

Wishing Well

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Presentation Overview

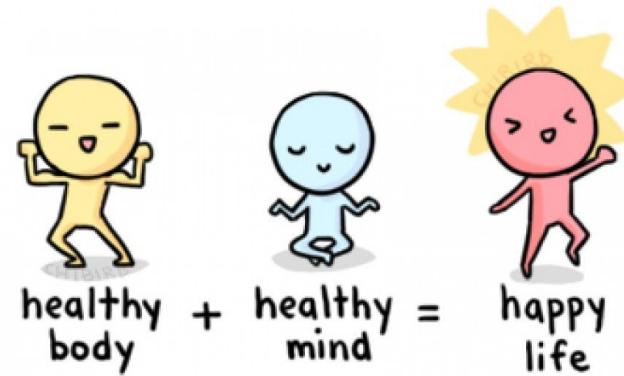


Key Terms

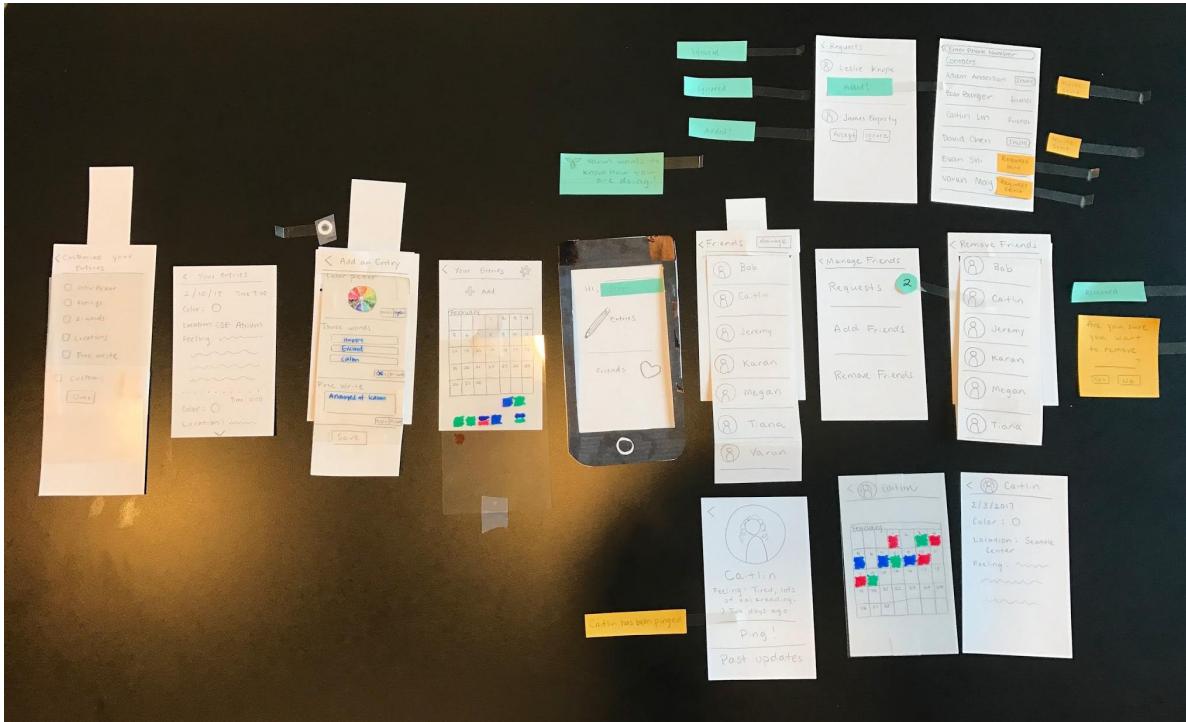
Mental wellness	Self-driven, differs from mental health
Checking in	Monitoring personal and peer mental wellness
Reaching out	Asking for extra support from people around you

Problem: Motivating Conscious Reflection & Interaction

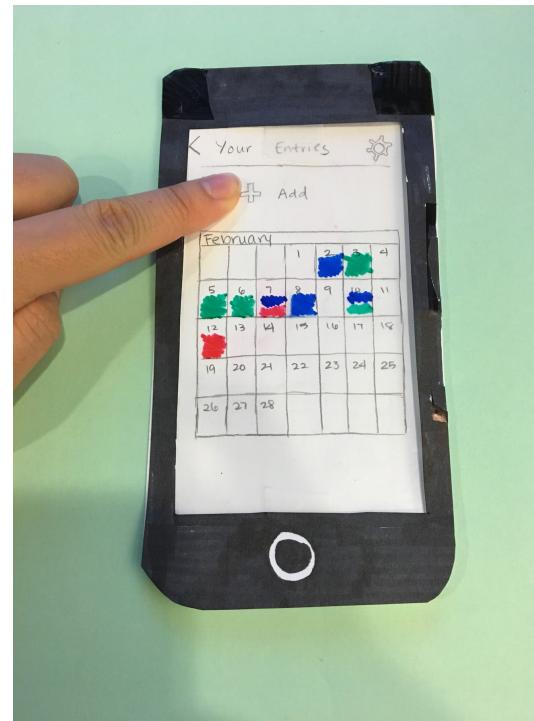
- Reflection:
 - Difficult to perform conscious self reflection on a regular basis
- Interaction:
 - Difficult to check in with friends in a meaningful way through social media



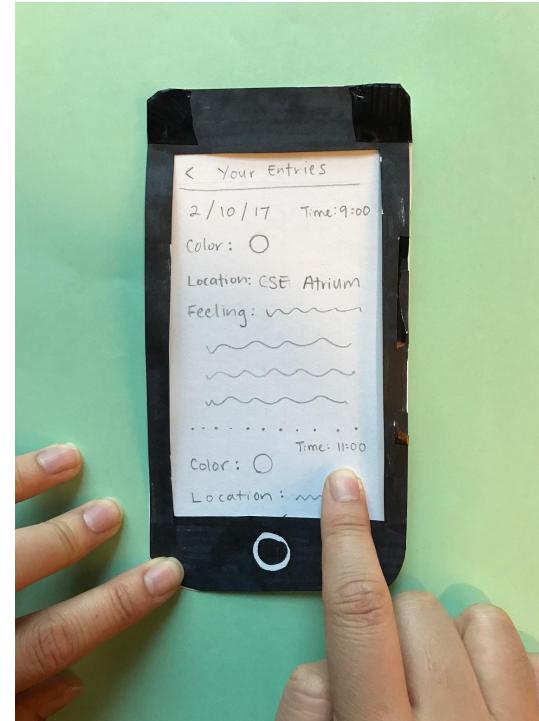
Initial Paper Prototype



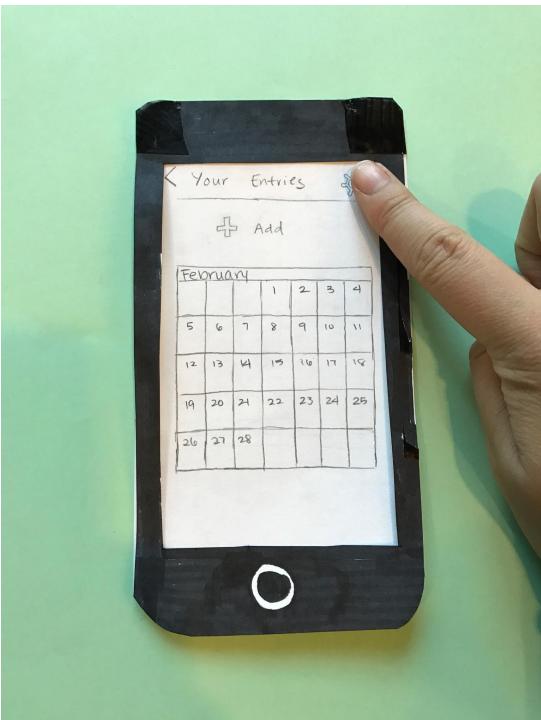
Initial Paper Prototype: Creating Content



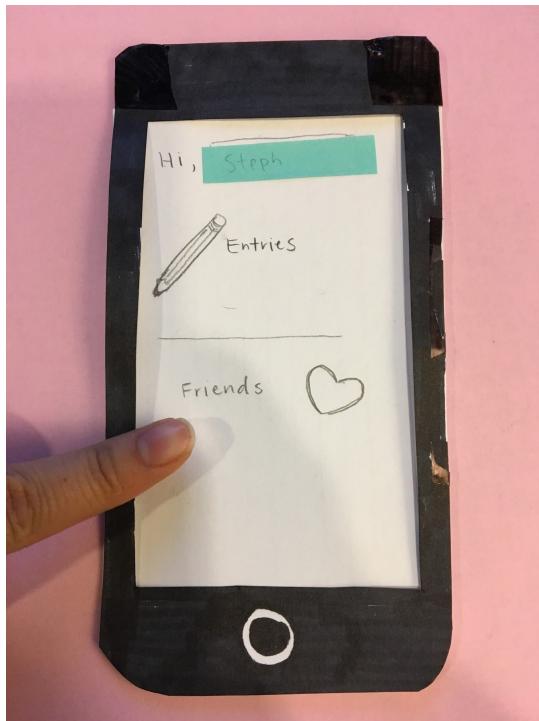
Initial Paper Prototype: Creating Content



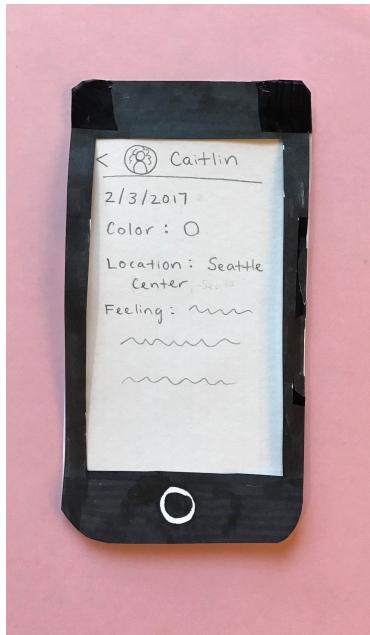
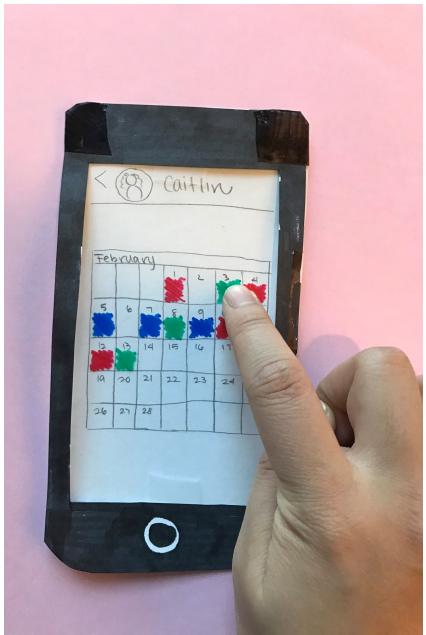
Initial Paper Prototype: Creating Content



Initial Paper Prototype: Interacting with Content



Initial Paper Prototype: Interacting with Content

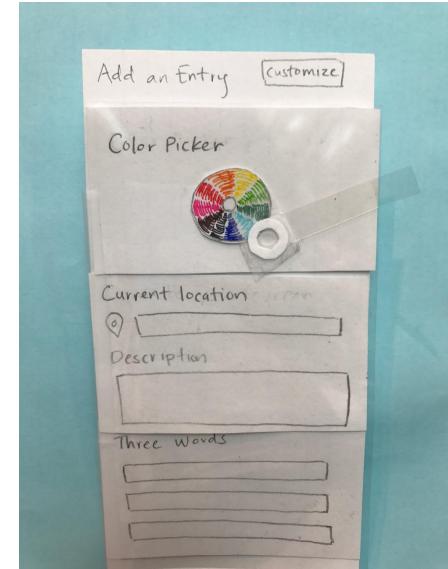


Testing Process

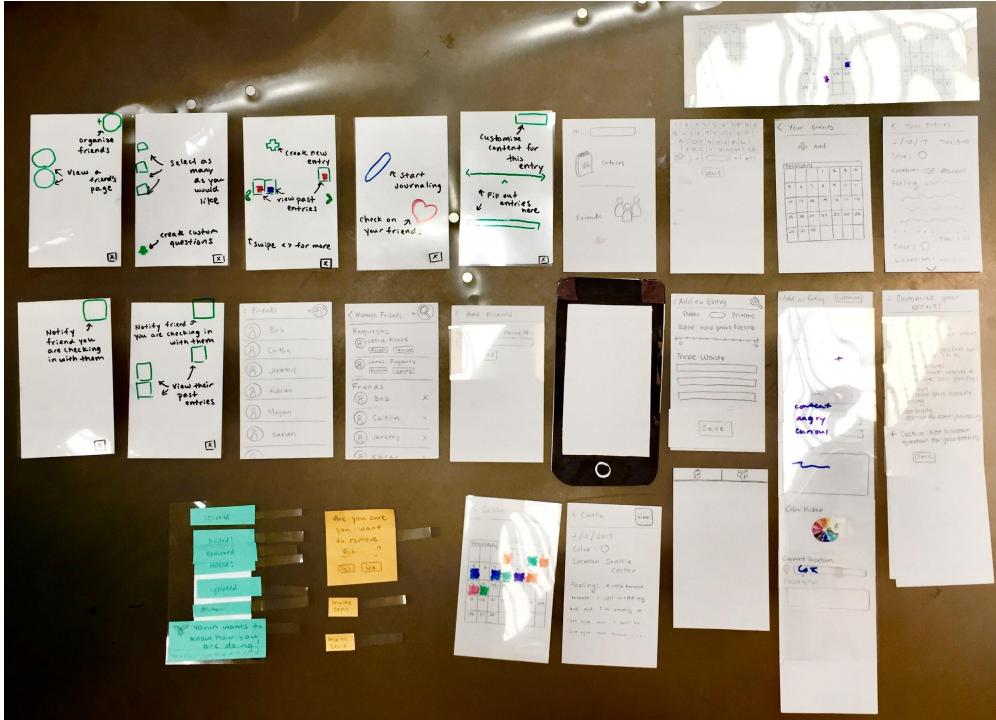
- 2 heuristic evaluations
- 3 usability tests

Testing Results

- Heuristic Evaluations
 - Unintuitive navigation
 - Lack of onboarding
- Usability Tests
 - Unused customization feature
 - Confusing “knock” interaction
 - Ineffective homepage



Final Paper Prototype



Final Paper Prototype: Creating Content

The image shows a paper prototype for a mobile application interface, divided into four main sections by yellow brackets:

- Home Screen:** Displays a user profile for "Michael" and a "Entries" section. A yellow circle highlights the book icon in the "Entries" section, which is connected by a yellow bracket to the "Add an Entry" screen.
- Your Entries Screen:** Shows a calendar for February with days numbered 1 through 28. A yellow circle highlights the "Add" button (a plus sign) at the top left, which is also connected by a yellow bracket to the "Add an Entry" screen.
- Add an Entry Screen:** Contains fields for "Public" or "Private" status, a mood rating scale from 0 to 10, "Three Words" input fields, and a "Save" button at the bottom. A yellow circle highlights the "Save" button, which is connected by a yellow bracket to the final screen.
- Detailed Entry View:** Shows a saved entry for 2/10/17 at 9:00. The entry includes fields for "Color", "Location", "Feeling", and a "Time" field set to 11:00. Below these fields is a downward-pointing arrow.

Home Screen:
Hi, Michael
Entries

Your Entries Screen:
< Your Entries
Add

February						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Add an Entry Screen:
< Add an Entry
Public Private
Rate how you're feeling
0 10
Three Words
Save

Detailed Entry View:
< Your Entries
2/10/17 Time: 9:00
Color:
Location: CSE Atrium
Feeling:
Time: 11:00
Color:
Location:

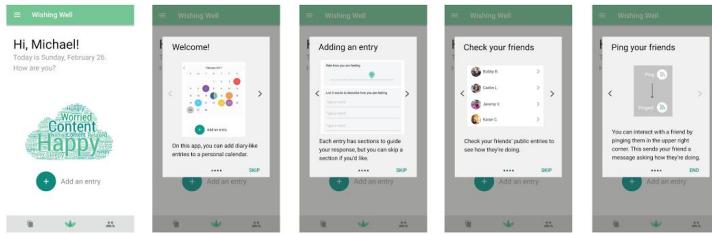
Final Paper Prototype: Interaction with Content

The image shows a paper prototype of a mobile application interface with four main screens connected by yellow arrows.

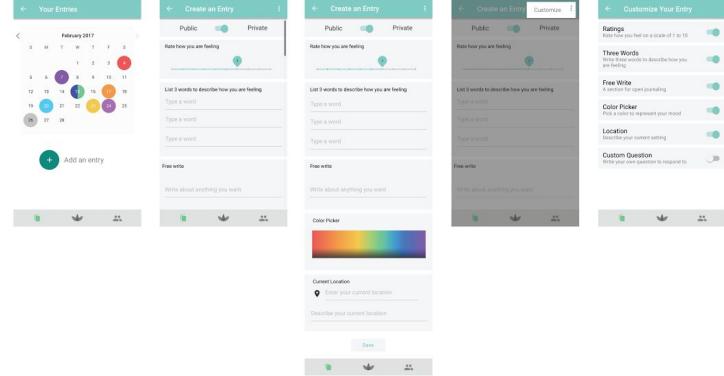
- Home Screen:** Displays "Hi, Michael" in a teal box, a book icon labeled "Entries", and a people icon labeled "Friends". A yellow circle highlights the "Friends" icon.
- Friends List Screen:** Shows a list of friends with their names and profile icons:
 - Bob
 - Caitlin (highlighted with a yellow circle)
 - Jeremy
 - Karan
 - Megan
 - VarunA yellow arrow points from the "Friends" icon on the Home screen to this list.
- Calendar Screen:** Displays a monthly calendar for February. Cells are colored red, blue, or green. A yellow circle highlights a green cell on the 13th, which corresponds to Caitlin's birthday. A yellow arrow points from the "Friends" list to the calendar.
- Note-Taking Screen:** Shows a note for "Caitlin" dated "2/13/2017". The note includes:
 - Color: ○
 - Location: Seattle Center
 - Feeling: A little bummed because I just missed my bus and I'm starting to get sick and I can't be sick right now because ...A yellow circle highlights the "PING" icon in the top right corner of the note area, and a yellow arrow points from the calendar to this screen.

Digital Mockup

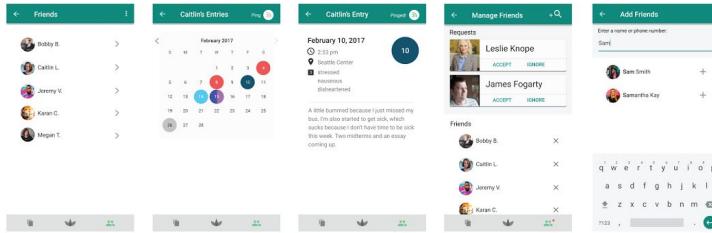
Home Screen and Tutorial



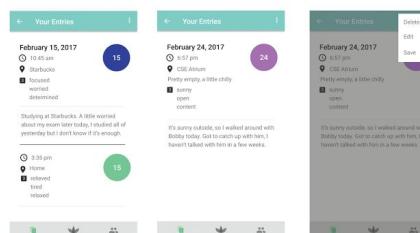
Adding Entries



Viewing and Managing Friends



Viewing Your Entries



Digital Mockup: Creating Content

≡ Wishing Well

Hi, Michael!

Today is Sunday, February 26.

How are you?



+ Add an entry



← Your Entries



+ Add an entry



← Create an Entry ⋮

Public Private

Rate how you are feeling



List 3 words to describe how you are feeling

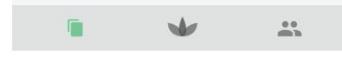
Type a word

Type a word

Type a word

Free write

Write about anything you want



← Your Entries

February 26, 2017

⌚ 7:34 pm

📍 CSE Atrium

Pretty empty, a little chilly

3 sunny
open
content

It's sunny outside, so I walked around with Bobby today. Got to catch up with him, I haven't talked with him in a few weeks.

26



Digital Mockup: Interacting with Content

Wishing Well

Hi, Michael!

Today is Sunday, February 26.

How are you?

Friends

Bobby B.
Caitlin L.
Jeremy V.
Karan C.
Megan T.

Caitlin's Entries

February 2017

S	M	T	W	T	F	S
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

Caitlin's Entry

February 10, 2017

2:53 pm
Seattle Center

3 stressed
nauseous
disheartened

A little bummed because I just missed my bus. I'm also started to get sick, which sucks because I don't have time to be sick this week. Two midterms and an essay coming up.

Caitlin's Entry

Pinged!

February 10, 2017

2:53 pm
Seattle Center

3 stressed
nauseous
disheartened

A little bummed because I just missed my bus. I'm also started to get sick, which sucks because I don't have time to be sick this week. Two midterms and an essay coming up.

Actions: Add an entry, Friends list, Calendar, Pinged entry details.

Summary

- Onboarding the user efficiently
- Maintaining balance between personal reflection and peer interaction
- Conveying the correct interaction of checking in on friends
- Emphasizing creating entries over customization of entries



Regular Care

Honesty &
Vulnerability

Positive & Healthy
Relationships

Wishing Well



Wishing Well

Hi, Michael!

Today is Sunday, February 26.

How are you?

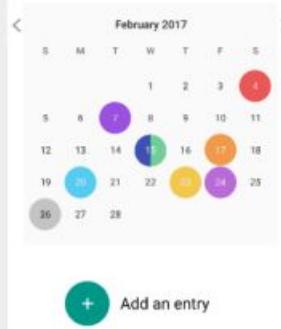


Add an entry



Wishing Well

Welcome!



On this app, you can add diary-like entries to a personal calendar.

••••

SKIP



Add an entry



Wishing Well



Wishing Well

Adding an entry

Rate how you are feeling



7

List 3 words to describe how you are feeling

Type a word

Type a word

Type a word

Each entry has sections to guide your response, but you can skip a section if you'd like.

••••

SKIP



Add an entry





Wishing Well



Check your friends



Bobby B.



Caitlin L.



Jeremy V.



Karan C.



Check your friends' public entries to see how they're doing.



SKIP



Add an entry



Wishing Well



Ping your friends



Ping



Pinged!



You can interact with a friend by pinging them in the upper right corner. This sends your friend a message asking how they're doing.



END



Add an entry



Your Entries

February 2017



Add an entry



Create an Entry

Public Private

Rate how you are feeling



List 3 words to describe how you are feeling

Type a word

Type a word

Type a word

Free write

Write about anything you want

Color Picker



Current Location

Enter your current location

Describe your current location

Save

Customize Your Entry

Ratings

Rate how you feel on a scale of 1 to 10



Three Words

Write three words to describe how you are feeling



Free Write

A section for open journaling



Color Picker

Pick a color to represent your mood



Location

Describe your current setting



Custom Question

Write your own question to respond to



Your Entries

February 26, 2017

⌚ 7:34 pm

📍 CSE Atrium

Pretty empty, a little chilly

3 sunny
open
content

It's sunny outside, so I walked around with Bobby today. Got to catch up with him, I haven't talked with him in a few weeks.

26

Friends

Manage Friends

Add Friends



Bobby B.



Caitlin L.



Jeremy V.



Karan C.



Megan T.



Requests



Leslie Knope

ACCEPT

IGNORE



James Fogarty

ACCEPT

IGNORE

Friends



Bobby B.



Caitlin L.



Jeremy V.



Karan C.



Enter a name or phone number:

Sam



Sam Smith



Samantha Kay



1 2 3 4 5 6 7 8 9 0
q w e r t y u i o p

a s d f g h j k l

z x c v b n m ←

?123

,

.





Caitlin's Entries

Ping



Caitlin's Entry

Ping



Caitlin's Entry

Pinged!



February 2017



S	M	T	W	T	F	S
				1	2	3
5	6	7	8	9	10	4
12	13	14	15	16	17	11
19	20	21	22	23	24	25
26	27	28				

February 10, 2017

2:53 pm

Seattle Center

stressed

nauseous

disheartened

10

A little bummed because I just missed my bus. I'm also started to get sick, which sucks because I don't have time to be sick this week. Two midterms and an essay coming up.

February 10, 2017

2:53 pm

Seattle Center

stressed

nauseous

disheartened

10

A little bummed because I just missed my bus. I'm also started to get sick, which sucks because I don't have time to be sick this week. Two midterms and an essay coming up.

