Hi I’m Yuri Sukegawa, a bachelor student. I’ll start my presentation. My project is behavior modification for time management using iOS app.

My project’s background is some people have problems with the time management. For example, look at the graph. The graph shows survey from students who said that they might often being late. 78% of students thought lack of time management is one of the factors why they are late.

Then, the result from my project, I made the hypothesis that time management needs two factors. One is this, “Expect time for tasks correctly”, and another is “make time for buffer to avoid risks”. However, it is difficult to always make perfect time management because not all the people remember how they spend their time to the tasks perfectly.

So, my motivation is improving time management through iOS app that I’ll make.

I showed my approach here. I first define what is the time for buffer. This formula shows how to calculate the time for buffer in my system.

This column shows user’s tasks, and time spend to their tasks. You can tap the column to add the check mark. The large number in the middle shows the addition of time that tasks you checked, and the time for buffer that system calculated. The little number shows the time for buffer that system added in calculation.

Here is the system diagram. When user measure the time and input task, the data posted to the server. When the user sees the visualize screen, the time log data were requested, and user can see the time log like I said in the approach section. User can also calculate the time if user want.

And, this shows experiment and evaluation in my project. I will experience this project with 20 subjects in a month. The subject measure time using the measure function in my app, and I’ll compare predicted time and measured time of task time and buffer.

and I’ll evaluate the comparison how the subjects’ behavior changed before and after uses the visualization function. I’m going to interview to the subjects about the app and experiment.

And today, there are some people that trying to decide about the project theme, so I will talk about how to decide my project. I decided this theme in 3 reasons. First of all, I’m not good at the time management and I want to know the reasons of why. Second, I am interested in health care and technology so I want to do it both. Third, I decided using this chart. To find best theme, I think it is important to know what I want and what I can do in 4 years like shiba-san said before. To find my theme or to think about my future, I made the chart like this. This line shows ability and this shows my motivation. I want to skill up my ability that I’m not good at, so I used these themes at my project. The 4 years are short than I expected, so maybe it is also important to think how long does it take to make your project, but don’t forget to have fun and love your project.

That’s my presentation. Thank you for listening.

Previous project → I classified the people who says “I have good at the time management” and “I have not good at the time management” and compare the data of difference.

Related works → There is some app about the time management, but there is few projects about modify time management in academic approach.

Schedule → I will make the app and design my experience in August, and after, I will experience and evaluate in September and October. I will analysis it and writing the graduation project paper after that.