Team Members:

Elizabeth Qiu: Team Liaison

elqi4234@colorado.edu

Yuxuan Luo

yulu9243@colorado.edu

Part 1: Design Research Summary

Yuxuan Luo: The type of research I conducted were the 1:1 interviews.

I conducted the research with two of my friends/classmates who are also students. I asked them to meet in a the quiet place. I asked them questions and typed their responses on a document. The questions and their answers from the two people (pseudonyms of Ken and Miller) I interviewed are under appendices. Some quotes about how social media may make them happy or stressed: "Happy, because I can talk with my friends and share some interesting things with them" from one person and "Sometimes happy and sometimes stress, because I feel happy to chat with my friends but I feel it waste of my time when I spend an hour inside" from the other.

 Findings from my data collection:

1. Homeworks and exams are the two big reasons that cause them feel stress. They will spend 5-8 hours everyday to study and do homeworks, which make them feel so tired. The pressure of exams every month also push them to study very hard and sacrifice a lot of relaxing time. So I think give students some suggestions about how to study more efficient and balance their time between study and relax are what we can add in our app

2. The common ways for many people to relieve their stress are listening music, doing sports and watch social media. I think I can provide some music and sport channels inside our app

3. How to use social media properly is what we are interested in. Social media has become a very popular way for people to spend their free times on. Sometimes they can find some happy things inside, but sometimes they feel more anxious and stress. Some people will be addicted and can not control their time to spend on social media. Also, There are many negative news inside the social media. Our app can keep track of how much time they spend on social media and help people control their times. We record their feeling in social media each time. What are the things make them happy and what are the things make them feel stress.

Elizabeth Qiu: I also conducted one interview as well as contextual inquiries of two people in which I observed the context (CSEL) and asked them some questions and typed their answers into a document on my laptop. The people I conducted the research with were friends who are fellow students at the college in Computer Science. The contextual inquiries took place while we were in CSEL. An interesting quote from the interview I pulled out here: "Good days consist of being able to relax without any immediate concern or stress over deadlines, while also being able to focus on other outside activities. Bad days consist of the opposite, but also include physical ailment (headaches, upset stomach) from overthinking and frustration." For the contextual inquiries done at CSEL, I thought it was interesting that Reddit was a common

website/app to use in their free time. Complete data collected from the interview and contextual inquiries are in the appendices.

Findings from my data collection:

1. When the students are feeling stressed at a place like CSEL, they will either listen to music to try to drown out the noise as it tends to get noisy or go home. Listening to music seems to be a common factor. In the interview music was listed as something that makes them happy, and in the contextual inquiry, both students listed having used music websites/apps/programs (Spotify for one and Google Play Music for the other). I think knowing this will help with the design by knowing to include music.

2. Sources of stress include school assignments, fear of failing to achieve long term goals, expectations from family. Environmental stress factors from the contextual inquiry were listed as having too many credit hours(busy schedule) and messy study areas. The design should look at ways to contribute to reducing this stress.

3. Some social media websites/apps mentioned in the data I collected: Reddit, Facebook, Twitter, Instagram, Snapchat, texting. In the interview, the respondent had mixed views on keeping up with news through social media (specifically Twitter). Different people will probably have different websites/apps that are their most used, and I should think about how to incorporate the design so that they can detect or receive input on which particular socials they're spending the most time on.

Part 2: Group Reflection

Meeting details: CSEL on Friday from 4:00-4:30 pm

Attendees: Elizabeth Qiu, Yuxuan Luo

Notes:

- Do your findings agree? Disagree?
    - Our findings agree on some points such as music and spending time on entertainment apps being a common factor among students as a source of relaxation. Sources of stress like exams and homework are also pretty similar since both of us collected data from students. Differences in our findings come from unique inputs from the students, for example: a student might have additional sources of stress, or each person may use a different set of websites/apps in their free time.
- What decisions can you make based on this data?
    - We can provide some suggestions for people on how to spend their free time in social media, listening to music, watching videos, and other entertainment in order to reduce stress and maximize relaxation. One possible thing we can do is find some useful resources online to include in the design for helping students to alter their study habits and improve their study efficiency, which make them have more time to relax. Some other decisions mentioned in data findings in Part 1: include music and other

entertainment channels, have it linked to other apps that the students are already using in their free time.

- Were some data collection methods more or less useful than the others? Why?

    ○ We think the interviews were a more useful data collection method than the observation/contextual inquiries because it feels more broad and the questions can be expanded upon. We can get more accurate answers from people by allowing them to write down what they think.

- If you think more data collection would help, what else would you want to know?

    ○ If more data collection were to happen, we would want to know more details about behaviour on social media and what exactly students do while spending time on websites/apps but this may be too intrusive.

Part 3: Appendices

Interview

Answer the questions you feel comfortable answering. The length of your answers can vary. A pseudonym has been assigned: Sylvia

- How would you describe your mental health?
    ○ On a scale from 1-10, 1 being the worst, I would consider myself currently at a 6. Currently feeling low self esteem.
- What are good days and bad days like for you?
    ○ Good days consist of being able to relax without any immediate concern or stress over deadlines, while also being able to focus on other outside activities. Bad days consist of the opposite, but also include physical ailment (headaches, upset stomach) from overthinking and frustration.
- Do you feel stress? If so, what causes that stress?
    ○ School assignments, fearing failure to achieve long term goals, specific expectations from family members.
- What do you do to relieve stress?
    ○ Draw, sleep, read up on interesting topics, watch interesting videos etc.
- Is there an overlap between what you do in your free time and what you do to relieve stress?

- ○ Yes, most of the things I do to relieve stress I can only do if I have free time.
- What makes you happy? These could be people, hobbies, TV shows, books, music etc.
  - ○ Art, talking to friends, listening to music, spending time with family and pets, playing games, watching videos.
- Do you feel that you don't have self-control over certain aspects of your life? If so, what in particular?
  - ○ I sometimes feel that I can't control some of my bad habits, even though I know I just need to change as a person. Old habits die hard. Other things include the future, like if I'll be able to follow through with my ambitions, or if they're too idealistic to pursue.
- What social media accounts do you actively use?
  - ○ Twitter and instagram.
- Is there a social media or entertainment app that you use more than the others? If so, please estimate how much time you spend daily/weekly on the app.
  - ○ Twitter- I spend about 2 hours on twitter a day.
- Are you following the news or do you encounter news stories in your social media feeds?
  - ○ Twitter has a page that highlights news, which I actively check everyday and every few hours.
- Do you think that following the news can make a positive or negative impact? Explain.
  - ○ It helps me stay up to date with major news, but I also get to see the conversations sparked by individuals, especially those that are political. Reporting news innately comes with pros and cons, but I believe news is an important construct of communication among a society, even if the news is biased.

Interviews (a. Ken   b. Miller)
1. Describe your mental health on a scale from 1-5? (1-worst, 5-best)
   a. 3
   b. 4
2. List the things that will make you feel stress
   a. Homework, exam, lack of sleep
   b. Homework, exam, part time job
3. How you do relieve stress?
   a. Listen music, do some sports, watch movies
   b. go hiking, play video games, eat delicious food
4. List the things can make you feel happy
   a. Chat with friends, go to party, watch football game
   b. Playing video games with my friend, swimming, read books
5. What social media tools do you often use?
   a. Facebook, instagram, snapchat
   b. Facebook, wechat
6. Do you think social media makes you happy or stressed?

a. Happy, because I can talk with my friends and share some interesting things with them
b. Sometimes happy and sometimes stress, cause I feel happy to chat with my friends but I feel it waste of my time when I spend an hour inside

Observation/contextual inquiry Q&A at CSEL:

Answer the questions you feel comfortable answering. The length of your answers can vary. Pseudonyms have been assigned: Emily(a), Henry(b)

1. Where do you usually spend your free time at school?
   a. I usually spend my free time in CSEL.
   b. CSEL, Norlin Library, C4C
2. What do you usually do when you are feeling stressed at a place like this?
   a. I normally just put on headphones and listen to music to try to drown out the noise as it tends to get noisy.
   b. Go home.
3. Do you play any PC games or video games? If so, what are they?
   a. No I do not play any PC games.
   b. Not during the school year. CS:GO over the summer is great though ;).
4. Which websites are your most visited when not studying?
   a. I visit youtube and reddit the most when not studying.
   b. Youtube, HBO GO, Google Play Music
5. What apps/programs do you use most on your laptop in your free time?
   a. I use Spotify and Safari the most in my free time.
   b. Web browser, Code IDEs, Terminal
6. What apps do you use the most on your phone in your free time?
   a. I use youtube and Alien Blue (a Reddit app) the most.
   b. Reddit, Youtube, Snapchat, Texting
7. Why do you use these apps/programs?
   a. I enjoy using these programs because I get to destress from school.
   b. Entertainment
8. Do these apps/programs make you feel happy and relaxed? Why or why not?
   a. Yes because I get to focus on things that aren't school.
   b. Yes because they are entertaining and require little effort to use.
9. Is there anything in the school environment that causes you stress? If so, what in particular?
   a. Yes, taking 17 credit hours can really take a toll on a person. I really don't like Physics.
   b. Not finding a place to study/messy study areas.
10. Do you think there are any improvements to the space that can be made so that you can feel more relaxed at school? If so, what do you have in mind?
    a. Add more windows to CSEL and expand CSEL so that it doesn't always feel crowded all of the time.
    b. More frequent cleaning, better temperature control, better bathrooms.