**CPR101**

**Activity 8**

Think like a Programmer, User Interfaces, Time Management

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# Part 1 of 2 – ~~Time~~ Attention Management

## What will you do to be successful with your time attention? (60 points, see instructions)

### 🡺 1a. What you'll do (5 points)

1a. To be successful with my time, I would reduce my time spent on Social Media and change my thinking to incorporate Delayed Gratification in my lifestyle.

### 🡺 1b. Why and how you'll do it (15 points)

1b. Today, Social Media is one of the biggest time consumers in almost every person’s life and with the introduction of a new social media platform every two year or so, life has become miserable with them and unthinkable without them. The companies behind these Social Media applications exactly knows how to manipulate and use the human psychology against us and make us stick to these platforms as long as possible. To get rid of this trap that Social Media applications create, I will use a psychological method known as Delayed Gratification. Delayed Gratification is simply, the resistance to the temptation of an immediate pleasure in the hope of obtaining a valuable and long-lasting reward in the long-term. By using the method of delayed gratification, I will focus on a big goal and the satisfaction that brings instead of looking for small immediate rewards right now which we often get while consuming the content from these Social Media applications and websites.

(Center for Humane Technology) (Wikipedia)

### 🡺 2a. What you'll do (5 points)

2a. To be successful with my time, I would use a technique called ‘The Pomodoro Technique’ for all the tasks that will require me to be in unbreakable focus.

### 🡺 2b. Why and how you'll do it (15 points)

2b. The Pomodoro Technique is a time management method developed by Francesco Cirillo in the late 1980s. Mr. Cirillo invented this technique while he was studying in his university and struggling to focus while studying. The Pomodoro Technique is widely recognized and advised by various people who used to struggle to focus for a long duration of time and now have seen tremendous improvement in their focusing ability. I want to use this technique to improve my ability of doing long focus sessions and concentrate for longer periods of time.

This technique basically, tells the implementor to break the work intervals in multiple 25 minutes slots and take small breaks (usually of 5 minutes) between those slots. To follow this technique, I will either buy a kitchen timer or download a Pomodoro timer app, in which I will first set 25 minutes for doing focused work and then 5 minutes for taking break from the work.

(Cirillo) (Wikipedia)

### 🡺 3a. What you'll do (5 points)

3a. To be successful with my time, I would use the method of ‘Time Blocking’ my calendar to be more productive and using my time more effectively.

### 🡺 3b. Why and how you'll do it (15 points)

3b. Time Blocking is a technique in which a time period—typically a day or week—is divided into smaller segments or blocks for specific tasks or to-dos. By using this technique, we minimize the time spent on not so productive things because while using the Time Blocking method time spent other than sleeping is allocated for small tasks which are more important. I will use this technique because by doing so, I will have clearer view of my to do tasks and when to complete or finish them.

To follow this technique, I will first create and use a calendar in which I will input all the necessary thing I have to do. Then, I will analyze the remaining bits and pieces of time slots and assign other productive works to be done in those time periods. By doing this I will reduce the choice I have to make of what to do in that free time slot which in turn will help me use it effectively.

(Wikipedia) (Jory MacKay, 2019)

# Part 2 of 2 – User Interfaces (40 points for 300+ words)

If there was only one user interface I could use, it would be the Command Line Interface (CLI). Even though CLI was one of very first modes of interaction with the computer interface, nowadays it is used very rarely used, usually mostly by professionals. Contrary to public opinion and majority’s believe I think CLI is the best interface not only for being productive and efficient, but also for the regular tasks.

To begin with, CLI is very resource friendly and easy for the CPUs and GPUs inside the computer’s processor, which while comparing to the Graphical User Interface (GUI) is very light in terms of processing power required. Due to this the configurational requirements for the computers running CLI is very less as compared to computers running GUI which indeed saves cost while buying a new computer.

Moving Forward, while using CLI, against GUI the sustainability is also higher because the same computer can be used for large number of years, but if you are using GUI the updates and new versions will tend to outdate the existing software and the user will need to update the existing computer or replace it with a newer one.

Moreover, one another aspect at which the CLI shines against other interfaces like GUI and Textual User Interface (TUI) is the ability to do repetitive task in one single command. For instance, if you have to handle multiple files within a directory, with CLI you can do it in a single command but in GUI it is not quite possible.

Furthermore, while using the CLI the user gives inputs only via the keyboard instead of using the combination of a keyboard and a mouse which protects the user from developing Carpal Tunnel Syndrome caused due excessive use of mouse and touchpad as an input device. (Heather Hobbs, 2019)

Finally, I believe that while using the Command Line Interface, software developers can be a lot more efficient and productive because while using the CLI, specific keyboard shortcuts can be assigned and customized to the preference of the user which can be used to run multiple commands by just simultaneously pressing multiple keys on the keyboard together. Also, using only keyboard instead of input devices like mouse, stylus or even your voice, lets you do most number of tasks in least amount of input and time required.

(Domantas G., 2022) (Bosko Marijan, 2023)

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