

Studio 2 Final Project

Interaction to Advance the Human Condition

Design Phases

Problem

Design Statement

Exploration

Interaction

Inspiration

Prototyping

Final Build

**The average American checks
their phone between 71 and 96
times per day.**

Problem

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**68% of Americans spend 3-6
hours on their phones daily.**

Problem

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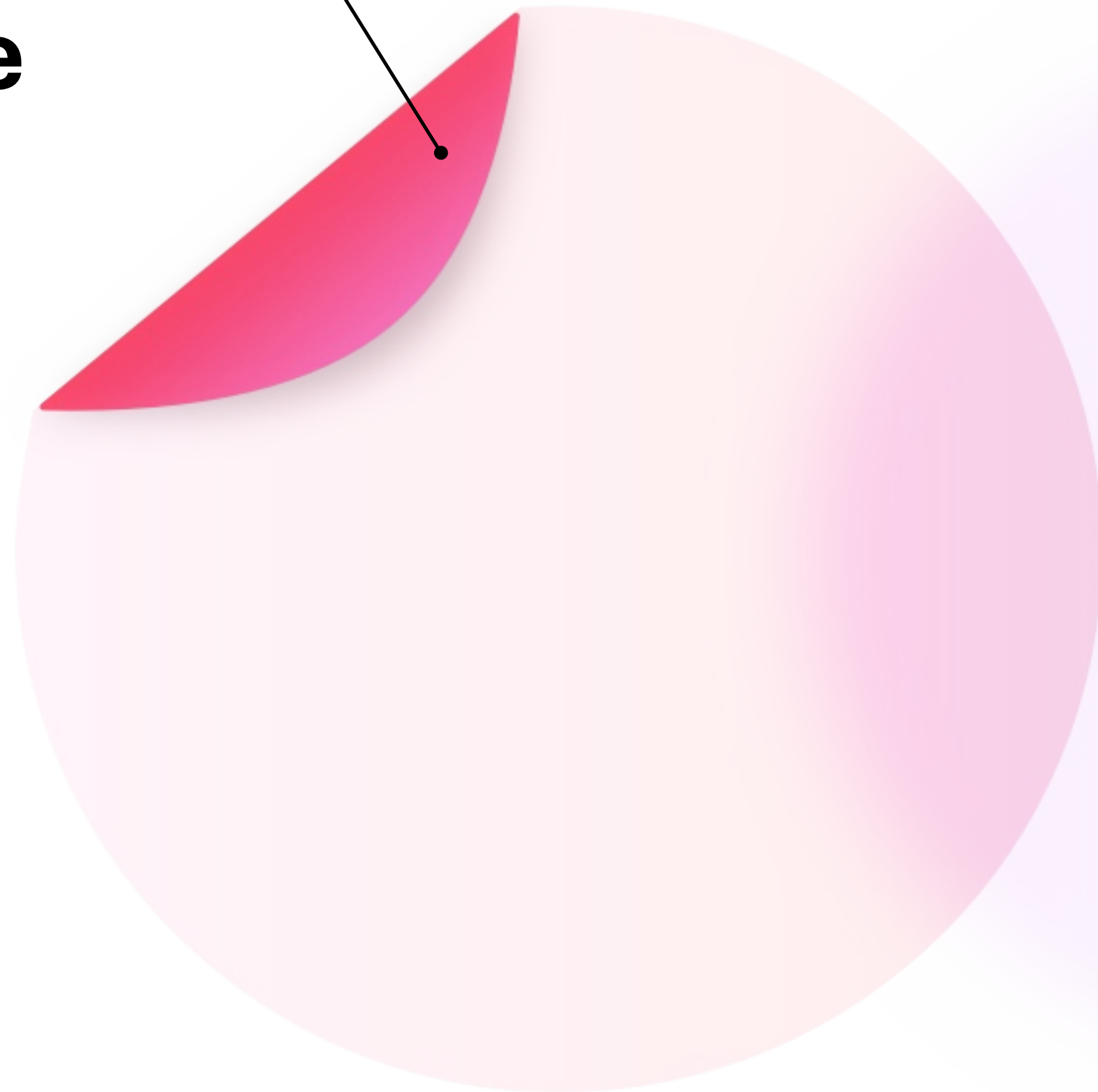
Interaction

Inspiration

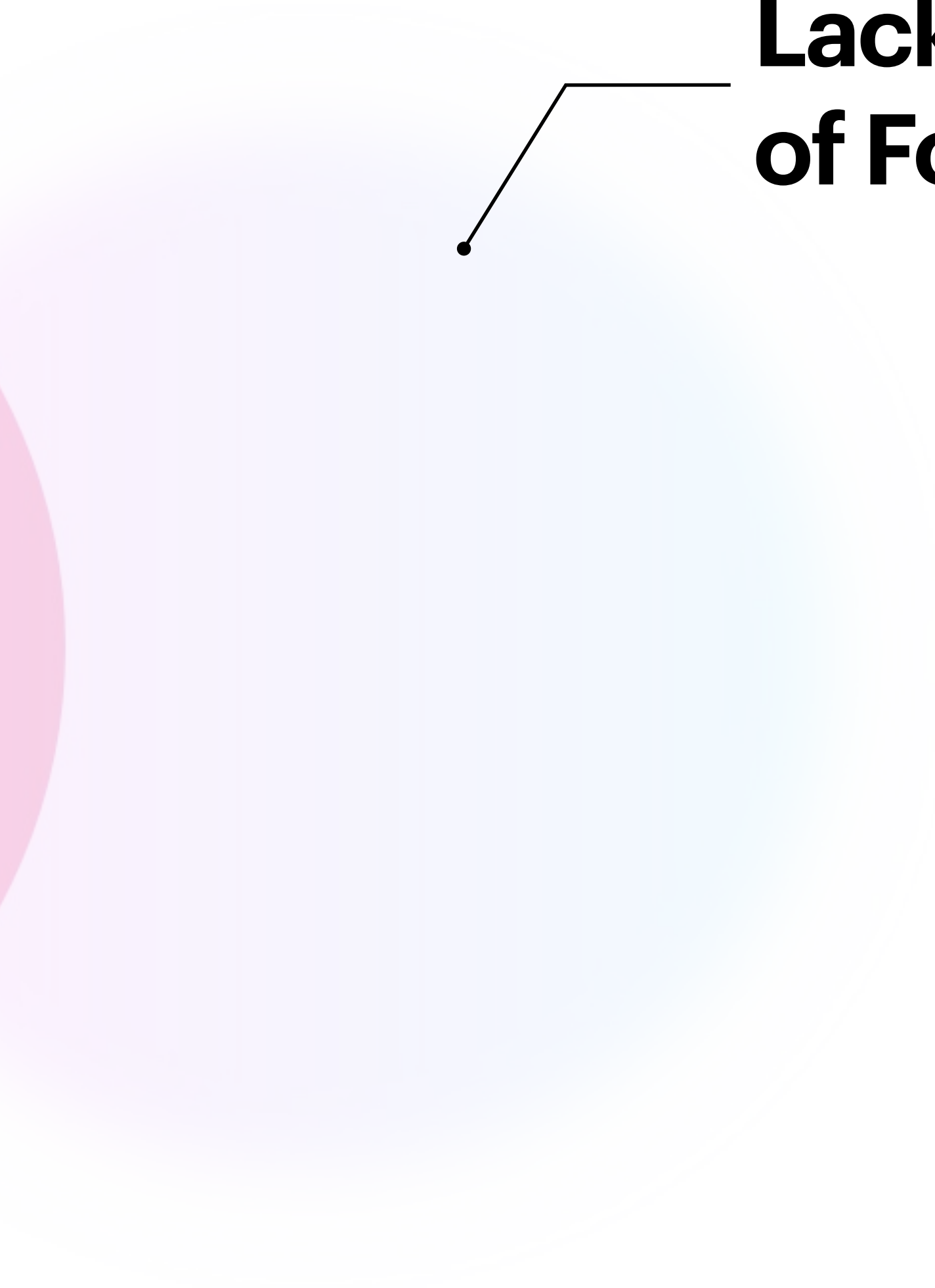
Prototyping

Final Build

**Wasted
Time**



**Lack
of Focus**



Problem

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**How might we help people
understand their distraction time while
helping them optimize their work time?**

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noun | 'padərn ,in(t)ə'rəpt |

A “pattern interrupt” is an NLP-backed strategy that can allow you to step out of bad habits, change your behavior, or influence another person’s behavior as well.

Problem

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noun | 'padərn ,in(t)ə'rəpt |

Using environmental stimuli to make people aware of their behavior so that they can be empowered to change it.

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Pomodoro Method

“The Pomodoro Technique was developed in the late 1980s by then-university student Francesco Cirillo. Cirillo was struggling to focus on his studies and complete assignments. Feeling overwhelmed, he asked himself to commit to just 10 minutes of focused study time. Encouraged by the challenge, he found a tomato (pomodoro in Italian) shaped kitchen timer, and the Pomodoro technique was born.”

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Pomodoro Method



Repeat cycle 4 times, then take a longer 15-30min break

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Pomodoro Method

Avoid negative feelings of big tasks by shrinking commitment

Reduce distractions by dedicating time to single tasks

Build awareness of time usage

Gamify your productivity

Problem

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Exploration

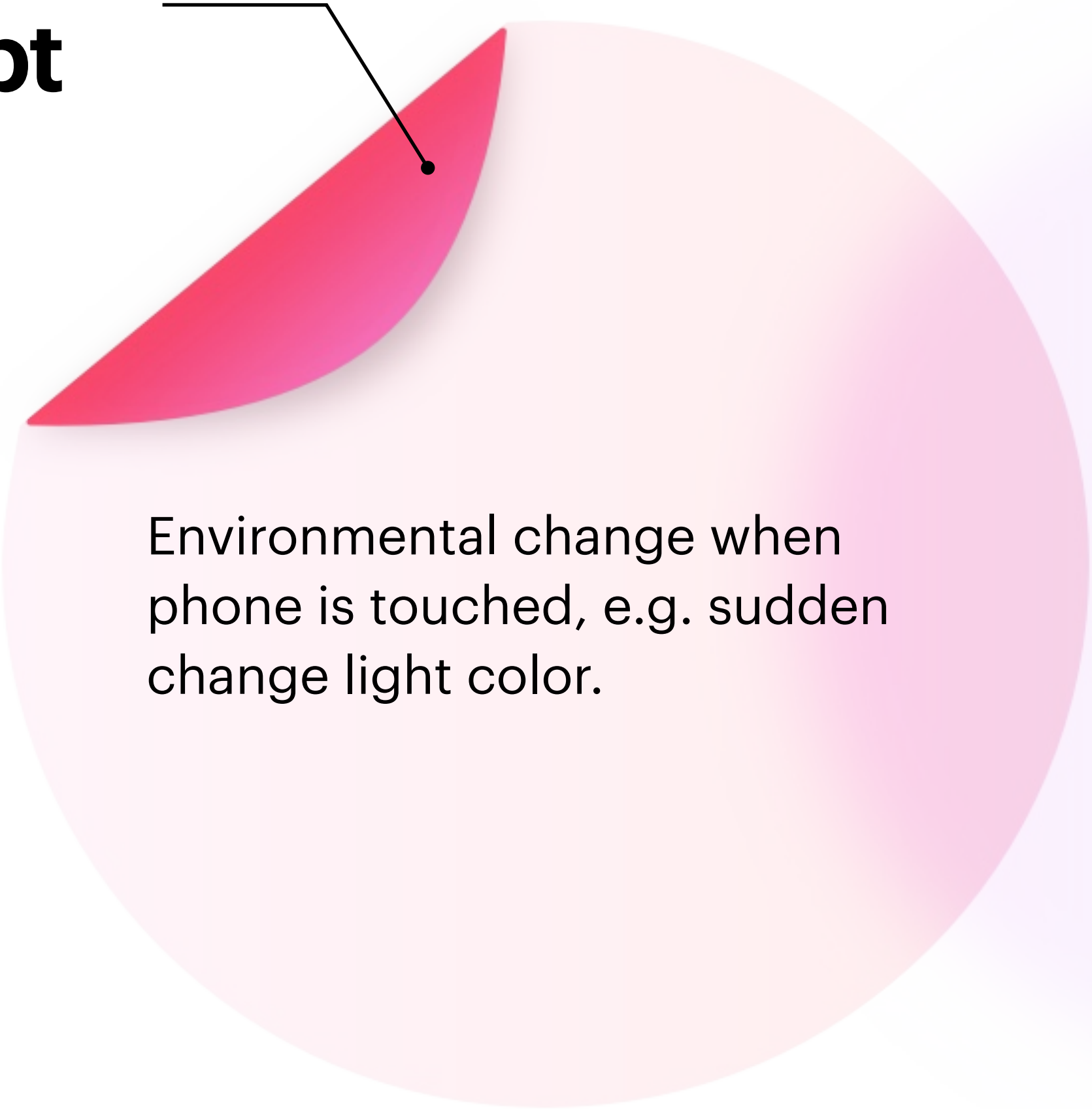
Interaction

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Final Build

Pattern Interrupt

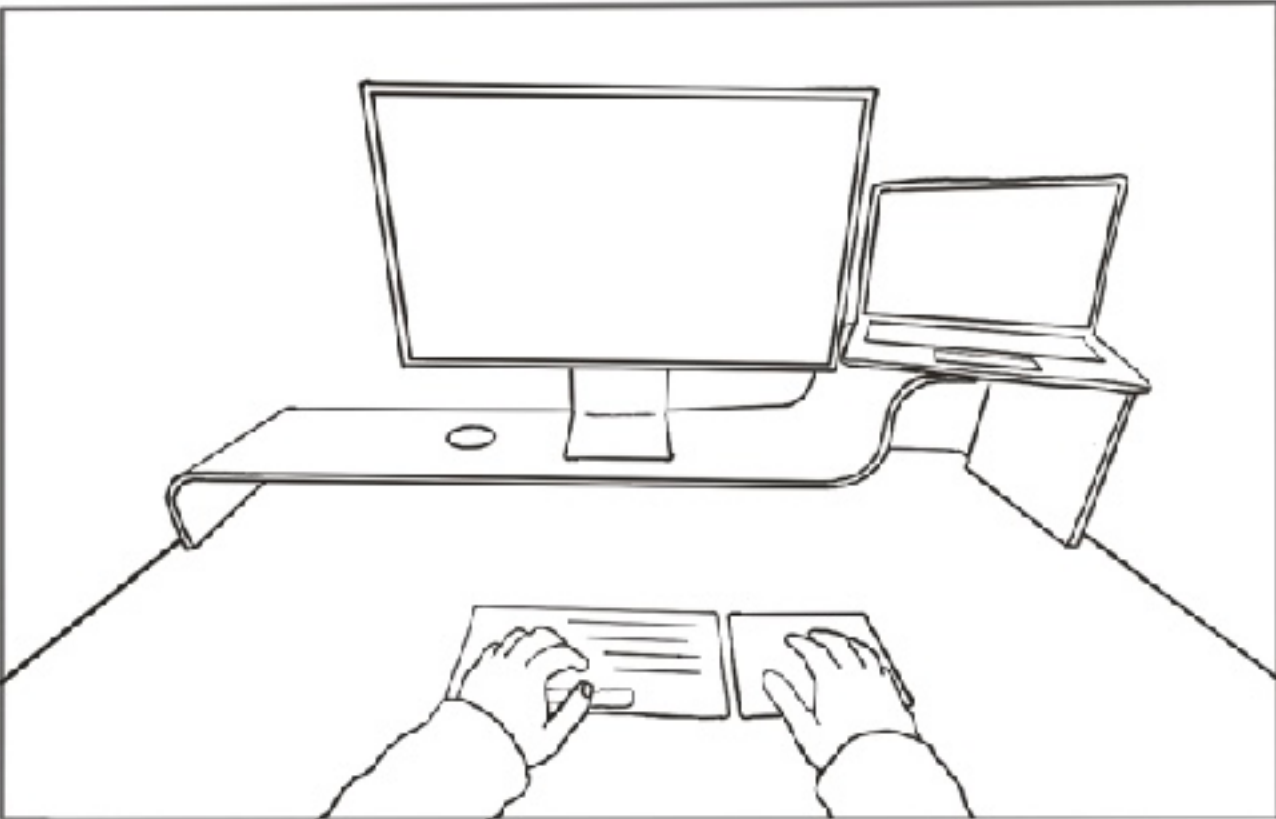


Pomodoro Method



- Problem
- Design Statement
- Exploration
- Interaction
- Inspiration
- Prototyping
- Final Build

Storyboard



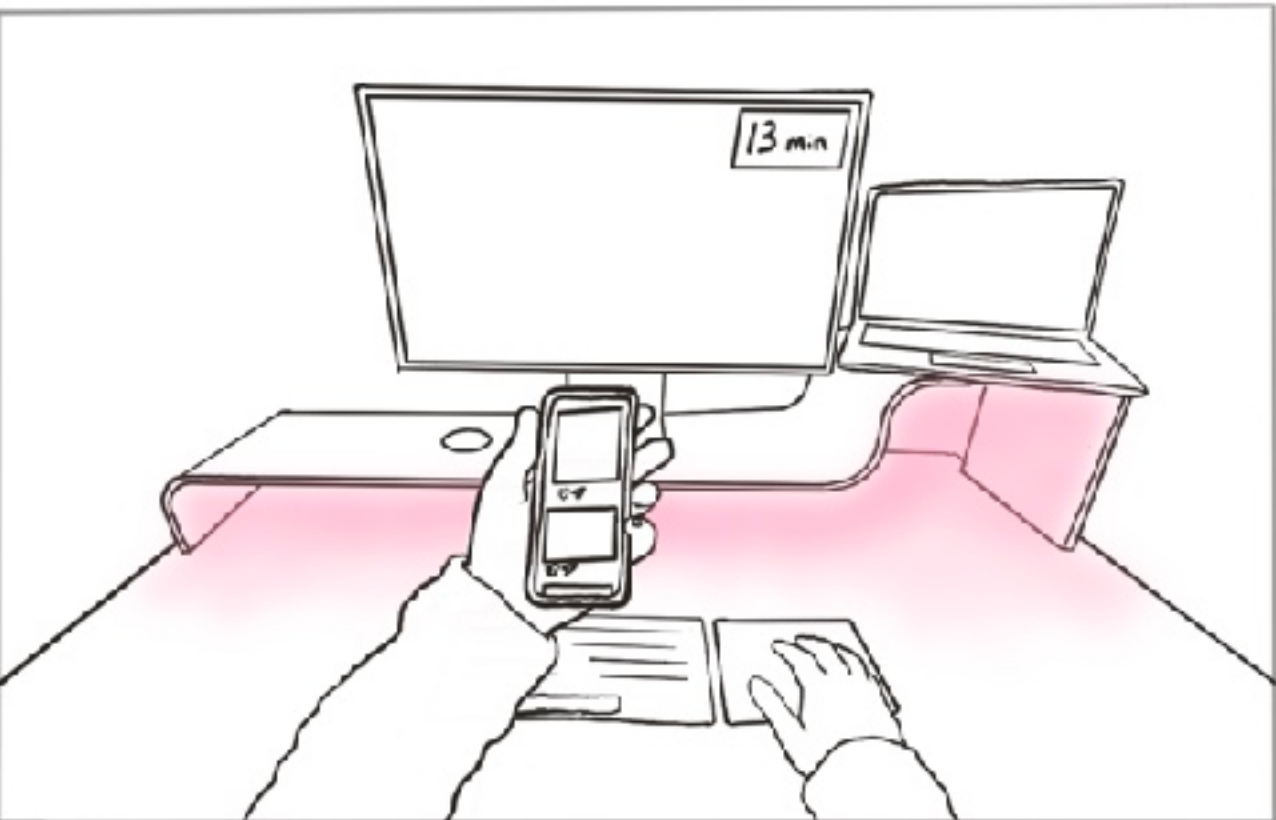
User is working.



Feeling the urge for a distraction, user places their phone on the charger starting the pomodoro timer.



The green light lets the user know they're in a working session.



Uh oh! The user broke their work streak early. The light turns red and stops the timer.



Phew! The pattern interrupt worked. The user puts their phone back and the timer resumes.



Break time! The blue light informs the user the first pomodoro round is complete & they can take a break.

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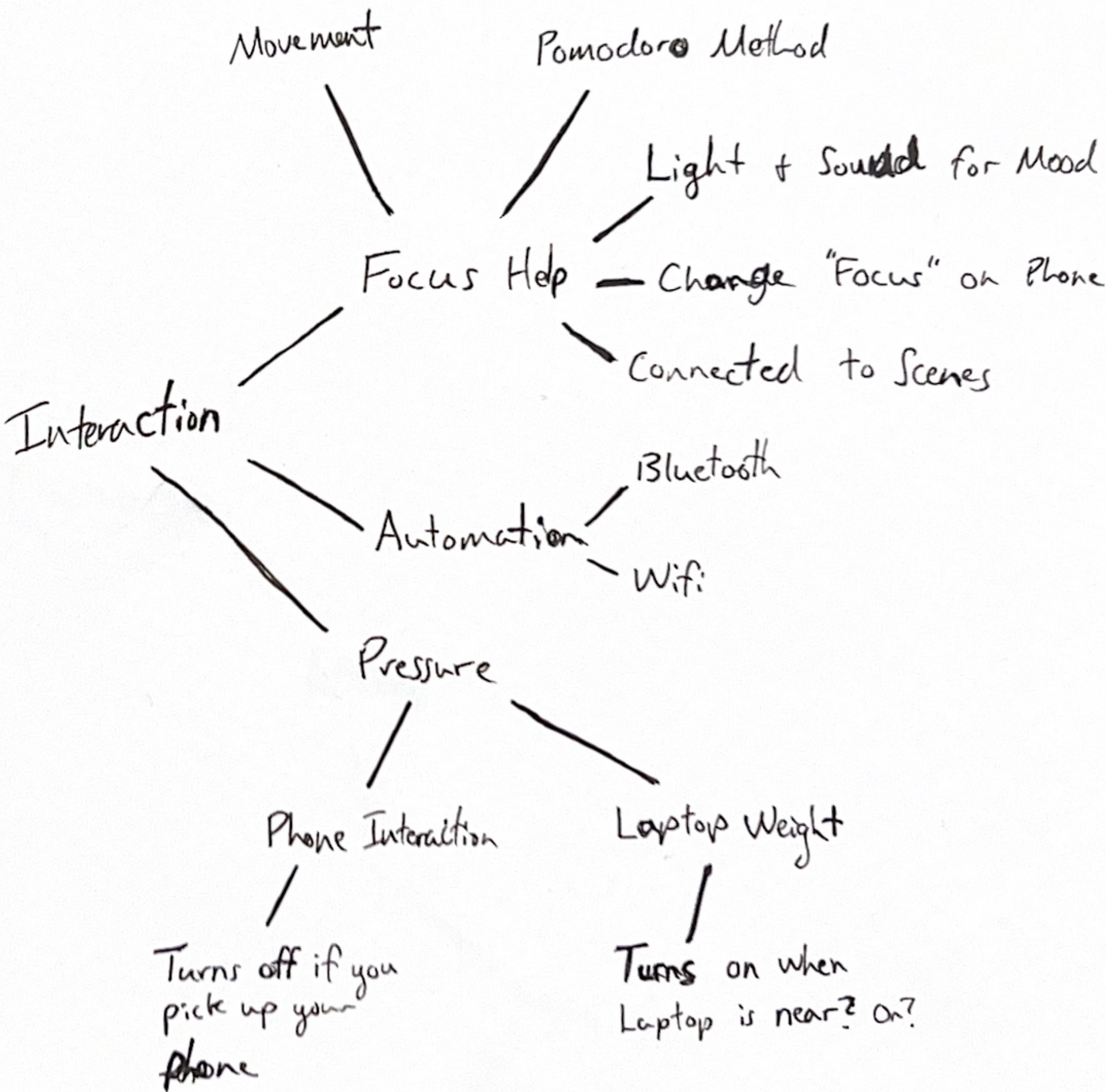
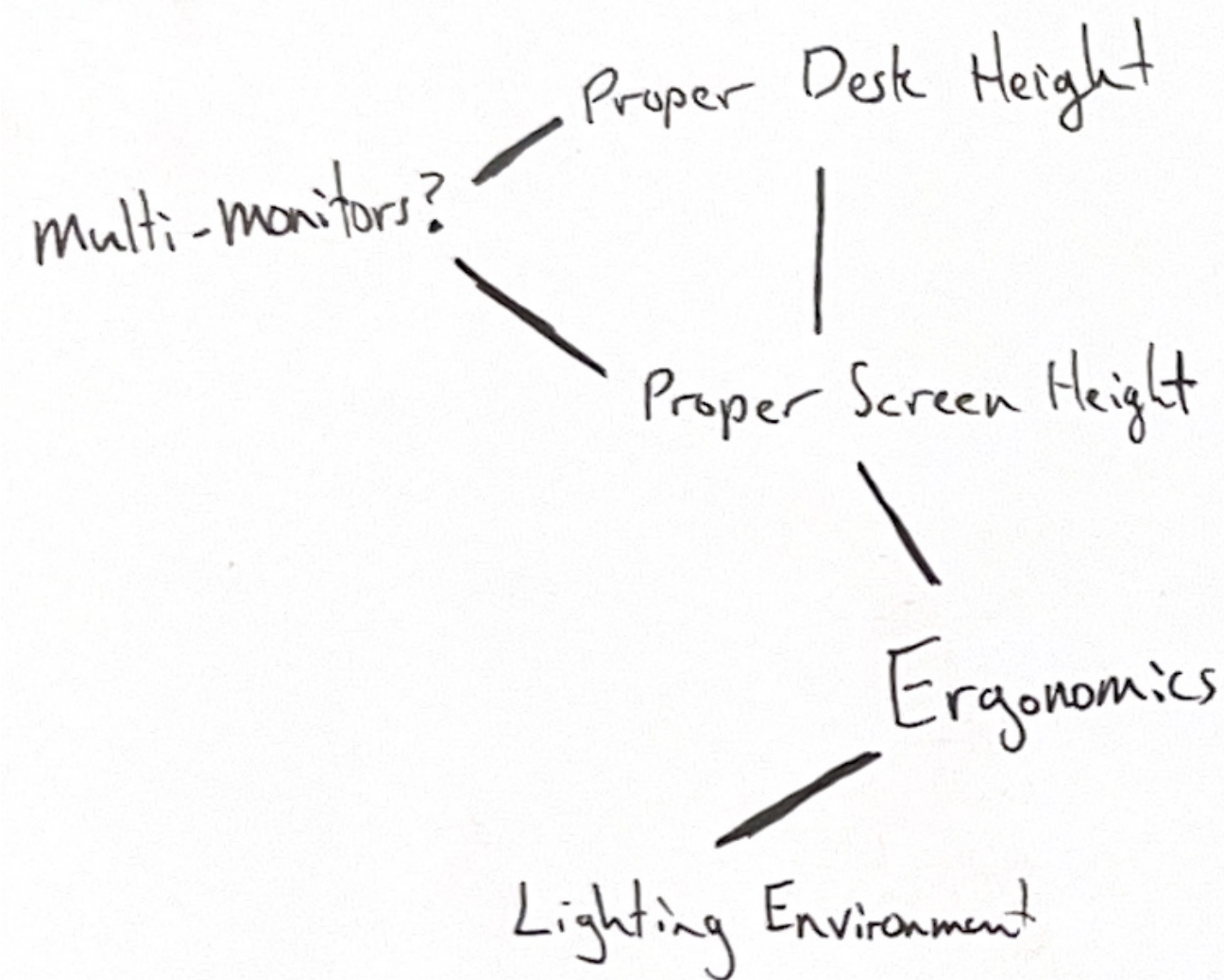
Interaction

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Brainstorm



Problem

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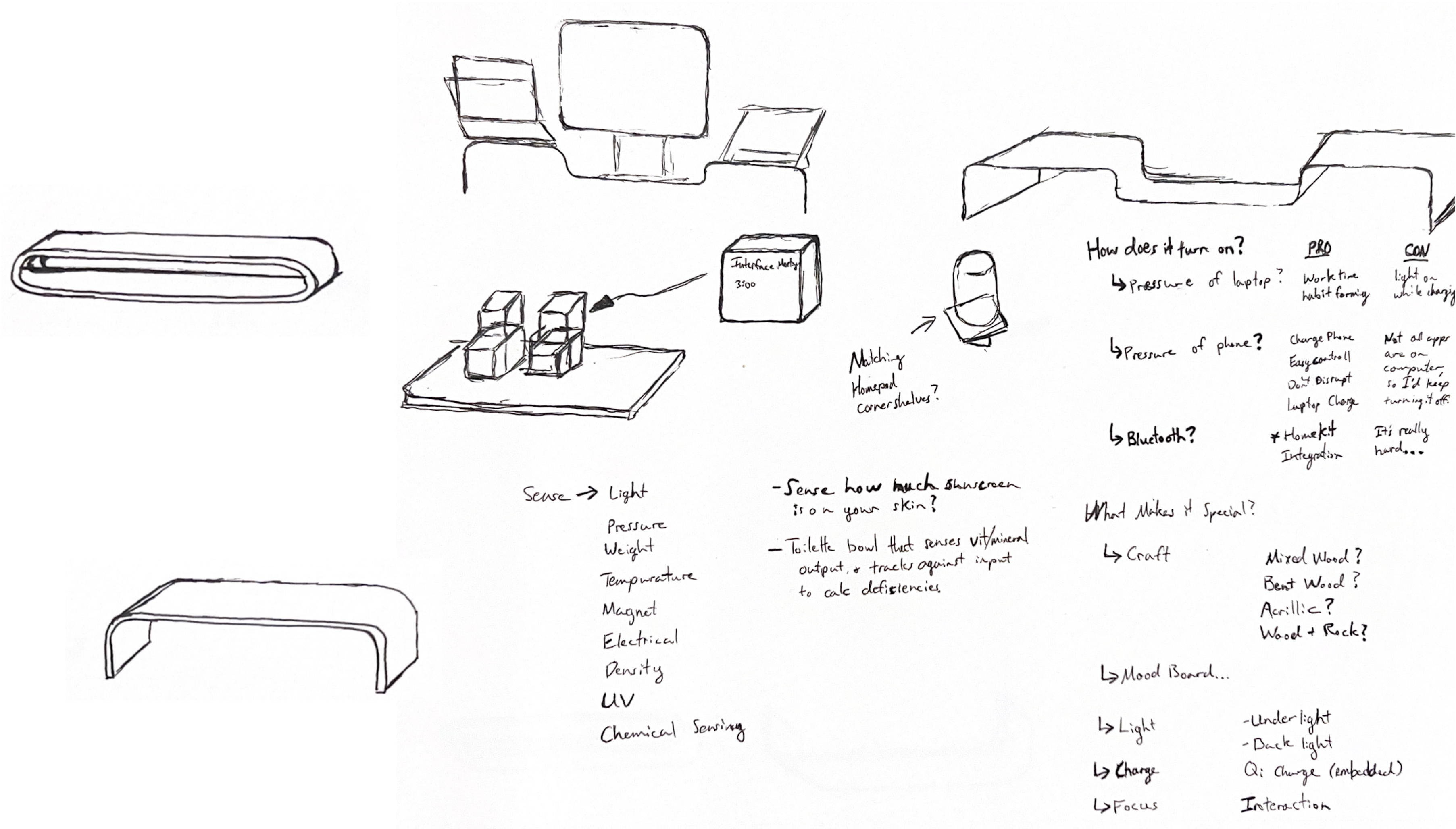
Interaction

Inspiration

Prototyping

Final Build

Concept Development



Problem

Design Statement

Exploration

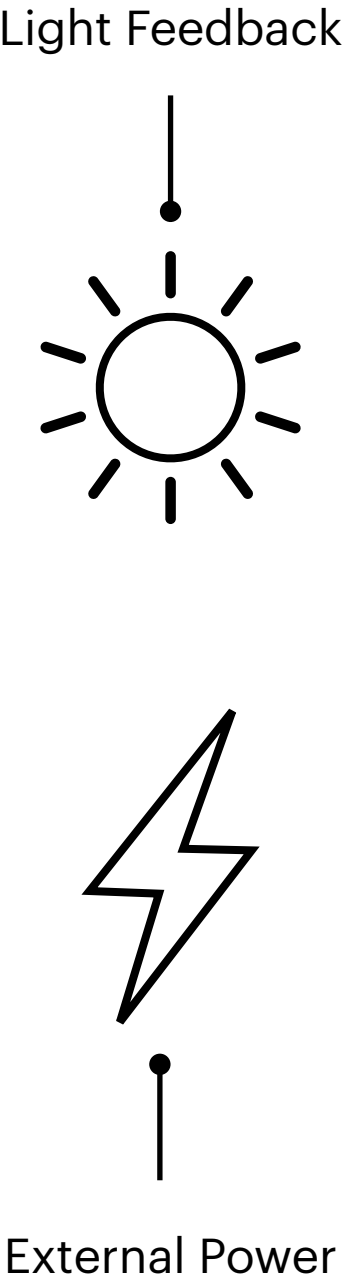
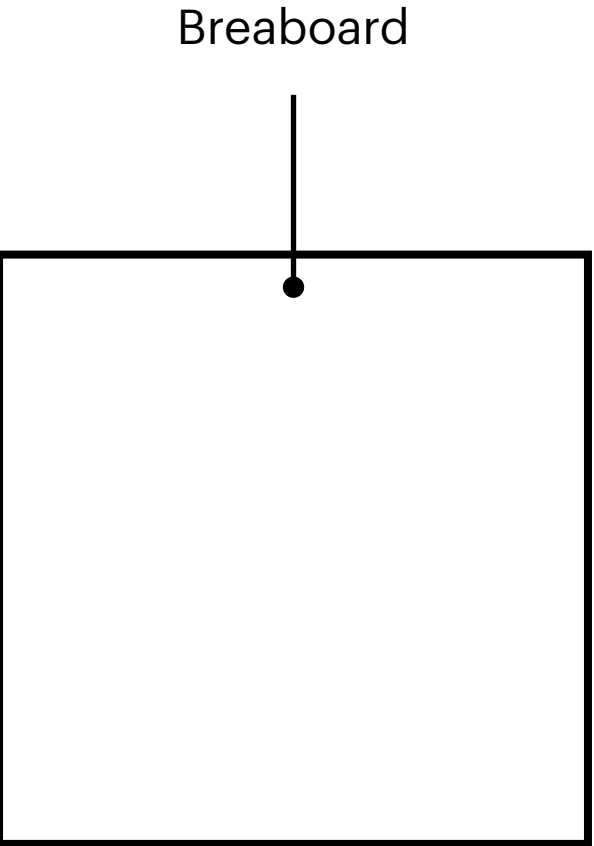
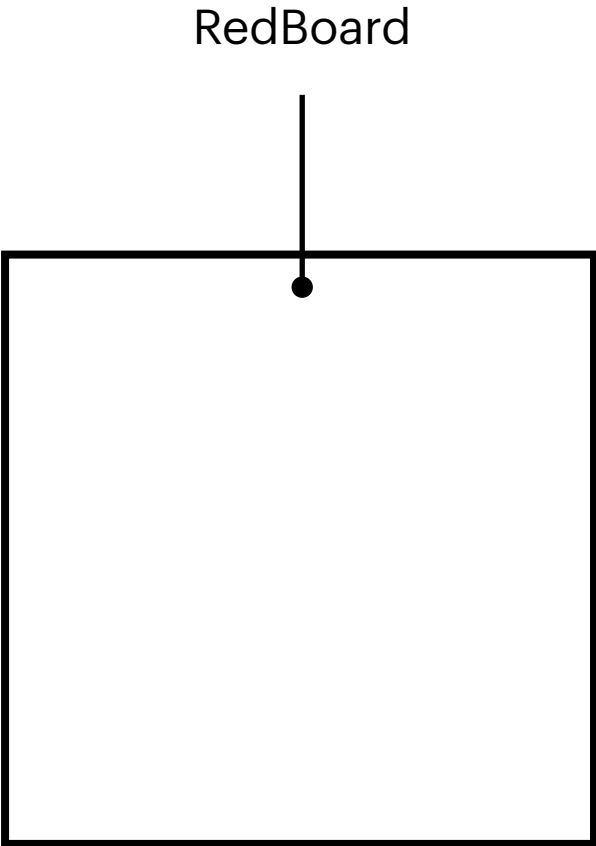
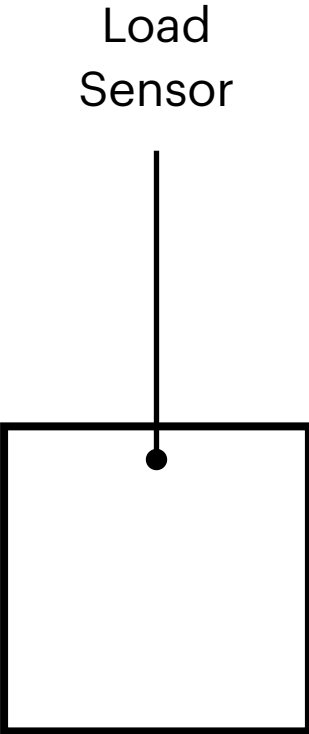
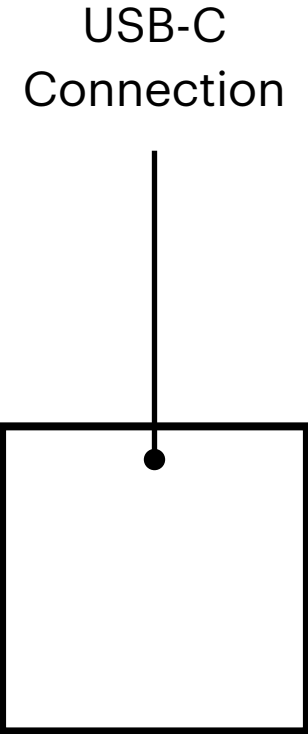
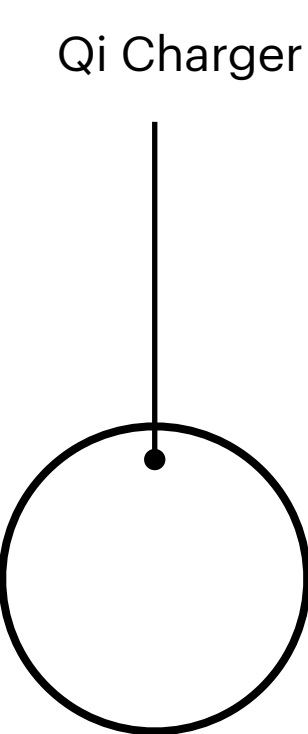
Interaction

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Prototyping

Final Build

Concept Development



Problem

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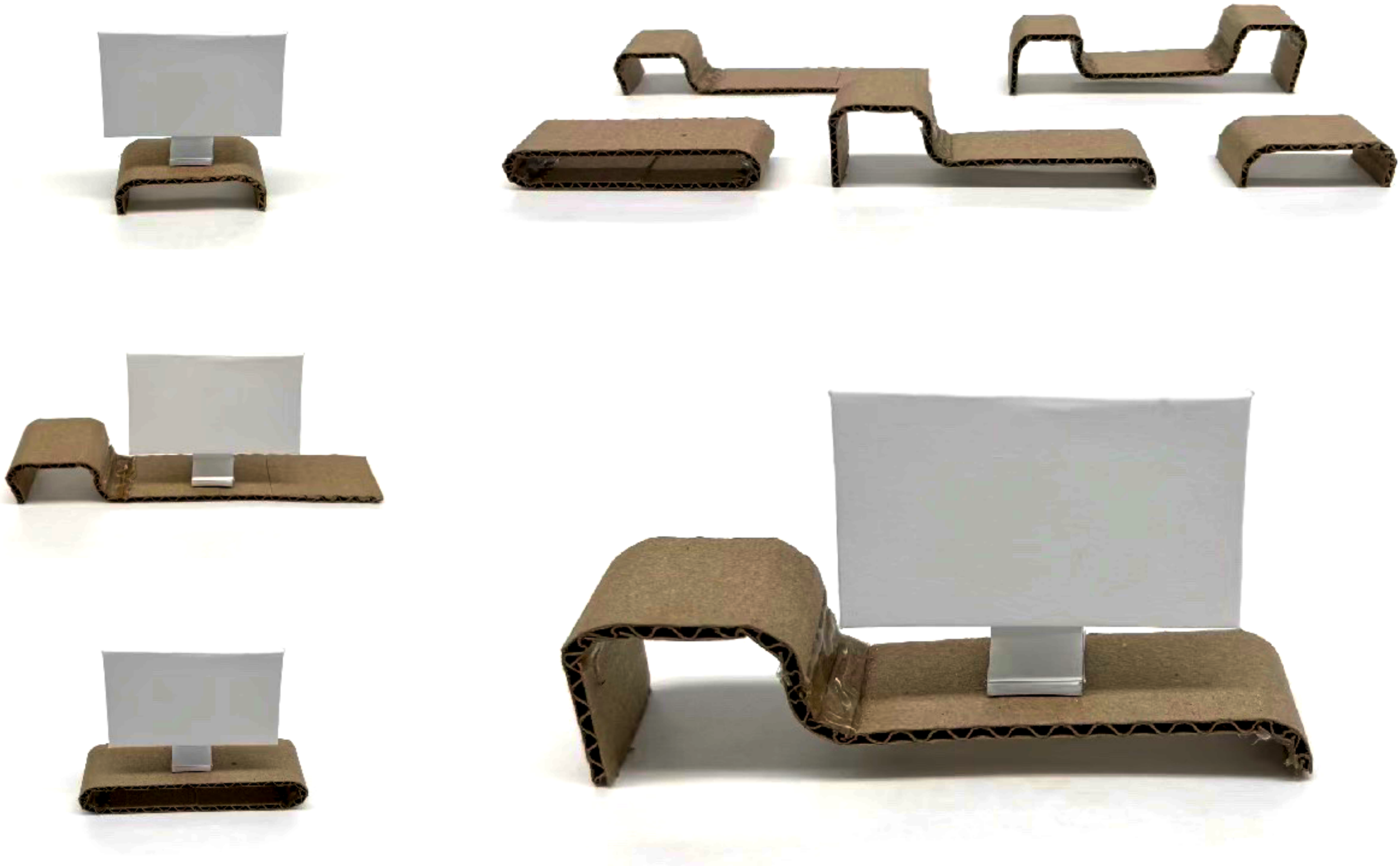
Interaction

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Final Build

Prototyping



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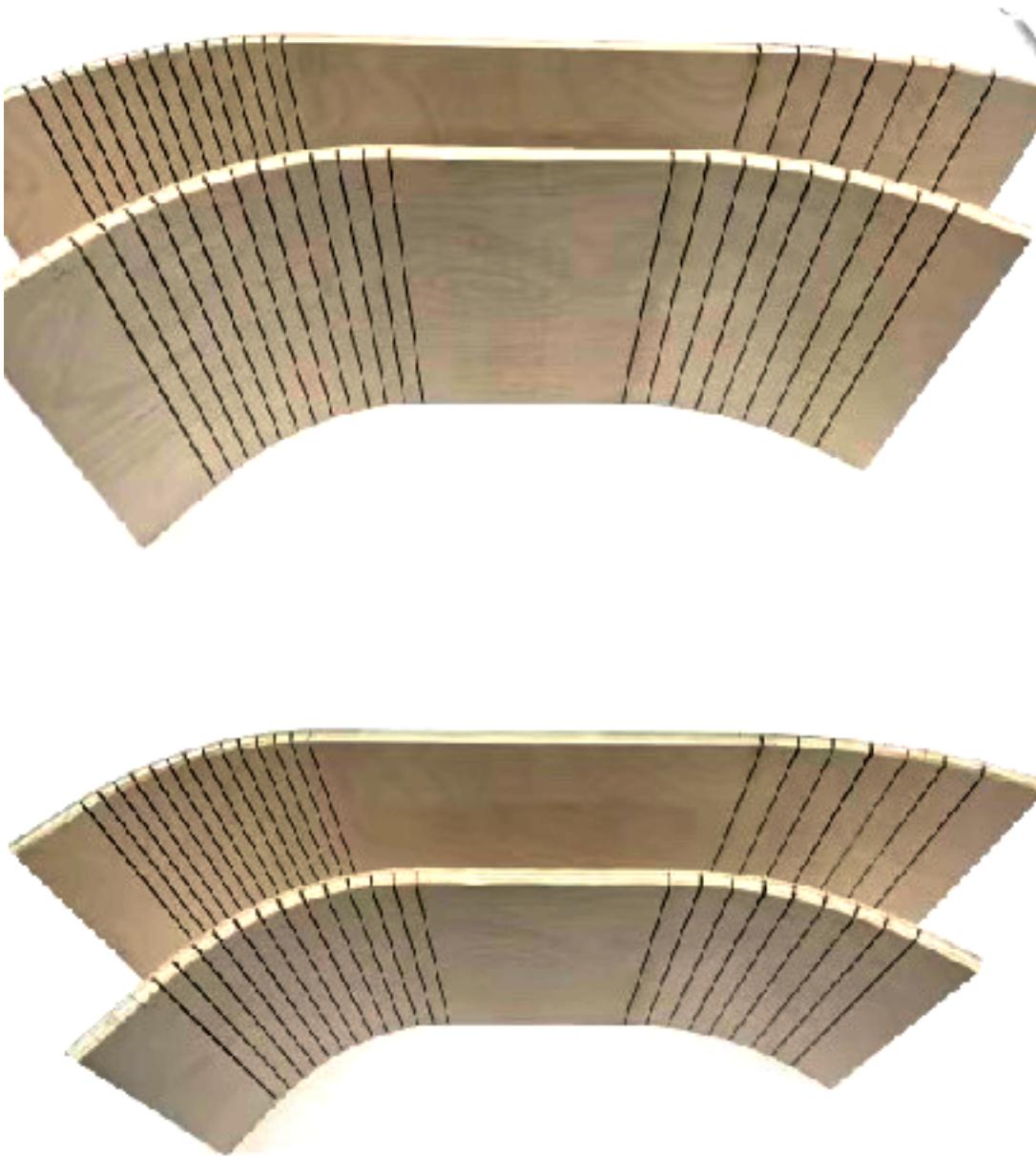
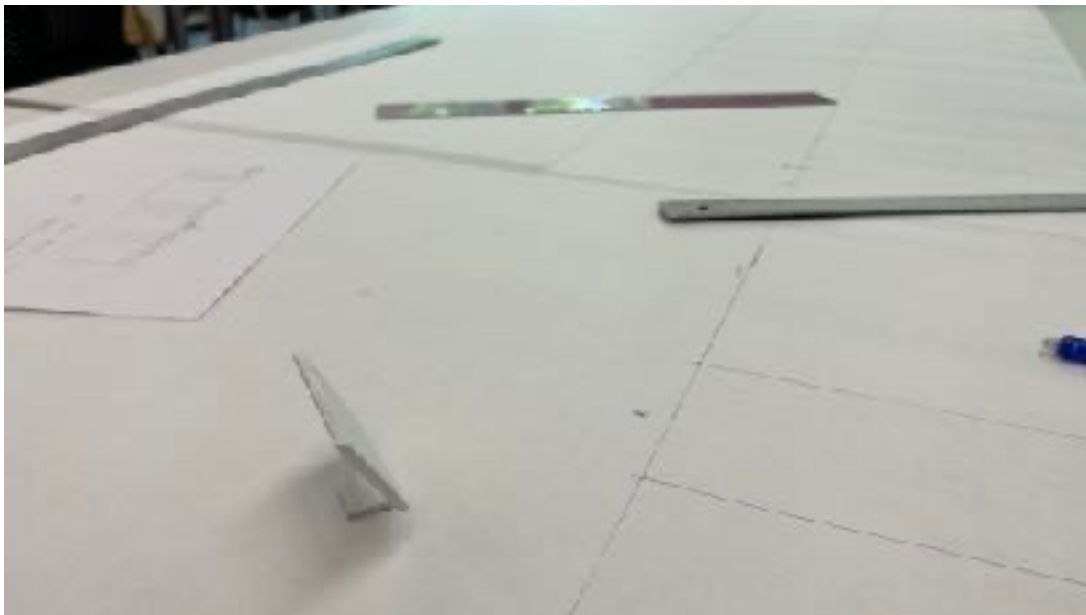
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Prototyping



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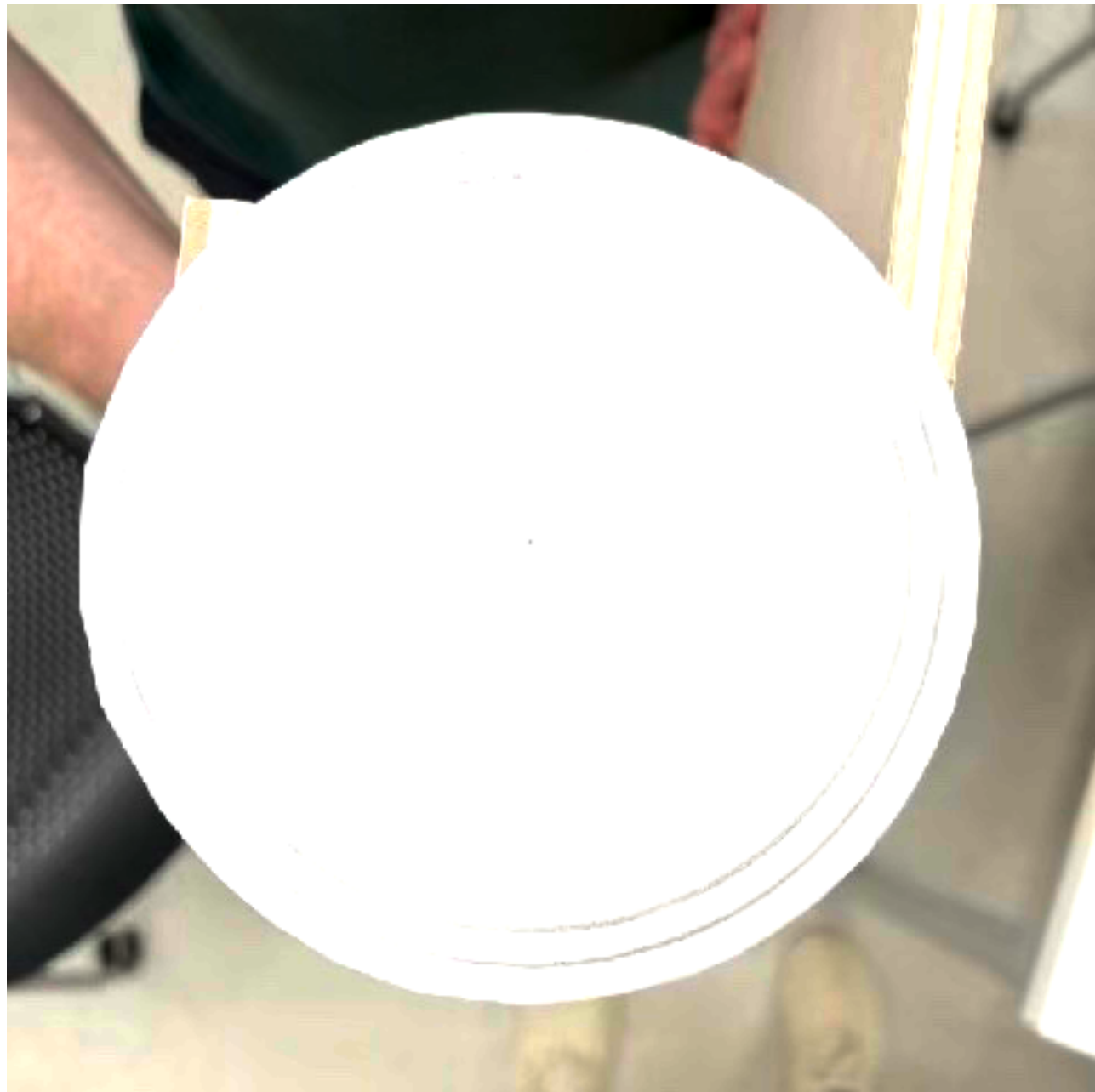
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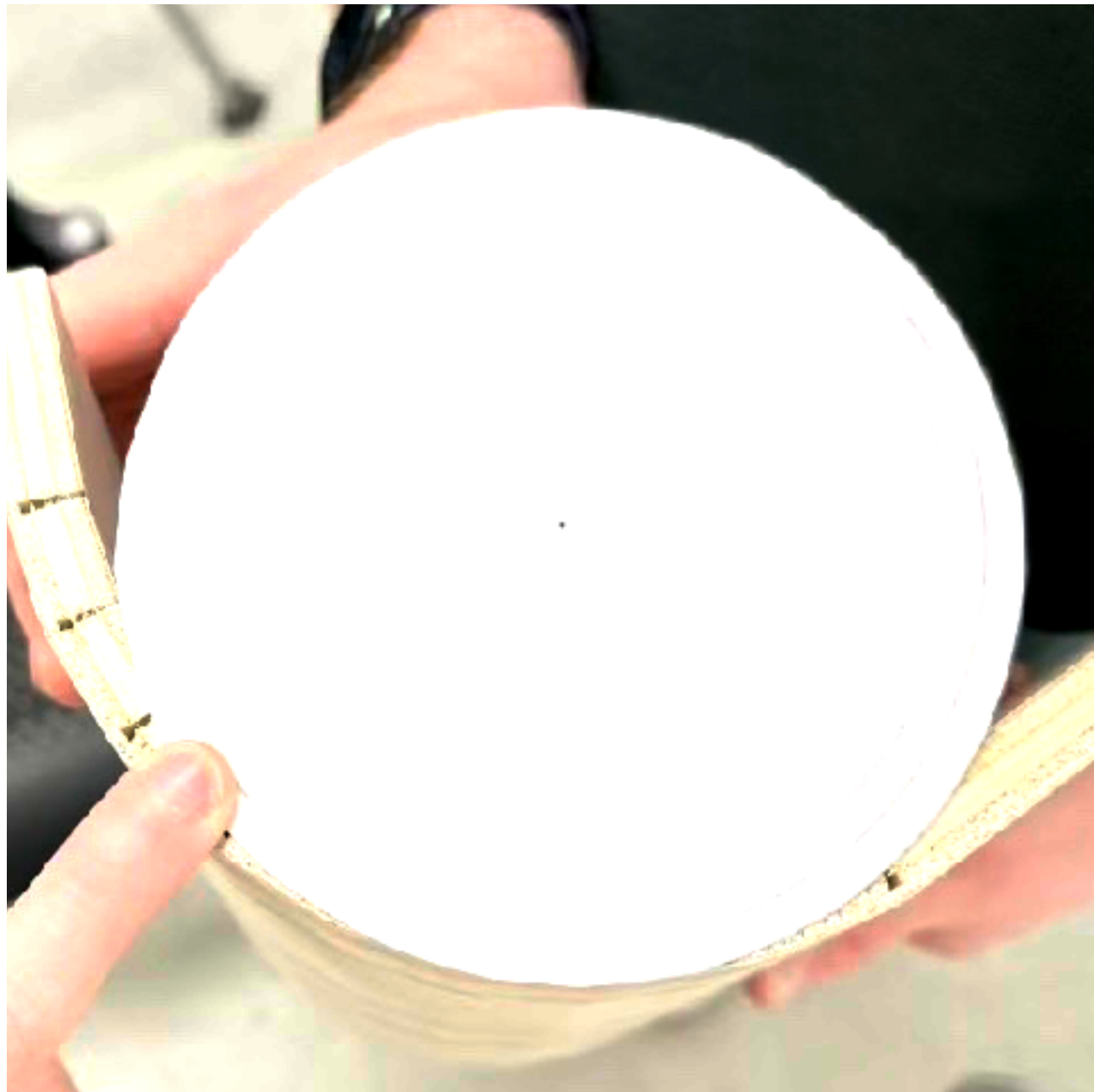
Prototyping

Final Build

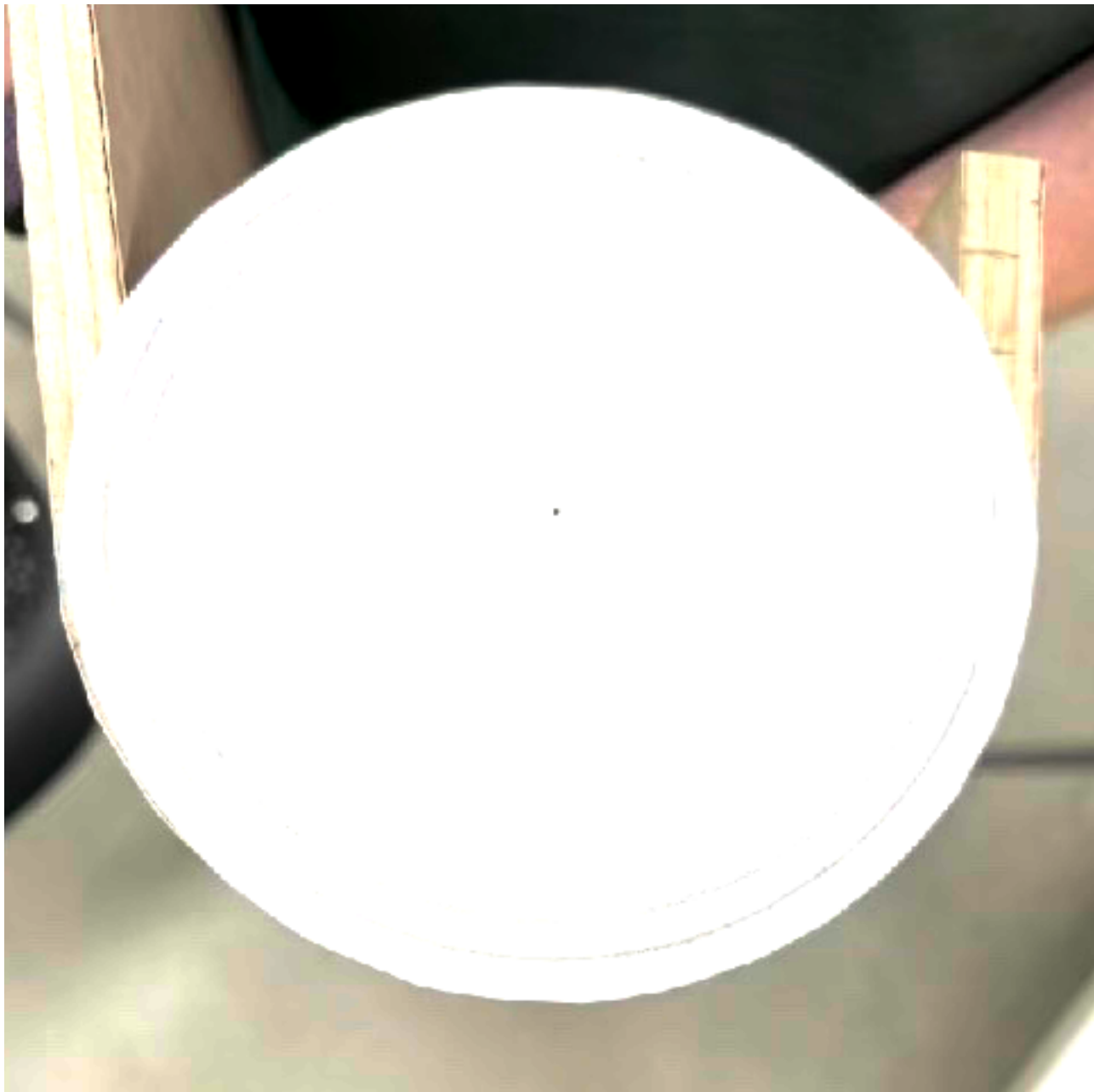
Prototyping



Too Small



Too Big



Just Right

Problem

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Exploration

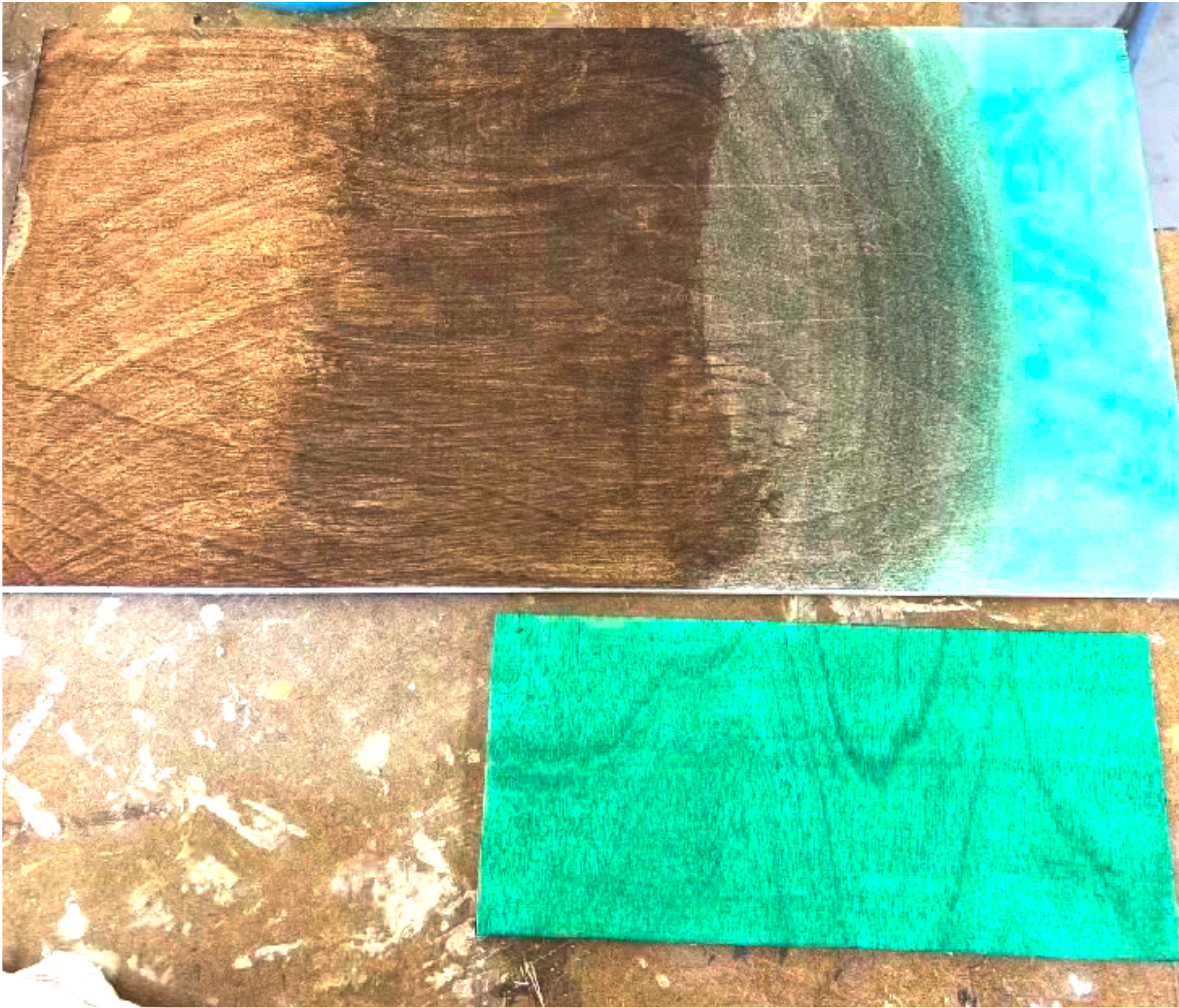
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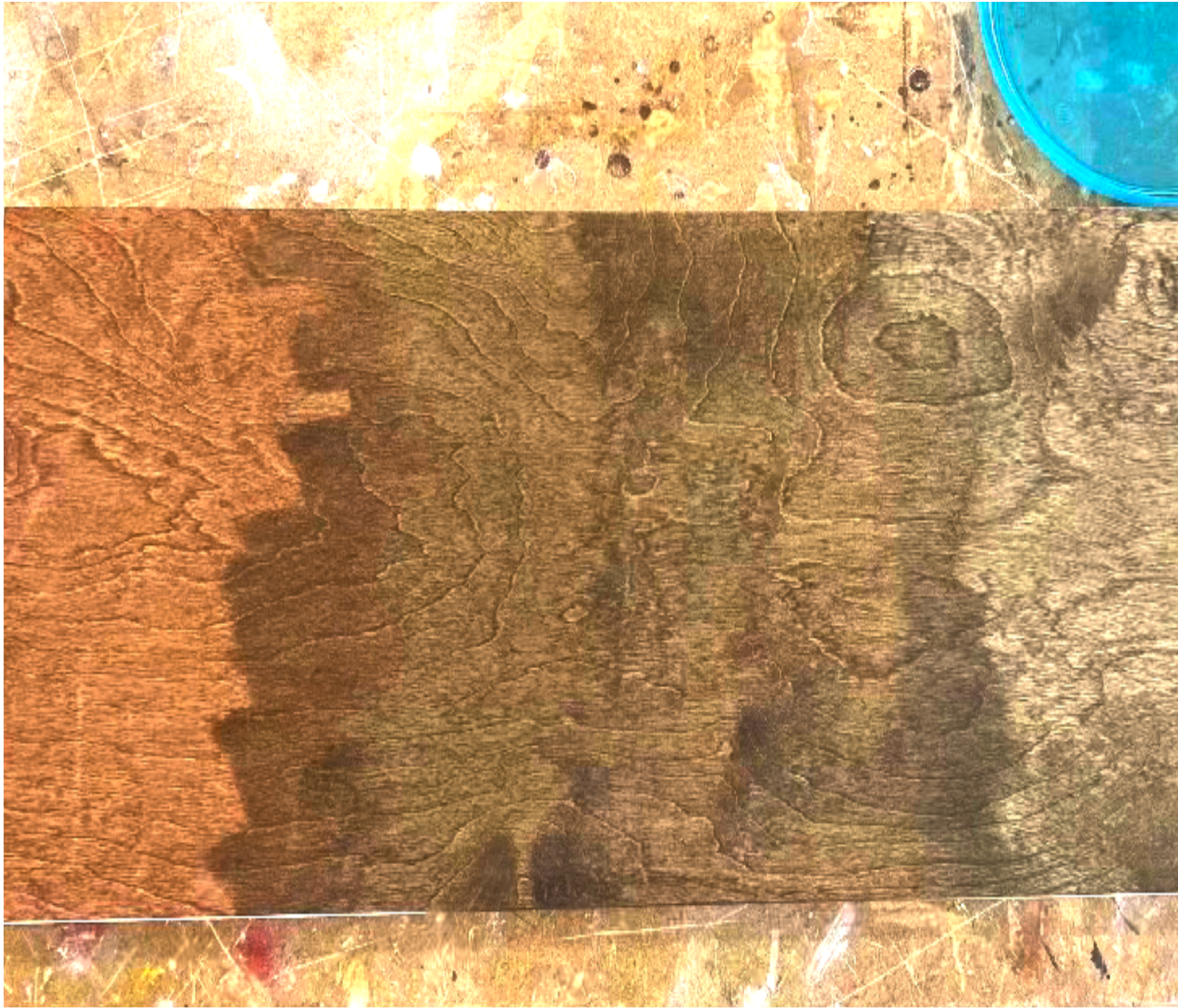
Prototyping

Final Build

Prototyping



Oil Paint + Mineral Spirits



Traditional Stain

Problem

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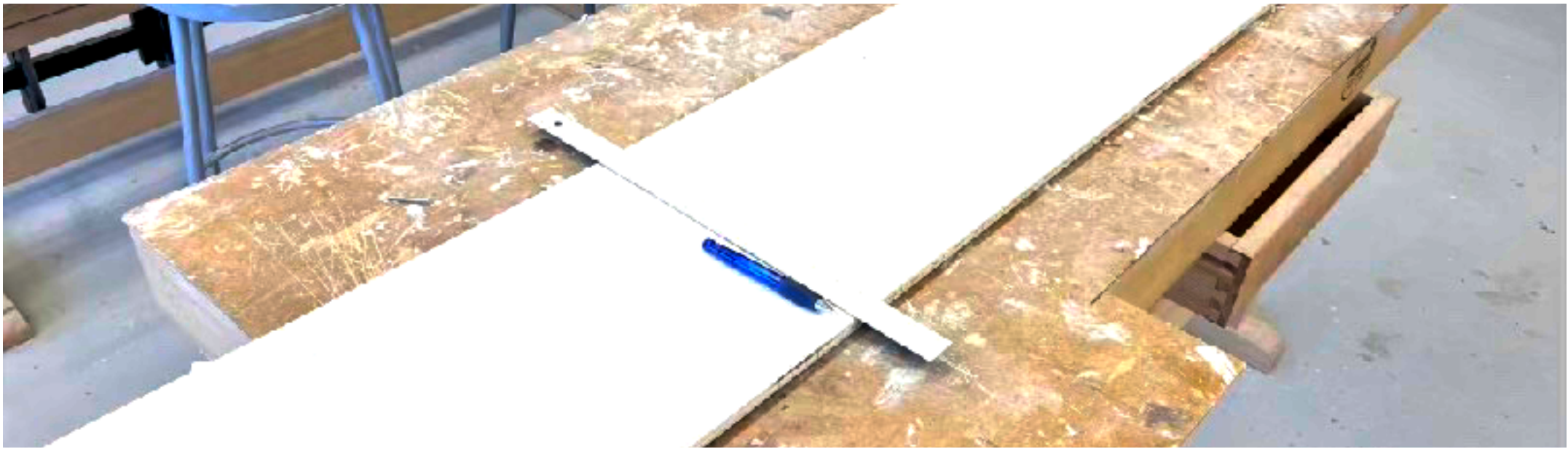
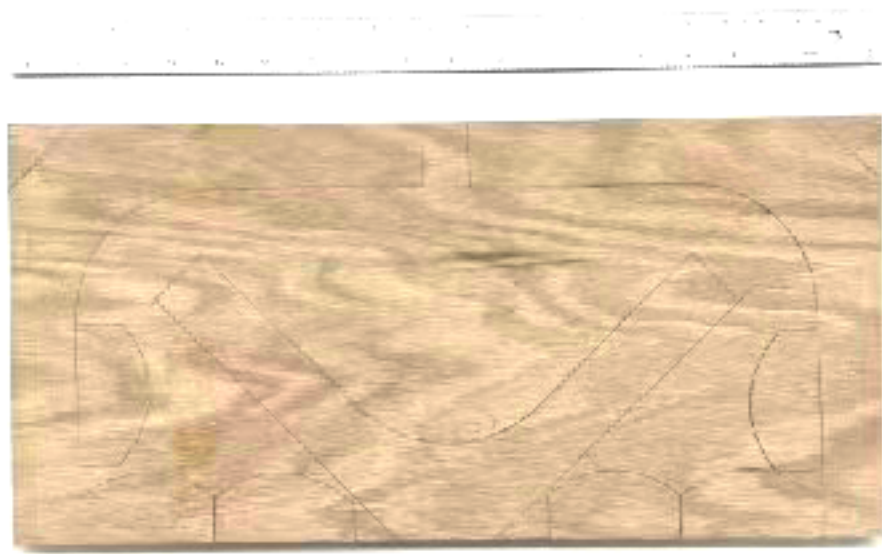
Interaction

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Final Build

Building V1



Problem

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Testing



Level



Weight Test

Problem

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Exploration

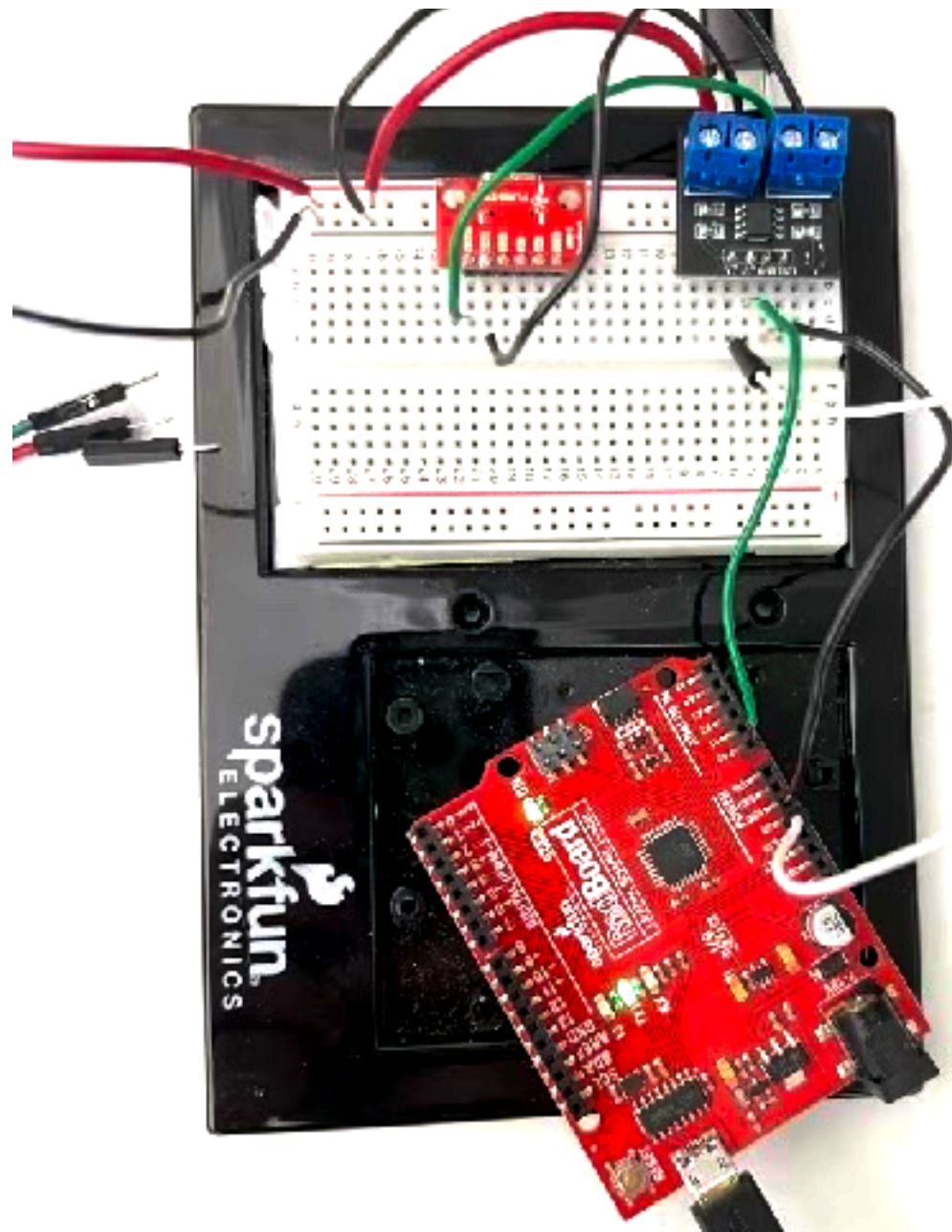
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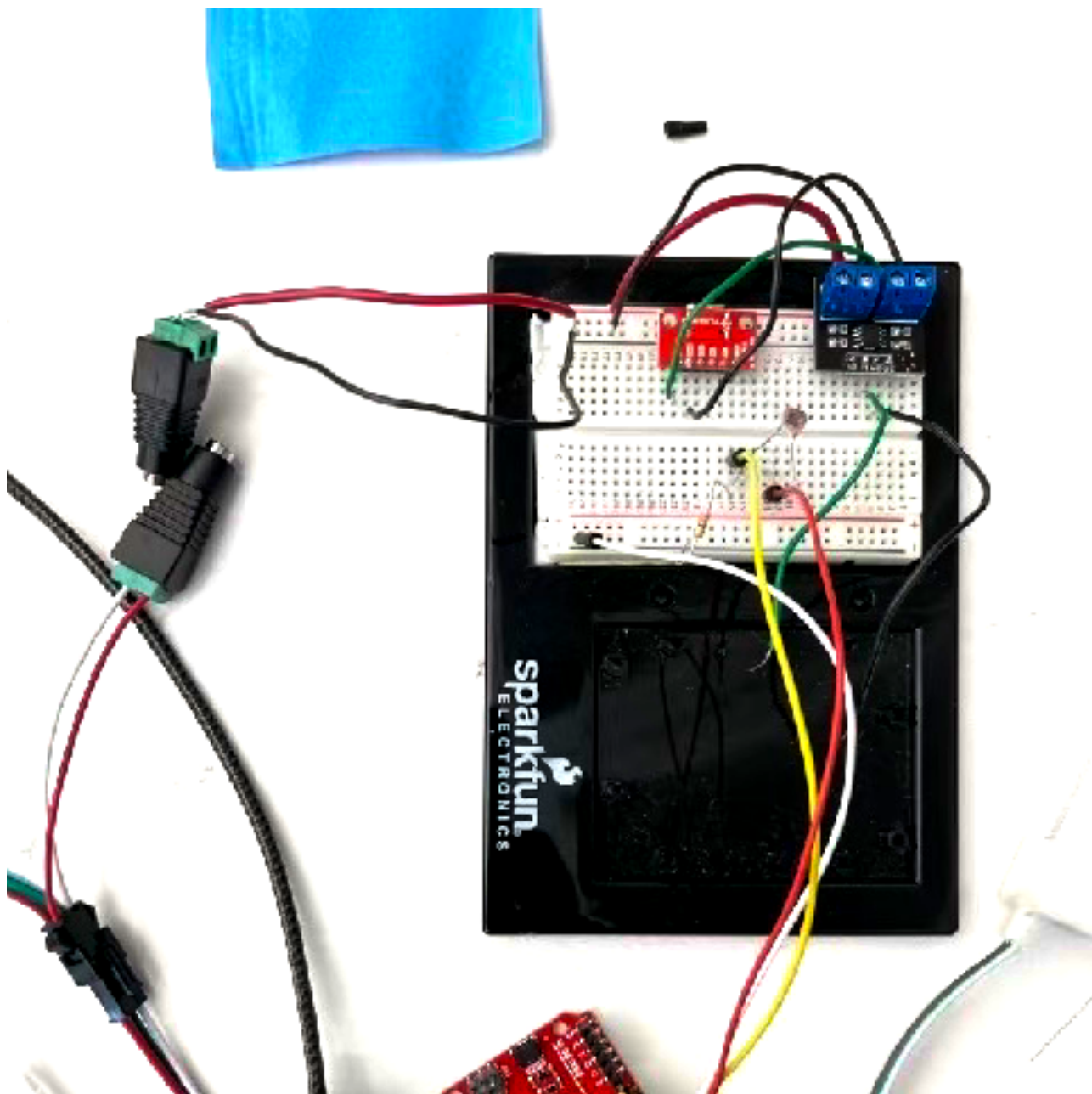
Prototyping

Final Build

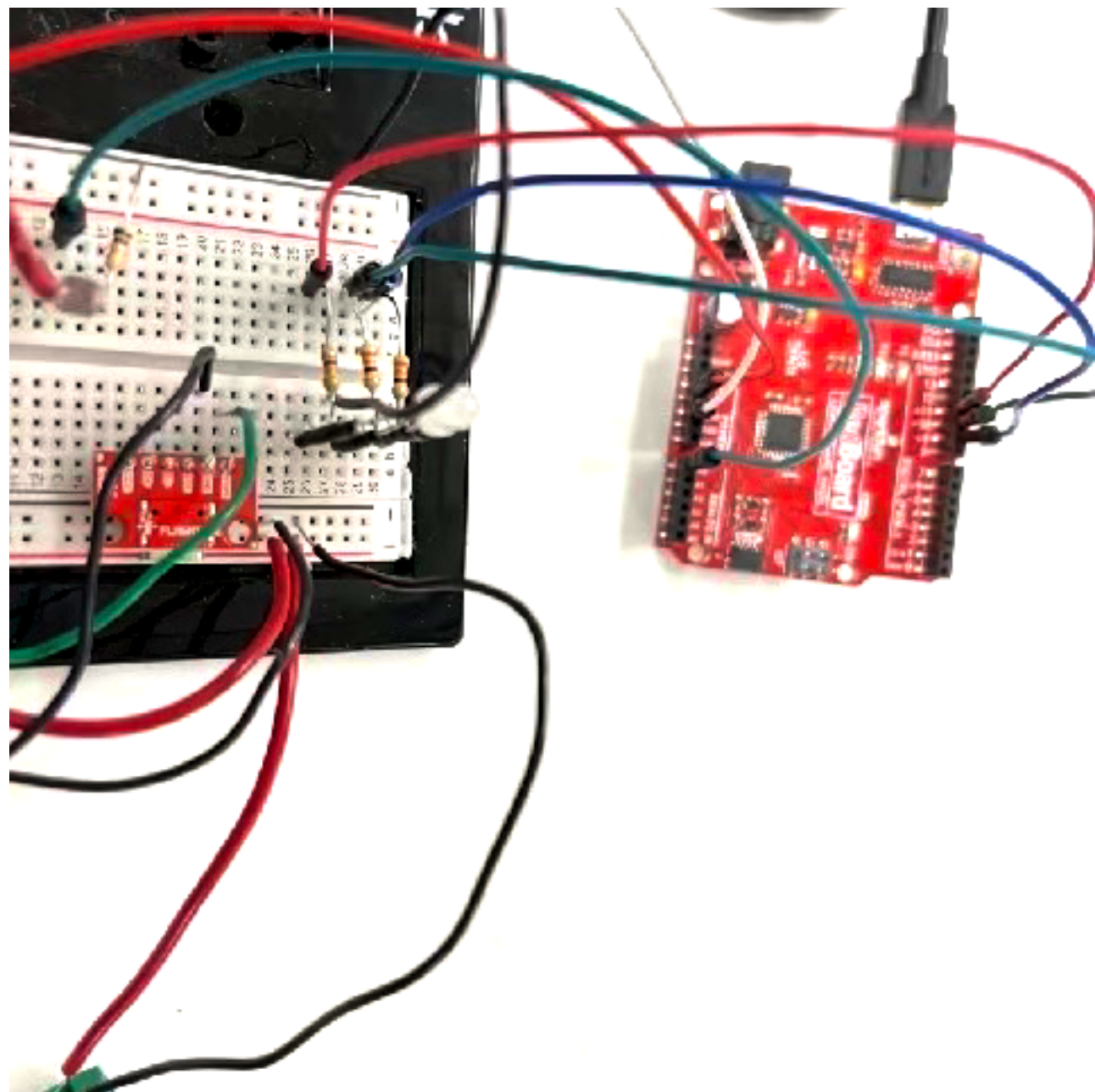
Testing



Original
Circuit



Modified
Sensor



Creating
Workarounds

Problem

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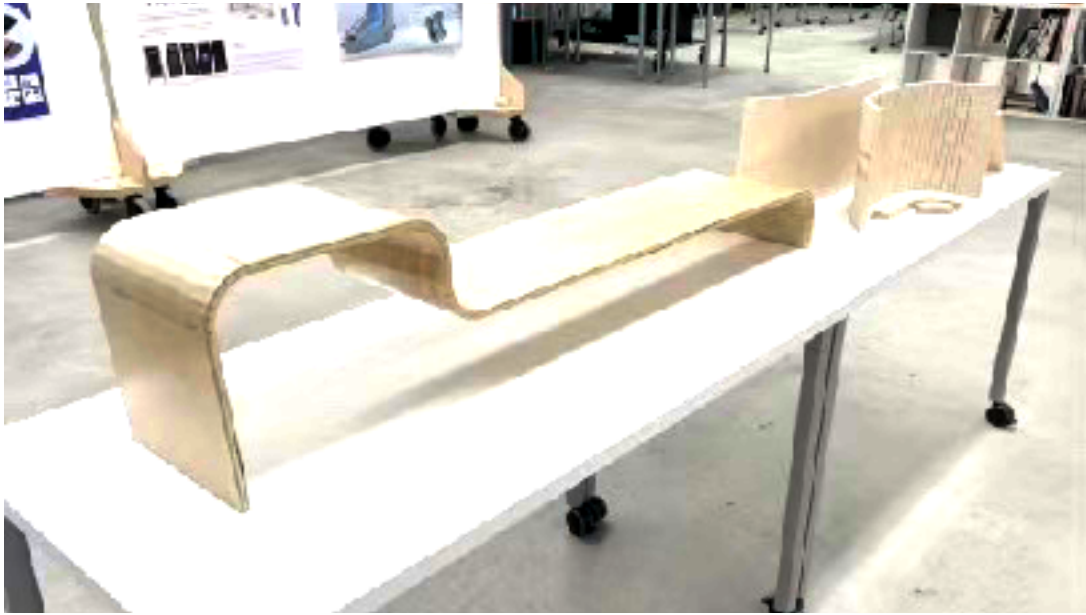
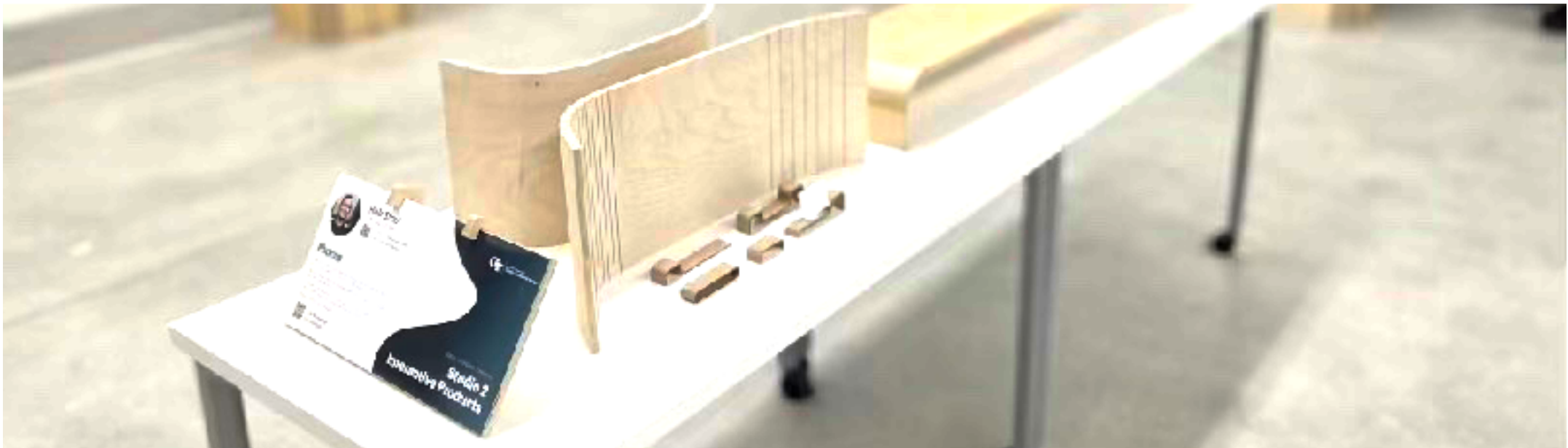
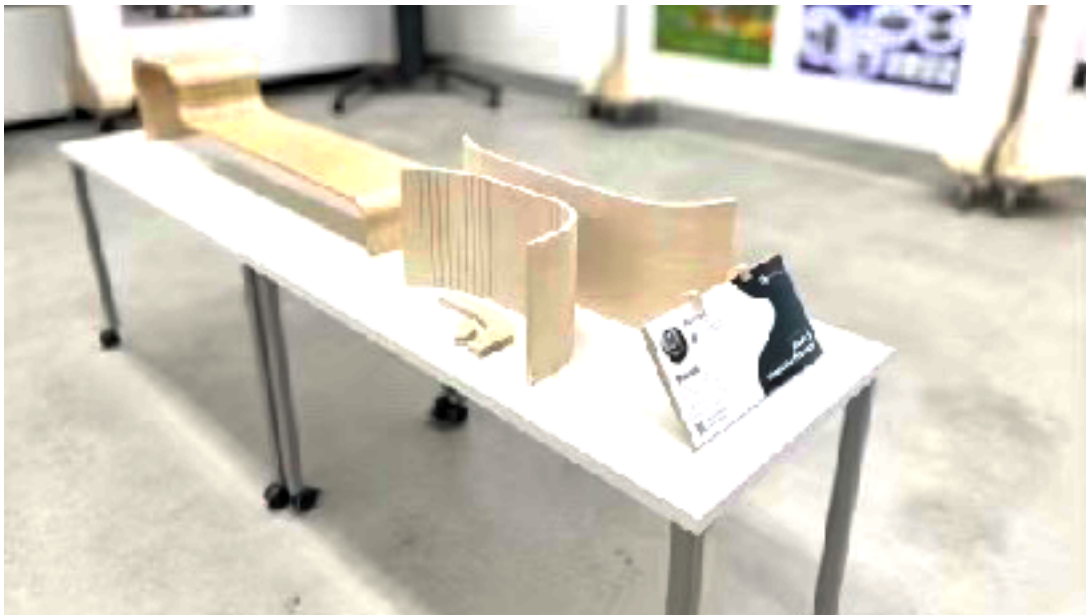
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