



RAPID

Record, Analyze, Plan, Iterate & De-stress

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RAPID is...

Smart Scheduler

Stress Reliever

Idea Tracker

A smart calendar tool that learns and tweaks your daily plans for a more efficient and healthy schedule.

Overall Problem

Pre-Stem Major's Stress:

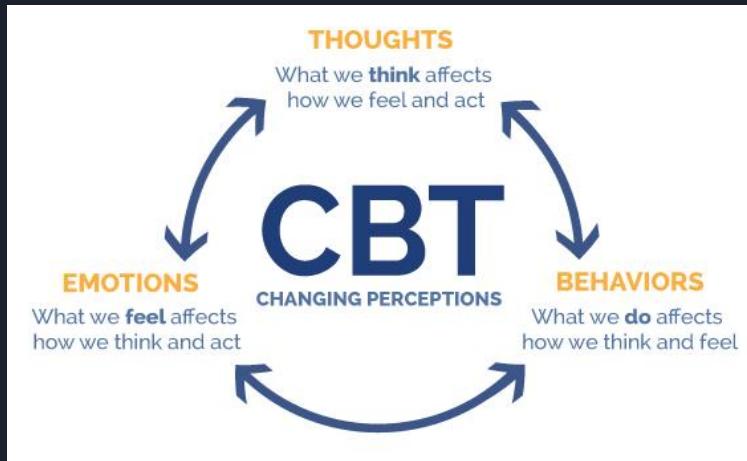
- Competitive Admission to major
- Internships
- Friendship/relationships



Any Solution Available?



Original Direction



CBT
DIGITAL
PLATFORM

Design Research

We conducted 4 qualitative interviews,

BUT

“Themes” were too high level to

- Make any actionable tasks off of
- Were too unrelated to each
 - Rewarding system to motivate,
 - Identifying stress
 - Track Sleep Cycle



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NOPE



Design Research

Follow-up Interview

DIGGED DEEPER about one interview participant!



Johnny, Let's talk more!



Johnny Overwhelmed



I'm not sure what I want to commit my time and energy towards.

Age: 19

Gender: Male

Year: Sophomore

Major: Informatics

Goals

- Figures out which focus he wanted to take in the iSchool program
- Keeps a high GPA

Needs

- Wants to be helped to relieve stress and overwhelming feelings
- Be more clear about what he wants to do in careers

Pain Points

- Gets stressed by the overwhelming amount of schoolwork
- Not sure what he wanted to do next in his life after getting a degree
- Not have a goal which he wants to commit his time and energy towards

Technology



Cellphone

Computer

Other

• Smartphone Desktop and

• Laptop

• Tablet



New Direction

CBT Digital Platform



A platform that simply alleviates the stress of our new target stakeholder group, INSPIRED by CBT Techniques



Six Tasks

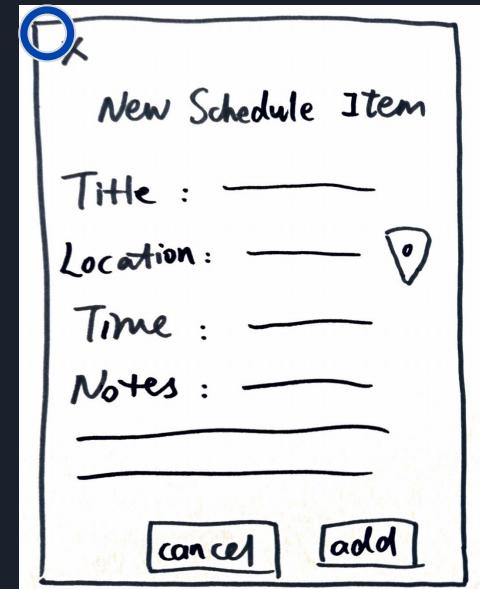
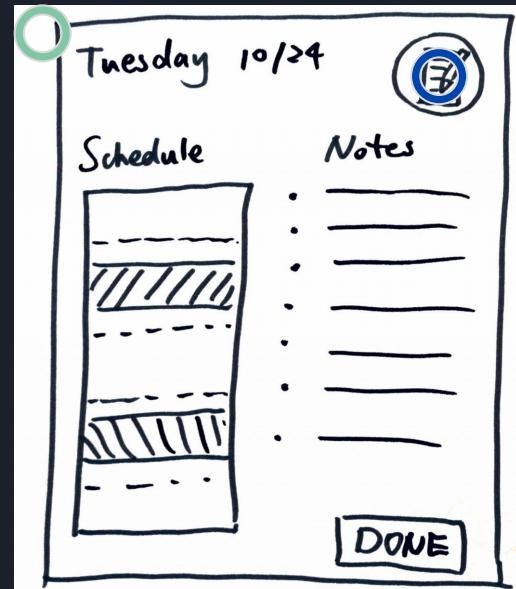
1. More effective way to find related classes
2. Tracking thoughts about classes he took, which will help him find suitable classes
3. Structuring their schedule such that his personal interest needs are met
4. To view other classes either within or outside his discipline or department that built on what he learned in the previous quarter
5. Organizing his ideas better so he could synthesize achievable goals that he actually cares about
6. Having an easier access to an alumni network so he can have some mentorships

Design Sketches



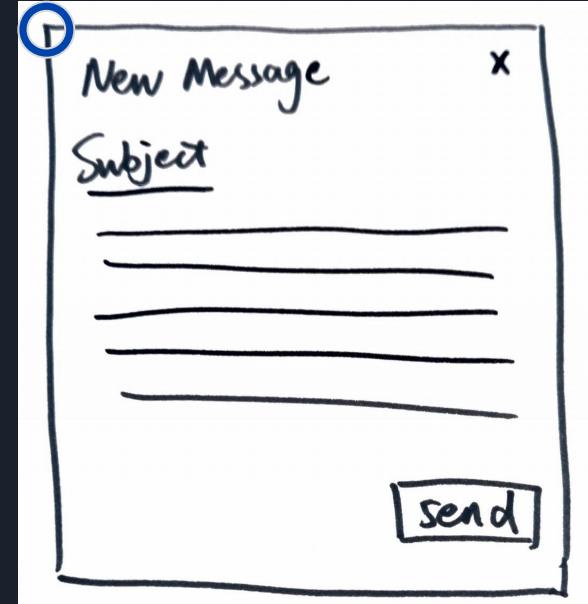
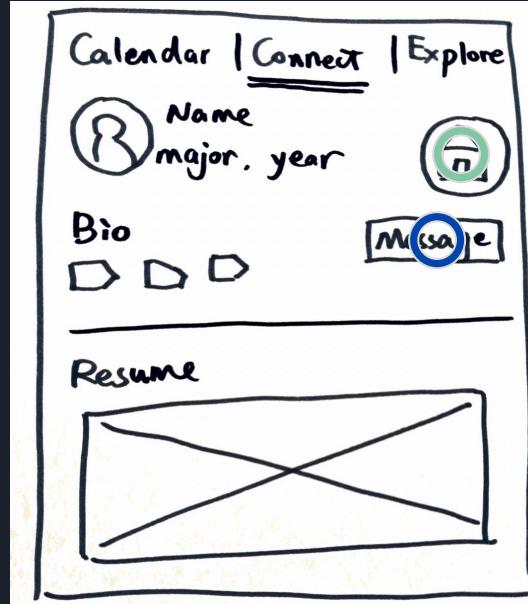
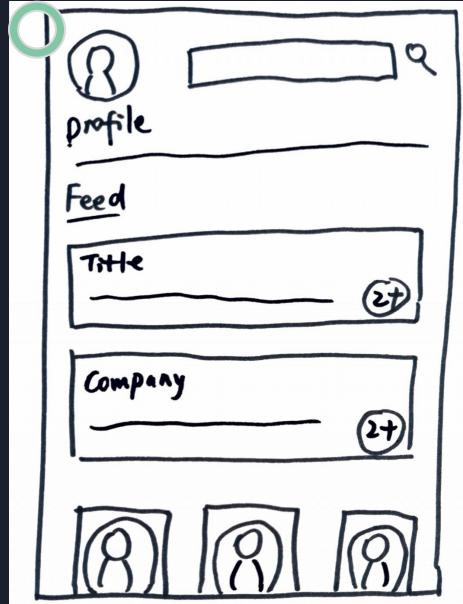
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Design 1 -- Calendar

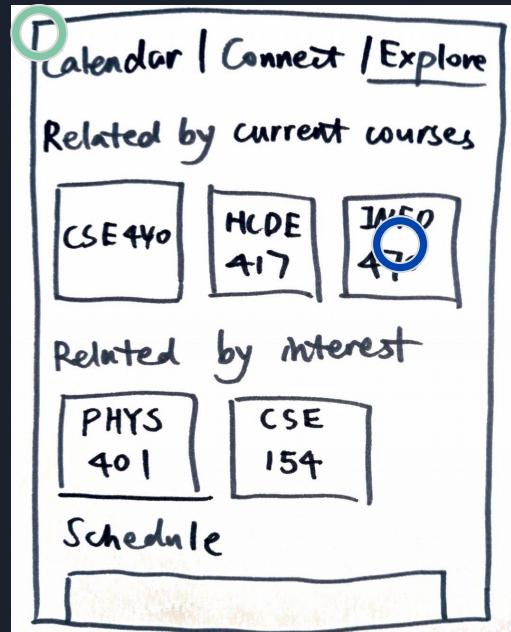
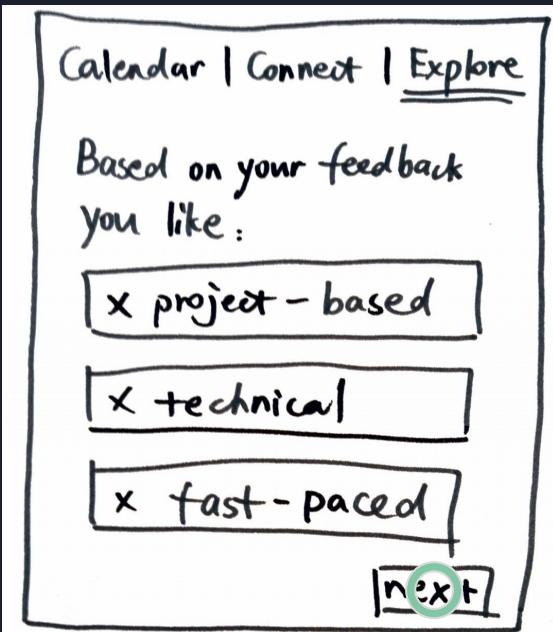


Design 1 -- Connect

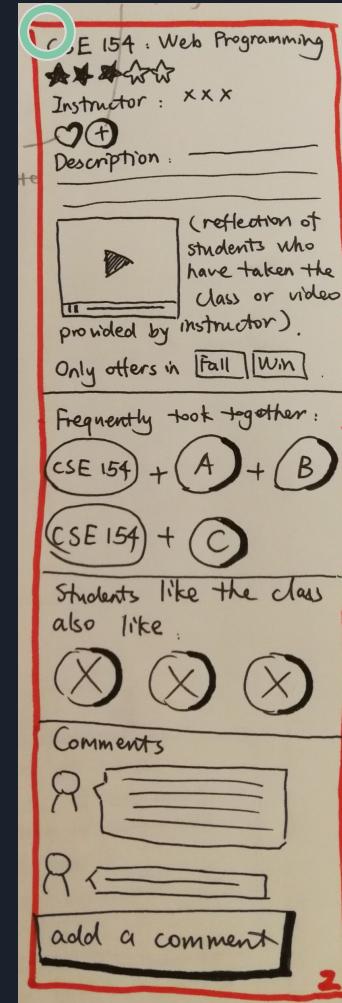
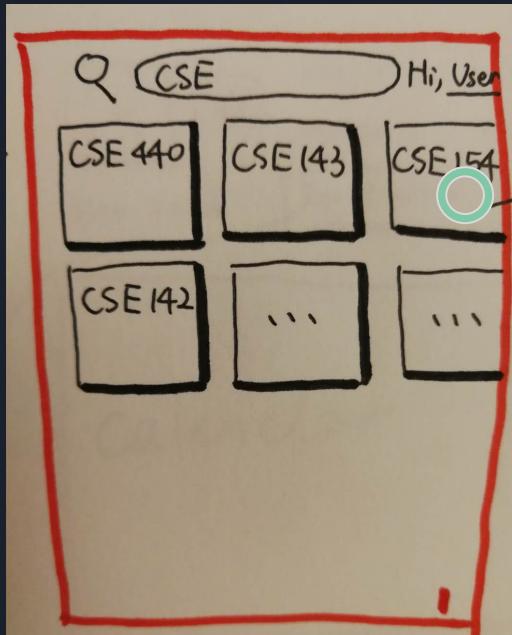
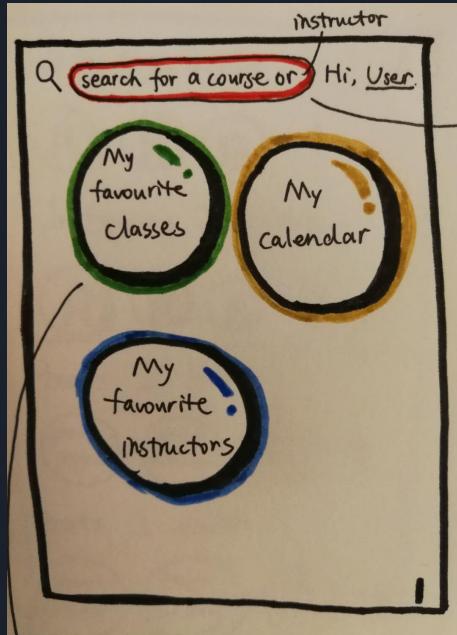
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Design 1 -- Explore

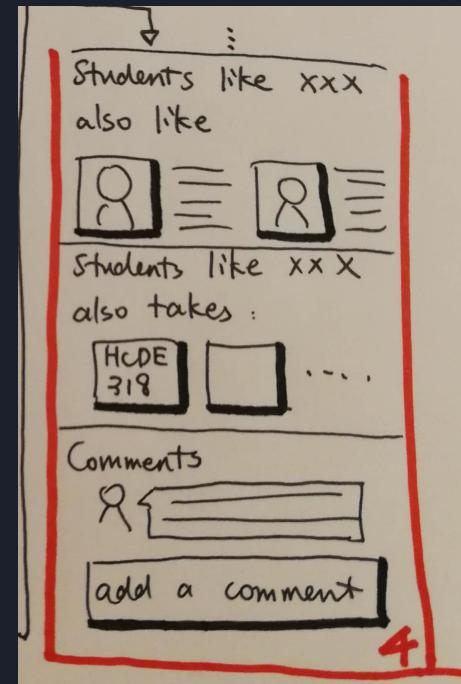
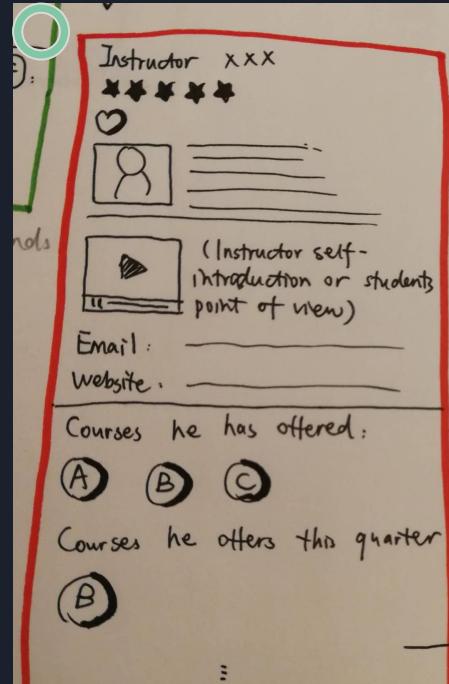
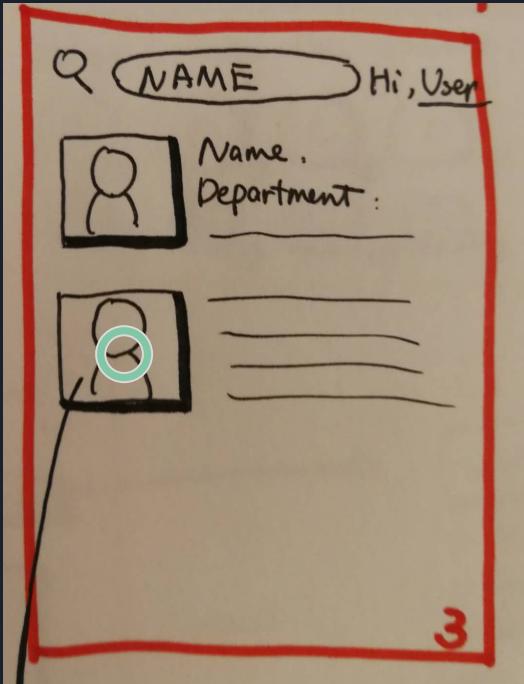


Design 2 -- Search Courses

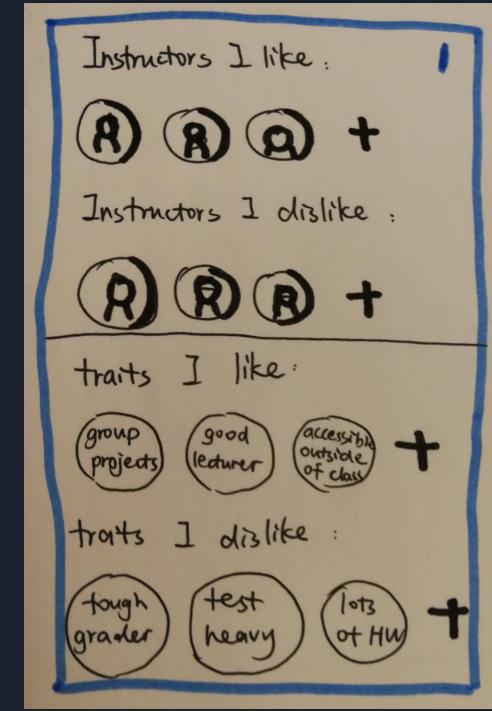
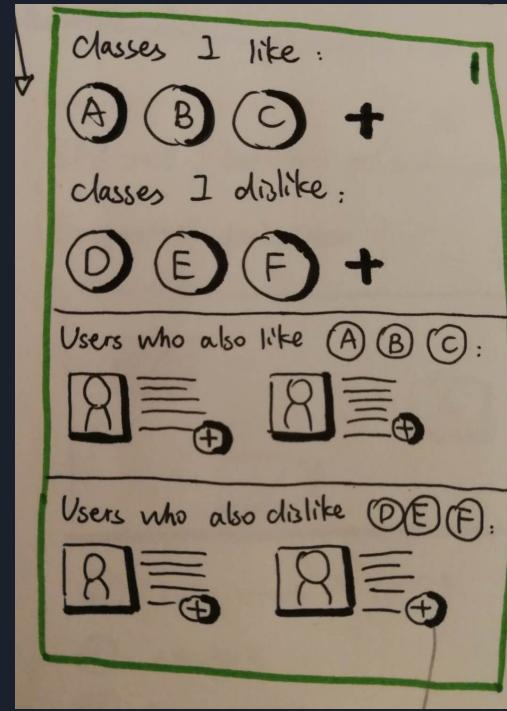
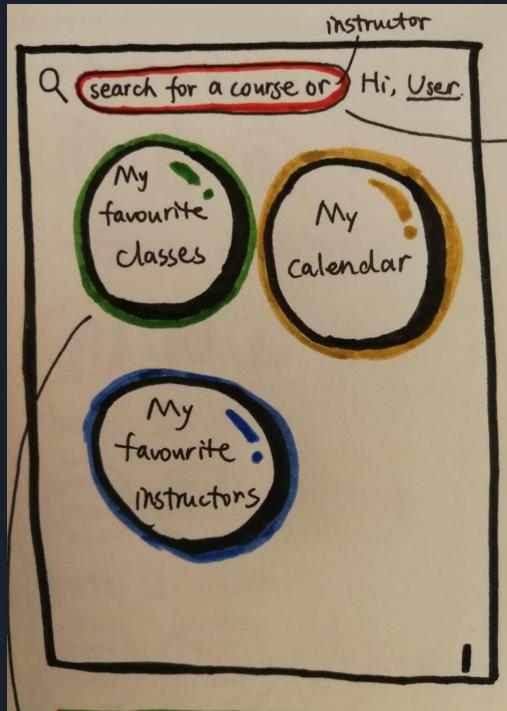


Design 2 -- Search Instructor

1

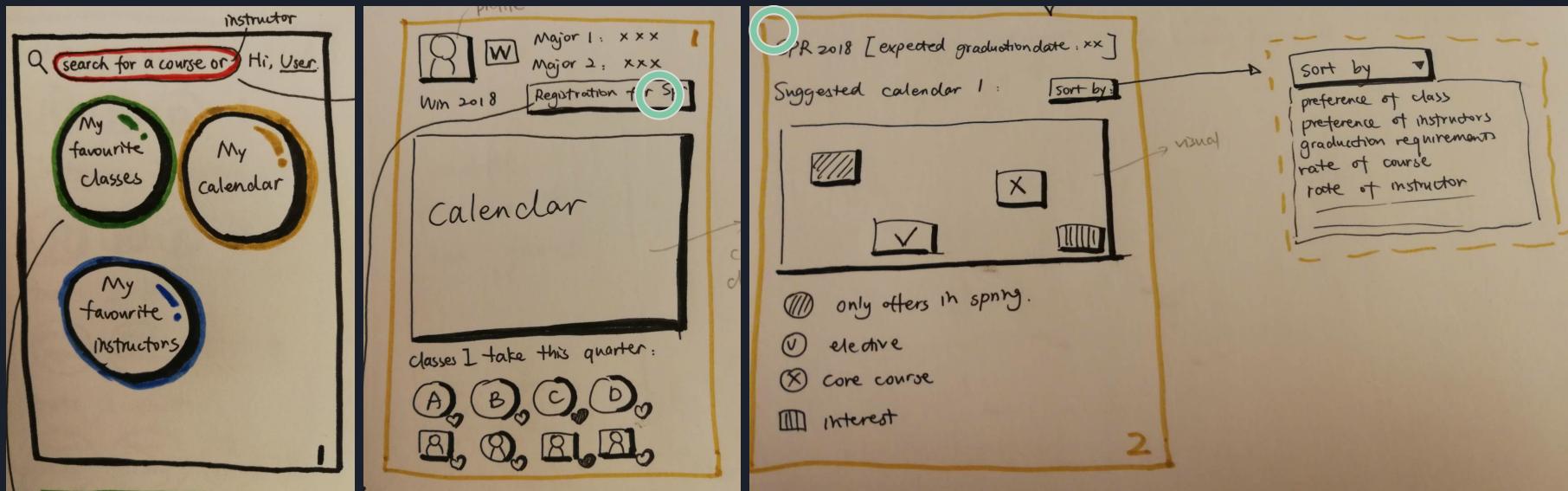


Design 2 -- Favourite

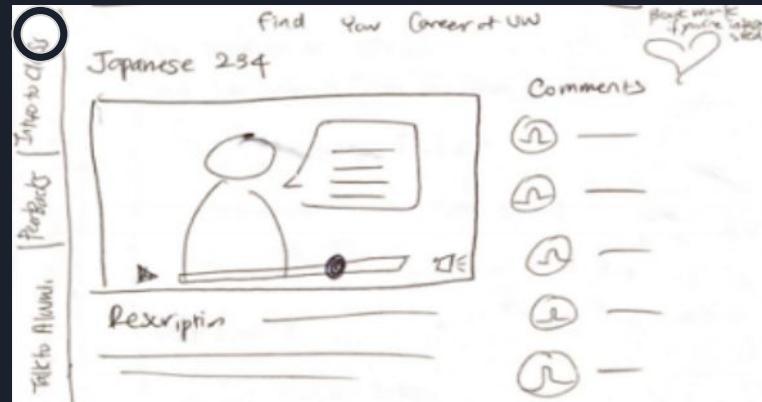
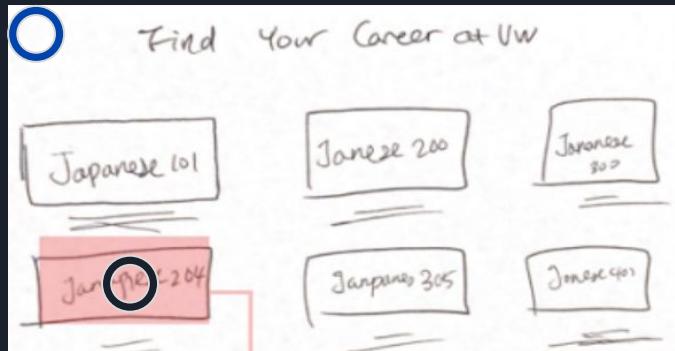
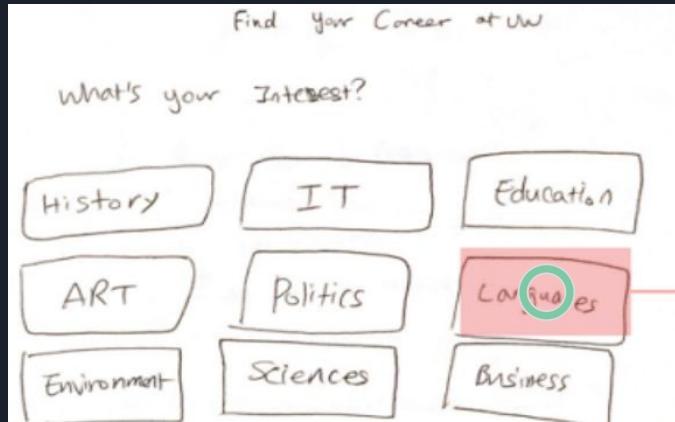


Design 2 -- Calendar

3



Design 3 -- Introduction



Design 3 -- PeerBacks

2

Your Interested classes

Info 200 Korean 100 Polisci 307 Math 111

PeerBacks

Jenny Parker

comments

wave

rating 3.7

- Hardness 3.0
- Workload 4.5
- Fun/interesting 5.0

Happiness Tracker

graph showing mood fluctuations over time, with points labeled 2/10, 3/7, 9

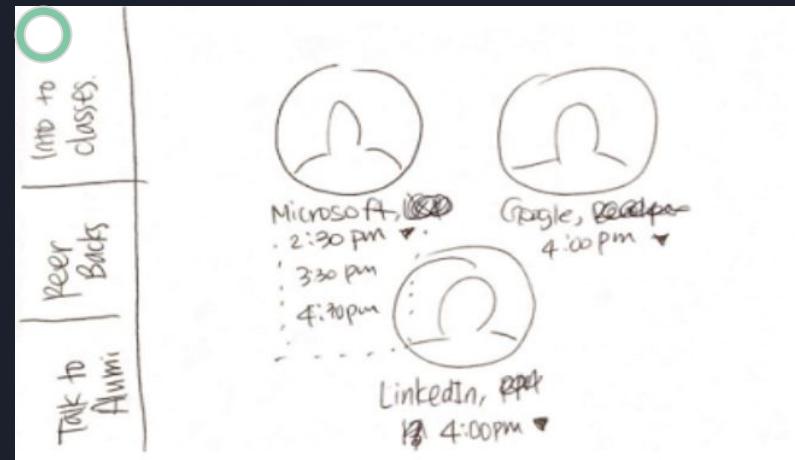
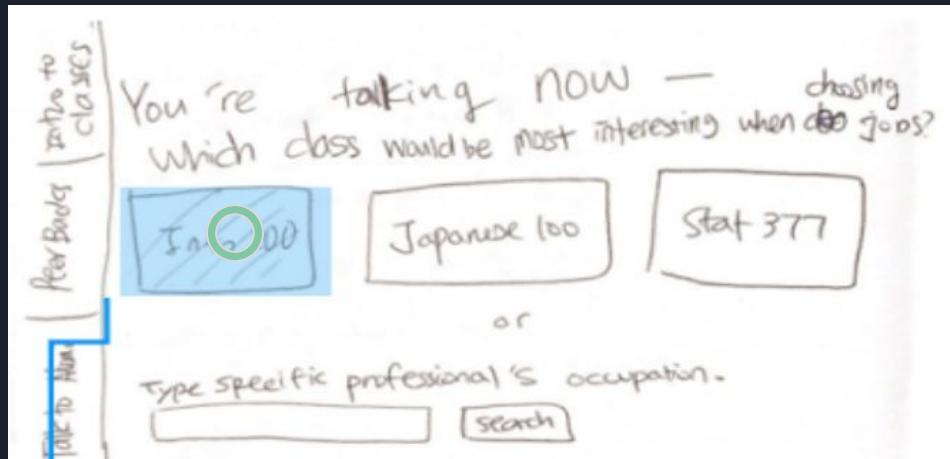
Ask a question

Silvia Lee

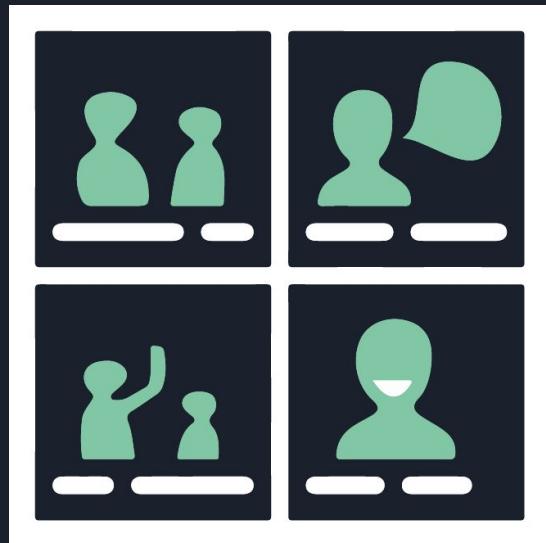
link to Alumni, PeerBacks, Info to classes

Design 3 -- Talk to Alumni

3

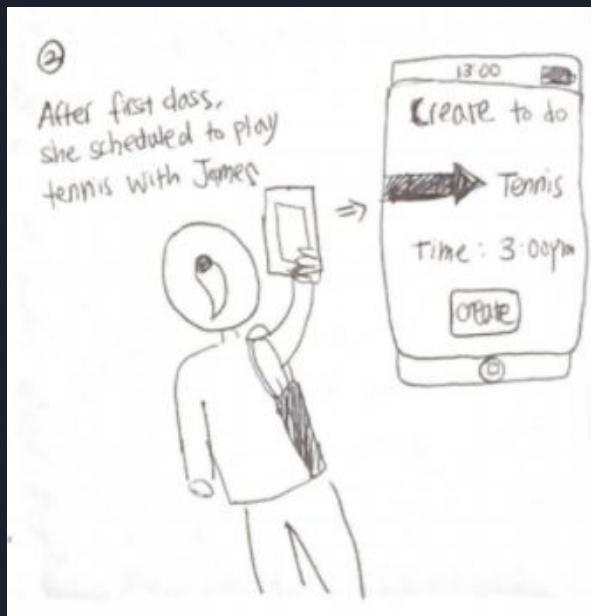
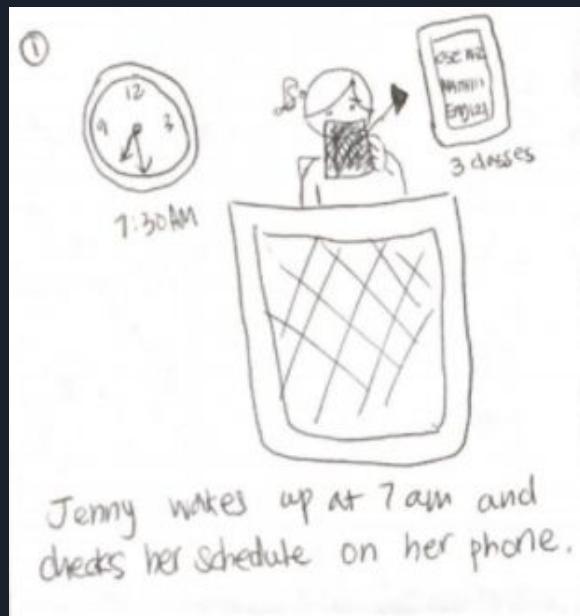


Selected Design Storyboards and Tasks



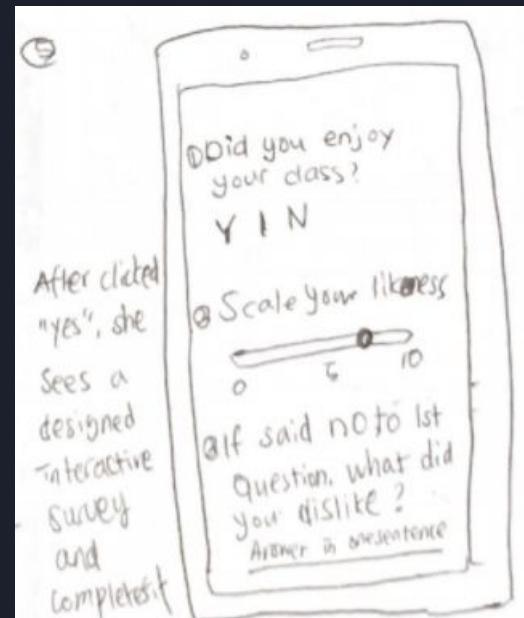
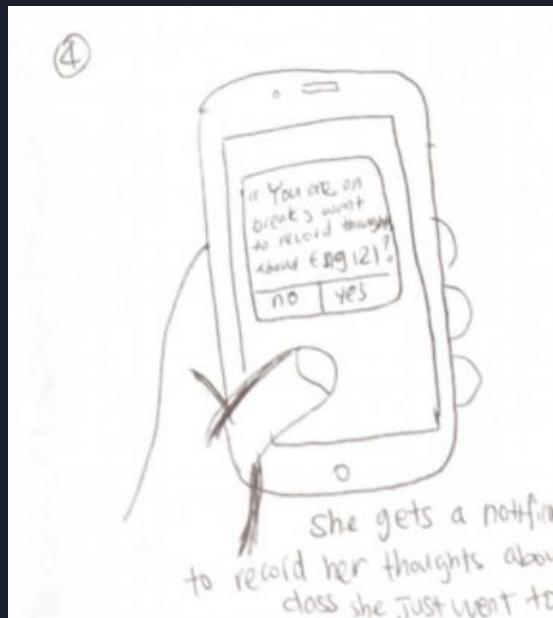
Task 1

Tracking thoughts and ideas to synthesize achievable goals and understand what he actually is passionate about



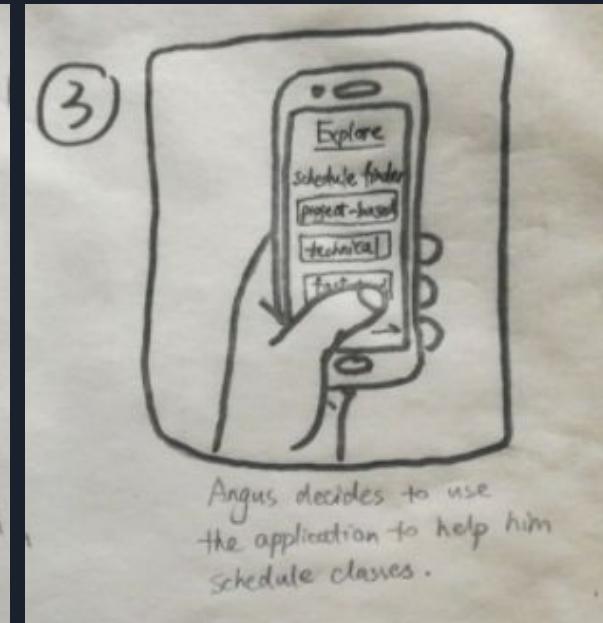
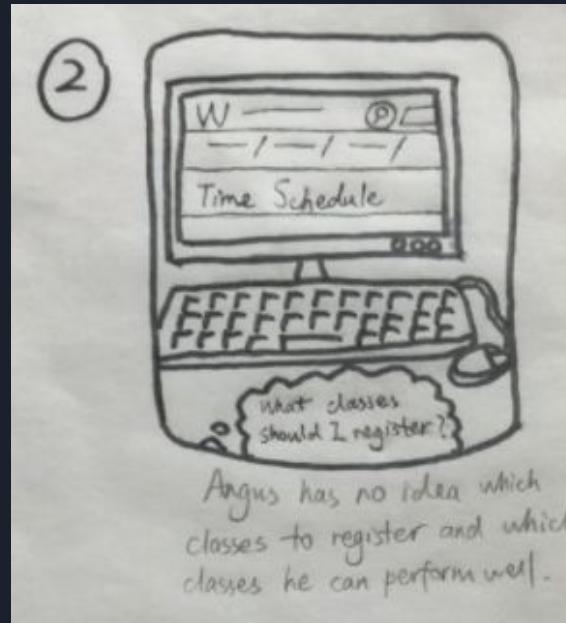
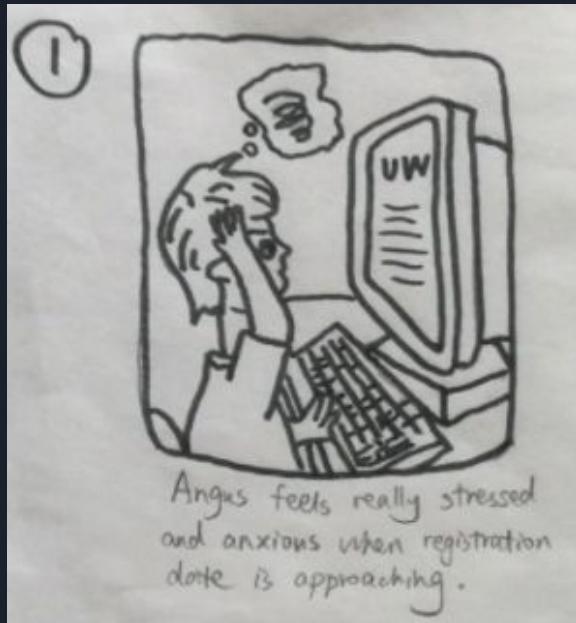
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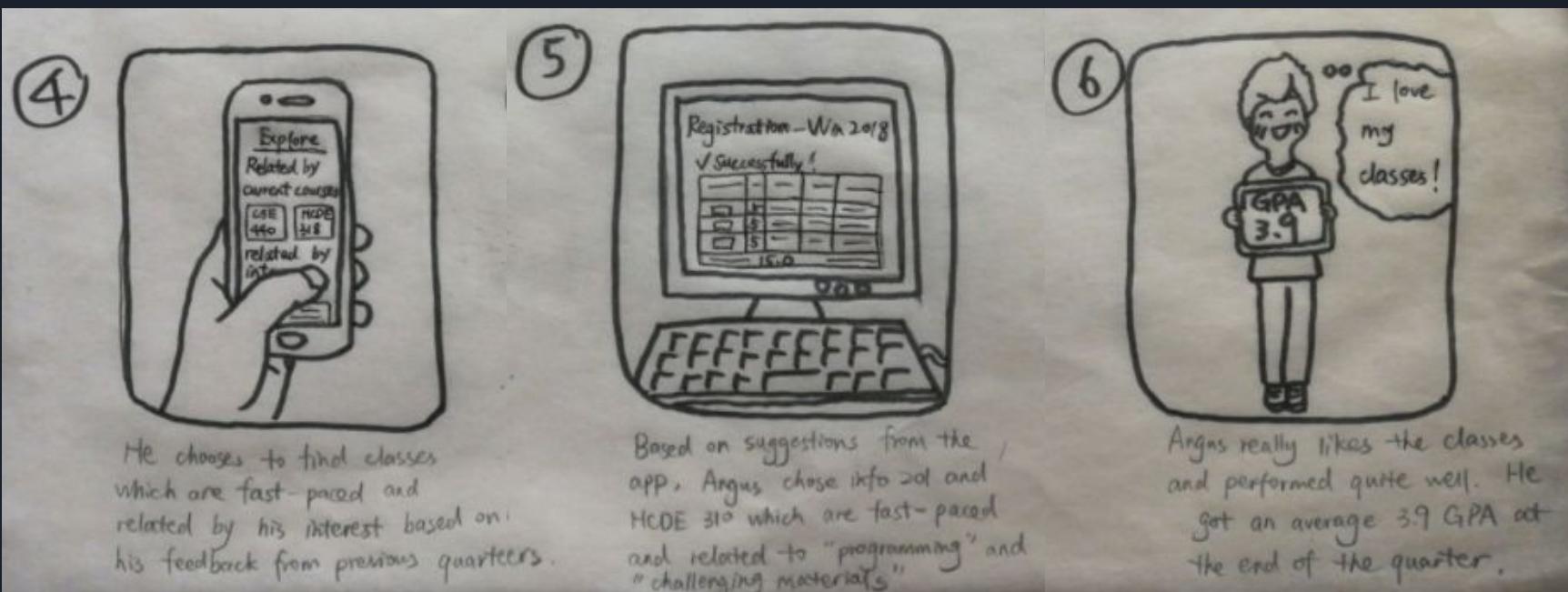
Task 2

Structuring schedule such that academic needs are met



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Summary

- Take a step back to find the real goals, needs and pain points of the participants behind what they told us.
- Avoid asking leading questions and making assumptions.
- If a design can help one person solve a specific problem, it can be a good design.



Questions?

