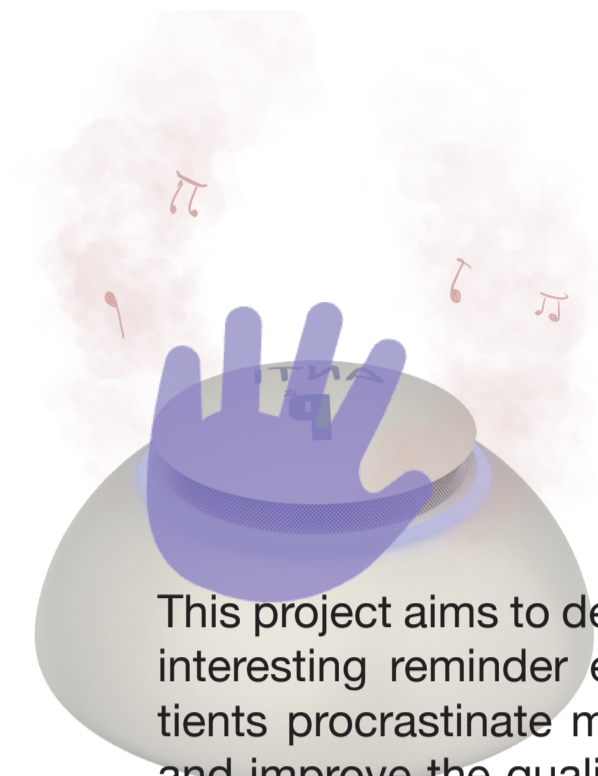


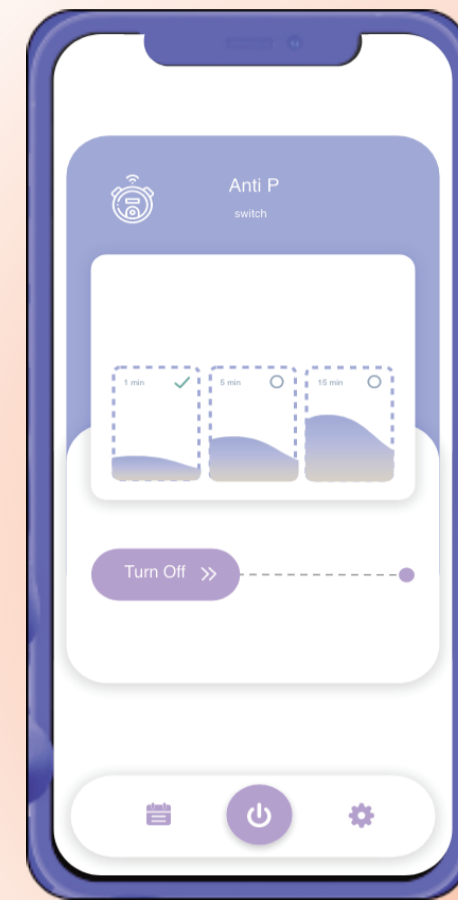
Help procrastinators schedule and complete tasks easily

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Abstract

This project aims to develop an innovative task management APP and interesting reminder equipment, aiming to help procrastination patients procrastinate more easily, improve work and study efficiency, and improve the quality of life. The app combines task management functions with an aromatherapy music alarm clock to provide users with a personalized task management and reminder experience, thereby encouraging them to complete tasks better. Through continuous innovation and user feedback, the design expects to gradually improve the functions and user experience of the application in the next few years, and apply this design to more fields and more users.



Intro&Background

Introduction

In today's fast-paced life, procrastination has become a common problem in many people's work and daily life. To help people better manage their tasks, we launched a different kind of task management app that motivates users to overcome procrastination and be more productive in a more fun and personalized way, all while incorporating uplifting aromatherapy music Alarm clock, add a touch of task management fun.

Background

Procrastination is common in modern life, affecting many people's work and quality of life. While there are already plenty of task management apps on the market, most lack interest and personalization. In this context, we decided to create an application that better meets user needs by combining task management with interesting reminders.

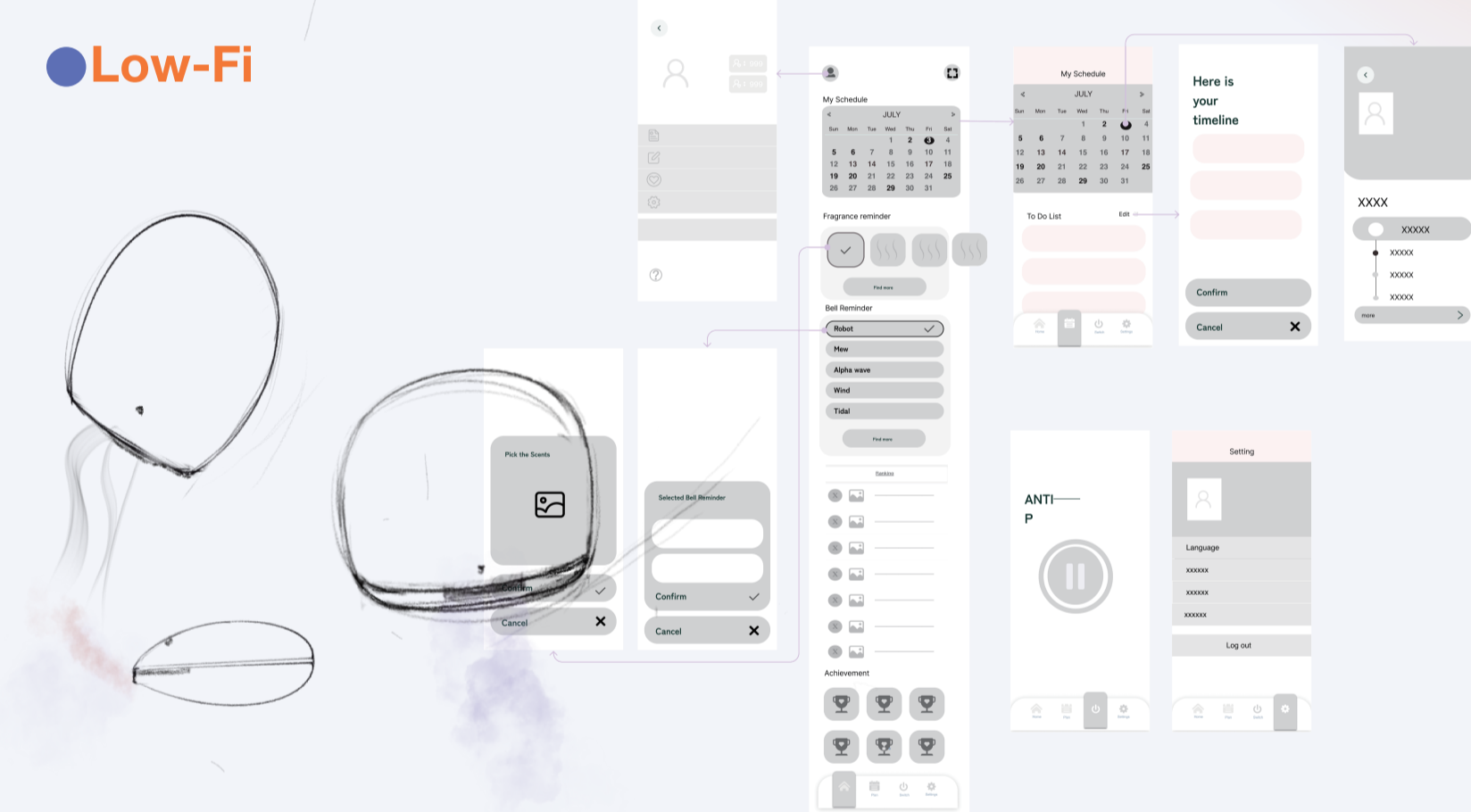
Researchers related to procrastination present such a set of statistics.

About 20% of adults experience chronic procrastination. About 50% of college students have persistent and long-term procrastination behaviors, 75% of college students consider themselves procrastinators, and 80% to 95% of college students have procrastination behaviors. In one study of a sample of adults, 74 percent of respondents said they went to bed later than planned at least once a week without any external reason for doing so.

The proportion of people who procrastinate is already high, and with the development of the Internet and the progress of society, people's daily life has changed, resulting in an increasing frequency of procrastination. Although there are many fresh solutions on the market, procrastination is still a difficult problem in social life that needs further research.

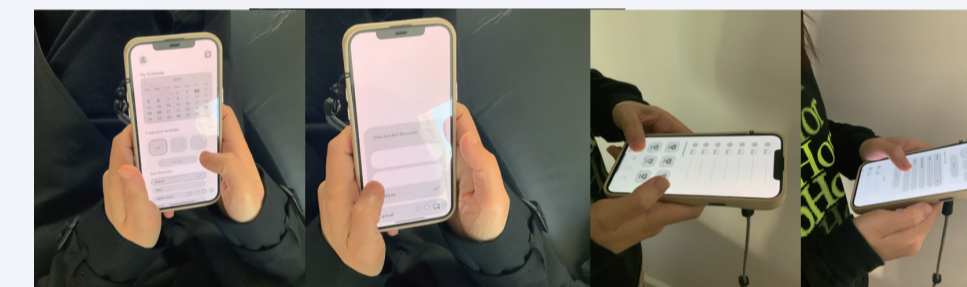
Design

Low-Fi

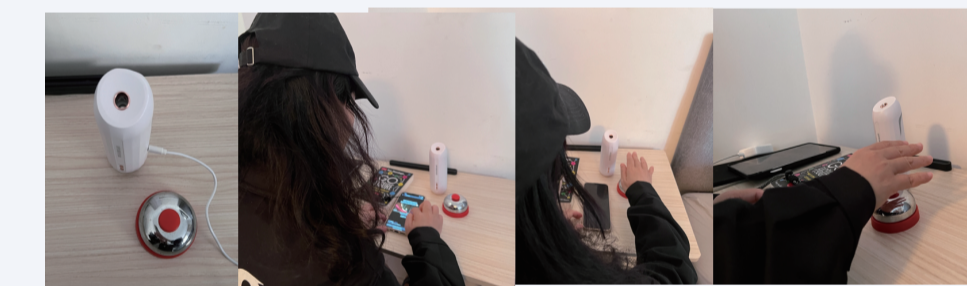


User Testing

Mini App user testing



Scent music reminder effect test



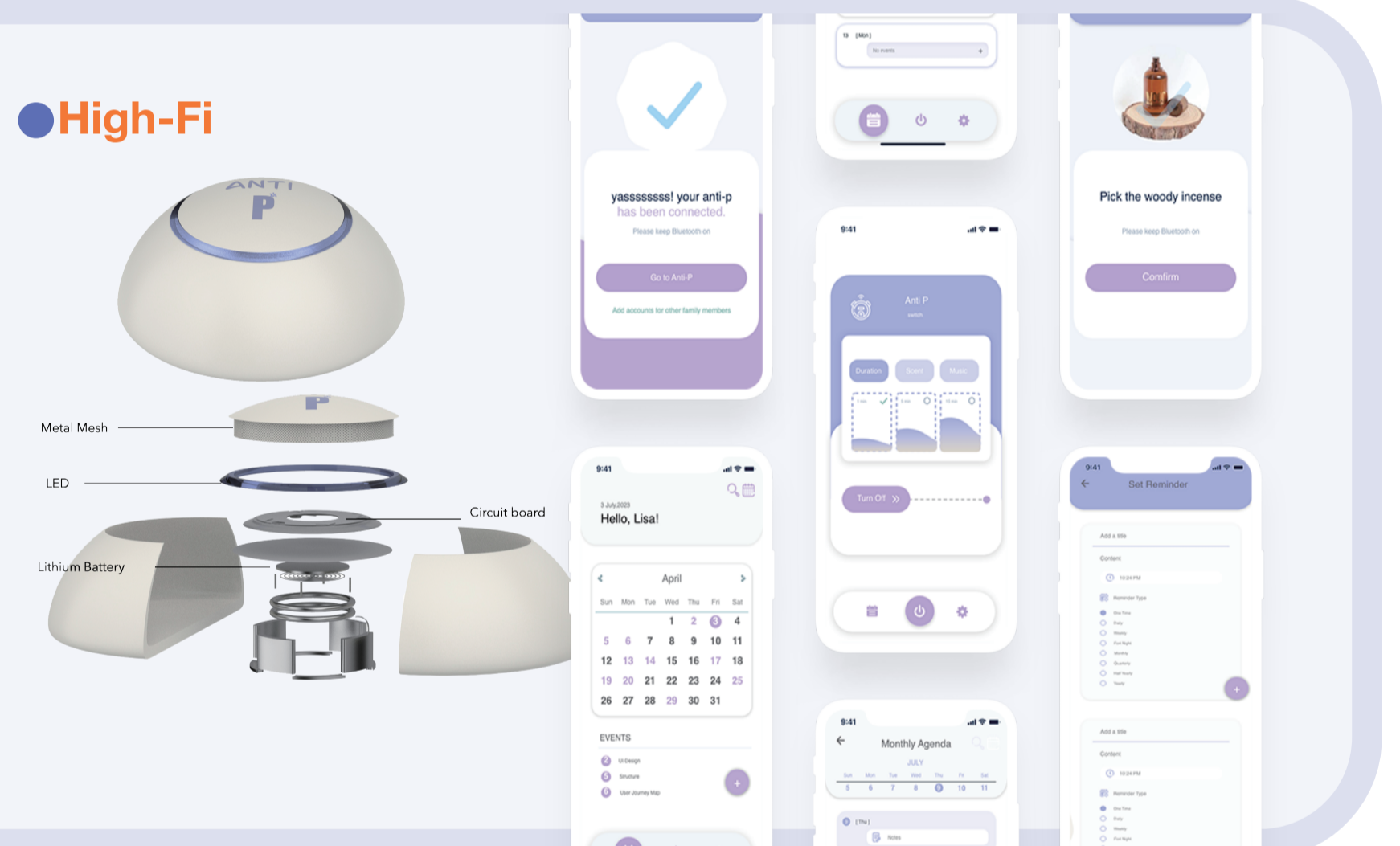
Feedback

It can be used, but it would be better to adjust the structure. There are too many functions on the homepage, such as smell and music selection, it will be more comfortable to move to the switch page.

The task procrastination index decreased, and users indicated effective reminders during usage. However, the number of experiments and the sample size are still insufficient, so the randomness of experimental results cannot be ruled out.

Additionally, ringing a bell was originally used to help observe and record when tasks started. But a well-known tester said in an interview that the moment the bell is pressed, the person is also over from the previous state. So the appearance of the product was changed to ring a bell.

High-Fi



Research Objectives and Strategies

Research Objectives:

This study aims to investigate the effectiveness of a dual reminder system involving scent and sound in assisting individuals with procrastination to complete tasks more easily. The study will focus on the following aspects:

Reminder Effects Validation: The study will compare the task completion performance of participants using the dual reminder system with a control group. This comparison aims to verify if the scent and sound reminder system significantly improves task completion efficiency for individuals prone to procrastination.

User Experience Analysis: Participants' experiences with the dual reminder system, including improved focus, ease, and motivation, will be analyzed. This analysis will provide insights into the practical effectiveness of the reminder system.

Feasibility Assessment: The study will evaluate the practicality of implementing the dual reminder system in real-world scenarios. It will assess participants' willingness to continue using this reminder approach and explore potential avenues for system enhancement.

Research Strategy:

To achieve the research objectives, the study will employ the following strategies:

Literature Review: A comprehensive literature review will be conducted to gather insights from psychology and cognitive science related to procrastination and various reminder methods. This review will form the theoretical foundation for the study.

Experimental Design: A randomized controlled trial will be designed to recruit participants with procrastination tendencies. Participants will be randomly assigned to either the experimental group (using scent and sound reminders) or the control group (using traditional sound reminders).

Data Collection and Analysis: Participant background information and procrastination tendencies will be collected. After the experiment, data will be gathered through questionnaires and task completion records. Statistical methods will be applied to compare task completion and user experience between the groups.

Interpretation and Discussion: Qualitative analysis of experimental data will be conducted to explain the impact of the dual reminder system. The study's results will be discussed to determine their significance and alignment with the study's conclusions.

Conclusion

Integration and innovation: By combining the task management app and the aromatherapy music alarm clock, we have successfully integrated solutions from two different fields to create a more comprehensive and interesting application. This integration drives us to greater effectiveness in addressing procrastination.

Efficiency Improvement: Experiments have proved that the dual reminder system (aromatherapy and music) has a significant positive effect on helping procrastinators improve work efficiency. A task management app helps users plan and track tasks, while an aromatherapy music alarm clock provides extra motivation during the reminder process.

User Experience: We have successfully enhanced the user experience by providing fun, personalized reminders. While using the task management app, users can also feel the joy of aromatherapy and music, so they are more willing to actively participate in the completion of tasks.

Scalability: This design incorporates elements such as mental health support and social interaction into the application to enhance the scalability of the solution. In the future, we can further expand the functions of the application to meet the needs of different users.

Social Value: By helping users develop good work habits, this design has a positive impact on personal productivity and mental health. At the same time, this also responds to a certain extent to the focus of society's attention, that is, how to better deal with procrastination.

To sum up, this design provides an innovative, interesting and practical solution to the procrastination problem, helping users to complete tasks more easily by improving their task management and reminder experience, and having potential application value. This design has important potential for future development and can be continuously optimized and expanded to adapt to changing user needs.

Future Plan

1: Function improvement and user feedback collection
User feedback collection and analysis: Encourage them to actively use the app and provide feedback. Continuously improve user experience and solve problems through user feedback.

Optimization of task management functions: Continuously improve task management functions, including task classification, priority setting, deadline reminders, etc., to meet users' different task management needs.

Aromatherapy Music Alarm Clock Enhancement: Add a variety of aromatherapy options and introduce more types of music to meet the aesthetics and preferences of different users.

2: Personalization and cross-platform expansion
Personalized recommendation system: Introduce machine learning and artificial intelligence technology to recommend the most suitable task management and reminder settings for users according to their task preferences and work habits, so as to improve user stickiness and satisfaction.

Cross-platform support: Extended to different platforms, such as iOS, Android, and Web, enabling users to seamlessly sync and manage tasks on different devices.

Introduction of social functions: Increase the interaction between users, such as common tasks, task sharing and discussion, and provide a social environment that encourages and collaborates.