there in case of any concerns	Get advice from an expert in case of any issue related depression, anxiety etc.	Common expert advice tool Single feature website

Platform	Calm (with premium feature)		
https://www.calm.com/			
Supported activities	**Tools**	**Key features**	**Usage notes**
Sleep quality improvement	Sleep	Music albums are available to fall asleep	This is paid feature. All albums are not accessible

Tutorials for different topics	Master Class	Playlist of different topics can be seen later as well	This is also paid feature. Not all tutorials are accessible
Step wise video for exercises	Calm Body	Different stretching videos to do yoga & exercise	Similar content might be available on YouTube

Platform	MindDoc		
https://mymoodpath.com/			
Supported activities	**Tools**	**Key features**	**Usage notes**
Online counseling with Betterhelp	Treatment	It is same as mentioned in Betterhelp	
Track mood and journal	Your mood journal	Detect patterns of emotional state and identify areas that can improve	Subscription is there to recognize thought pattern after some point
Courses or blog templates to understand mental health issues	Discover	Reading and listening of courses on different concerns	This information might be available on google

Stand-alone tool	Tool type or name		
Supported activities	**Tool**	**Key features**	**Usage notes**