

FUTURE LENS

PLAN 2: Ms. Dec

OVERVIEW

Ms. Dec is a technological extension of the **Metacognitive Student Data Evaluation Cycle** discussed in “ESSAY 3: PLAN” in the website’s “Metacognition” section, whose algorithm evaluates students’ **data** and generates an I-O psychology-backed **improvement plan (IP)** students can apply to their routines. The AI’s purpose is to automate the second and third steps of the MSDEC (**Evaluation and Design**) to not only save time for other tasks but use research-backed approaches to maximize the cycle’s effectiveness and efficiency.



Hi Name. What do you want to improve today?

Even when I make schedules I can't stick to them.

I always spill into the next task because it takes too long or I can't focus. I need help managing time and distractions.



Schedule	Procedure	Environment
Pomodoro Method <ul style="list-style-type: none">Work in 25 minutes bursts with 5 minute breaks	Batching <ul style="list-style-type: none">Group problems by topic to reduce mental switches	Noise control <ul style="list-style-type: none">Noise-canceling headphones and instrumental music
Buffer Zones <ul style="list-style-type: none">10-15 minutes in between tasks for spillover	Active Reflection <ul style="list-style-type: none">2-3 minutes after solving to evaluate wrong answers	Visual cues <ul style="list-style-type: none">Display schedule or checklist for referencing
Ms. Dec		

STEPS

1	Collect	S	You report your workflow as data that can be evaluated, particularly steps in the process that deviate from a specified goal.
2	Evaluate	AI	You identify the variable in a chain of events that cause a particular outcome.

3	Design	AI	<p>AI develops an improvement that advances one toward a goal based on the identified variable(s) during evaluation.</p>
			<p>AI adjusts your environment, procedures, and schedule to create an improvement plan (IP) for implementation of the improvement.</p>
4	Test Drive	S	<p>You trial run the improvement plan (IP) for potential repetition of the cycle.</p>