# IN4MATX 241: Ubiquitous Computing

Week 6: Engagement and Self-Improvement Daniel Epstein

# Today's Class

- 5:00-5:10—announcements
- 5:10-6:40—discussion on all the readings
  - (maybe a break in the middle, or maybe not if it's a good conversation)
- 6:40-7:00—project stand-up
- 7:00-7:50—office hours and feedback

#### Next week

- No class, President's day
- Instead: milestone reports due Monday night
  - 1 page report with supplemental materials
  - Something you would like feedback on or would like to show off
- Following week: milestone presentations
  - Same format, ~5 minute presentations with ~3 minutes for discussion

## **Engagement and Self-Improvement**

- Led by Kyu-Seon and Tan
- Goals for today:
  - Describe the advantages and disadvantages of varied modes of self-monitoring feedback
  - Think about how to better design for "deep personalization"
  - Examine PomodoLock's approach to improving self-interruption behaviors
  - Consider how to design for more meaningful smartphone interactions
  - Discuss how things have changed and how to best conduct these types of studies

### Discussion

# Project stand-up

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- What did you accomplish last week?
- What will you accomplish this week?
- What is causing you trouble, or what could you use feedback on?

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