OK, I’ll start my poster presentation. I’m suke from Well-Comp. The mentor is shiba-san. My project is behavior modification for time management using iOS app.

First, here is the abstraction. Time management needs expect time for task and buffer correctly. “ADLogger” is the system that expect how much time you may spend to the task and define the accurate buffer according to your time log data. The research will evaluate the accuracy of subjects’ time prediction, and comparing subjects’ behavior before and after using the system.

The 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 factor 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. The “N” shows number of tasks, “X” shows extend time, “Y” shows average time, and the “alpha” shows adjustment time like 5minutes or something. “alpha” will be adjusted to increase accuracy through experimentation.

And this, I will also make this visualize function screen before the next semester will begin. 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 last, this shows experiment and evaluation in my project. I will experience this project with 10 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.

I’ll classify the time expectation ability using analysis, 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.

That’s my explanation about the project. 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.

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