tomorrow *(noun)* – a mystical land where 99% of all
human productivity, motivation, and achievement is stored.

"*Wow, it's only eleven—that still leaves
time for me to ruin tomorrow by staying up doing
nothing on the Internet.*"

~~Time~~ Attention Management

We don't have a time management problem; we have an attention *management problem.*

Time is not something we have; it is a choice we make. It is easy to choose a healthy activity for the next 30 minutes. It is just as easy not to go ahead and do it. A wise psychologist gives us the [algorithm for making and enacting a time choice](#).

You know what to do. Sit down and finish the task. But you don't. Why? Read this:
[how to be productive](#), [stop being lazy](#), and this… [the scientific way to beat procrastination](#)

[Delayed gratification](#) and [grit](#) is the ability to resist an immediate reward (checking [social media](#)) to gain a greater but later benefit (course work now, success later). But the trouble with delayed gratification is that it takes too long. A better way to think of it is choosing between what you want *now* and what you want *most*. [How To Be Resilient](#) (AKA [growth mindset](#))

A day without my phone is like… Just kidding. I have no idea.

➔ **What three things will you do to improve your time and attention management? (60 points)**

The answers that count are those that help you make best use of your day, doing the right things, and doing things right. Remember that the minimum word count gets more or less average marks depending on the quality of content. To go above average, see the marking rubric in Course Info.

Whatever you are not changing, you are choosing. Read that again.

Part ONE – Attention Management and Time Choices

➔ 1a. What you'll do   *(5 points)*
➔ 1b. Why and how you'll do it   *(15 points for 150+ words)*

➔ 2a. What you'll do   *(5 points)*
➔ 2b. Why and how you'll do it   *(15 points for 150+ words)*

➔ 3a. What you'll do   *(5 points)*
➔ 3b. Why and how you'll do it   *(15 points for 150+ words)*

Part TWO – User Interfaces (40 points for 300+ words)

There are many styles of user interfaces (UI) on different devices and operating systems that all intend to create an effective User eXperience (UX) for their user communities.

The traditional types of UI are:

- CLI – Command Line Interface

- TUI – Textual User Interface

- GUI – Graphical User Interface

➔ **If there was only one user interface you could use as a software developer, which would it be?**

~~~ Command Line ~~~ Text Interface ~~~ Graphical Interface ~~~ *Something else?* ~~~

Argue in favour of the one you could live with, and against the others.

More things to consider…if you have time:

❖ [Time management isn't the problem – our attention span is](#)
❖ Pay attention to your ⚠TTENTION
  ○ ["I think, therefore I am distracted."](#)
  ○ Your [brain and attention](#) from [Amishi Jha](#), a neuroscientist with useful info
  ○ [I Used to Be a Human Being](#) Andrew Sullivan's widely read essay
❖ Not knowing where to begin is a common form of paralysis (AKA procrastination). Composer John Cage's advice: *Begin anywhere*. Just begin, even for only two minutes. Newton explains: tasks in motion tend to stay in motion. Tasks at rest tend to stay at rest.
❖ [Working within constraints](#) can be better than a blue sky and a green field.
  ○ [Pomodoro Technique](#) -- now a classic method of getting it done in 25 minutes. (The time limit is a constraint.)
❖ Good ideas of time management in a manageable 10 minutes:
  How to Manage Time, Reduce Stress and Increase Happiness
  https://www.youtube.com/watch?v=N4YVLkuRBe8
❖ Why Do We Procrastinate? And what to do about it.
  https://www.youtube.com/watch?v=pKyHX0zqynk 8 ½ minutes
❖ Procrastination teaches how to do 30 minutes' work in 8 hours and 8 hours' work in 30 minutes.
❖ "Procrastination has been around since the start of modern civilization."
  You've got lots of company. https://dariusforoux.com/beat-procrastination/
❖ [You Don't Have a Procrastination Problem, You Have an Impulsivity Problem](#)
❖ Procrastination may be the world's most popular form of time management but [it isn't all bad](#).
❖ [Procrastination Research Group](#) – podcasts and research from Carleton University in Ottawa
  ○ procrastination provides 'short-term mood repair' when a task we don't want to do – but should do – overwhelms us. [Blog post from a researcher](#)
❖ In the Attention Economy, technology and media are designed to maximize our screen-time. Your 3 min. 48 sec. is time well spent at http://humanetech.com/designers/ (also at [https://www.youtube.com/watch?v=tf9ZhU7zF8s)](https://www.youtube.com/watch?v=tf9ZhU7zF8s). Then [Take Control](#) over the devices and apps that take your time away. The Center for Humane Technology, formerly [timewellspent.io](#), was co-founded by [Tristan Harris](#), the "closest thing Silicon Valley has to a conscience".
❖ If you [waste time](#) making a time machine, is time really wasted?
❖ [How To Stop Checking Your Phone](#): 4 Secrets From Research
❖ [How to Beat Procrastination](#) from the Shopify Blogs
❖ [Two Things Killing Your Ability to Focus](#)
❖ [How to Make Yourself Work When You Just Don't Want To](#)
❖ [Forest:](#) [smartphone](#) [game you play](#) by *not* [using your phone](#)
❖ "An unwelcome consequence of living in a world where everything is 'easy' is that the only skill that matters is the ability to multitask. …which is a flimsy basis for a life." [Tim Wu](#) author of "The Attention Merchants: The Epic Struggle to Get Inside Our Heads" The result may be [I have forgotten how to read](#).

Because you don't have enough time, run YouTube videos at double speed; see Settings

❖ You don't sleep because you don't have enough time? You've got it backwards.
  You don't have time because you don't get enough sleep. See [this](#) and [this](#).
❖ How to build your own [time machine](#) (12 min.)

- ❖ Inside the mind of a master procrastinator (18 min.)
  http://www.ted.com/talks/tim_urban_inside_the_mind_of_a_master_procrastinator
- ❖ Sleep quality and quantity are closely related to student learning capacity (attention, memory) and academic performance (problem-solving, GPA).
  - ○ Review the Research. e.g. Curcio et al, 2006. There is even a Wikipedia page.
  - ○ Too little sleep = missing a sleep cycle for 5 – 7 nights will lose you ~15 IQ points (Cohen, 1997. *Sleep Thieves*) You will be 2.5 – 5 times more likely to become ill – just like your mother said – due to a lowered immune system. Also: weight gain, exercise shortfall, mental health issues such as depression, anxiety, and feeling 'stressed out' (high cortisol levels) all of which make you less effective making everything take more time that you already don't have enough of.

"You are what you do, not what you say you'll do." – Carl Jung