A6: INTERACTIVE MEDIUM-FI PROTOTYPE

theo

November 03 2025, Monday

by Ananya N, Ayana G, Anthony C, & Felix Z

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Gentle nudges. Real progress.

Meet the Team!

Ananya N.

Ayana G.
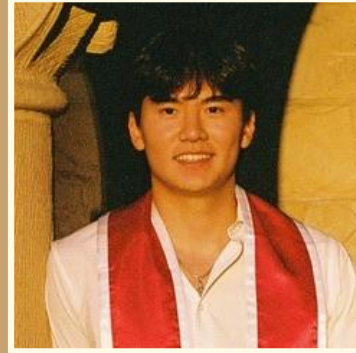
Anthony C.

Felix Z.

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Problem

ADHD learners struggle with:

➔   staying on task

➔   hyperfocusing

➔   breaking down large tasks

➔   finding conducive work environments

Solution

Provide an artificial source of **body doubling** that:

➔   offers **reminders** to take care of biological needs

➔   provides **reflection** opportunities to refocus/stay on track

➔   aids in **task decomposition**

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Tasks

1. Simple: Start a basic work session
    This task was successful for all of our low-fi prototype testers.

2. Moderate: Use reflection reminders → *previously Complex*
    This task can be incorporated into the Simple task, but also addressed separately.

3. Complex: Utilize task breakdown feature → *previously Moderate*
    This task was unsuccessful as our Moderate task, since our testers found the editing interface overwhelming and confusing to navigate. As a result, we switched our Moderate and Complex tasks to reflect this.

Additional tasks:

1. Log in/create and account and view profile

2. Find a friend to send a collaboration request to and coordinate a meeting

3. View a past session summary
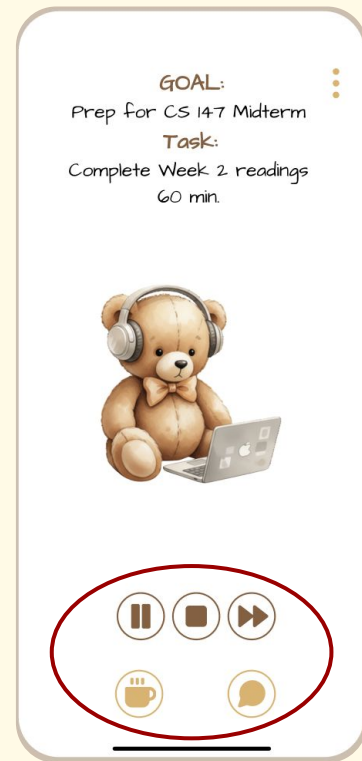
1. Accessibility

1.1 Visibility

Def:

The more **discernible** an element, feature, or system is, the more likely users will be able to **utilize** it effectively

Discernibility → intuition

Our design makes use of whitespace, Gestalt principles, and Fitts's Law by:

- **minimal** elements on the screen

- **grouping** clickable items (Gestalt) in the lower 1/5th of the screen

- **minimizing the distance** between navigational elements for ease (Fitts's Law)

→ Tradeoff: making screens too sparse

GOAL:
Prep for CS 147 Midterm
Task:
Complete Week 2 readings
60 min.

1. Accessibility

1.2 Affordances

Def:

Providing **visual cues** indicating the use of a feature

Buttons are color-coded **or surrounded by a**

highlighted box

Most clickable components in our prototype/design system are color-coded in dark brown , whether by fill or text color.
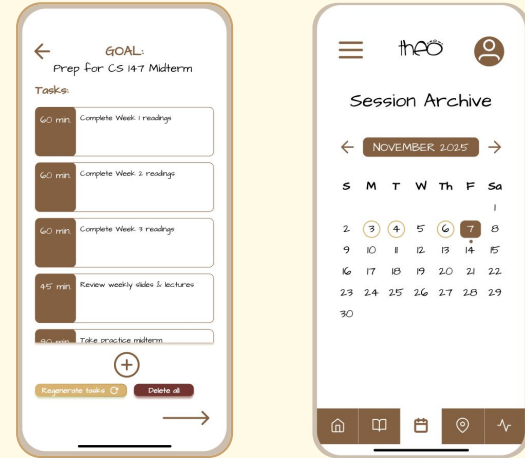
- Indicates to the user that a component can be selected and used to progress or edit some part of the platform

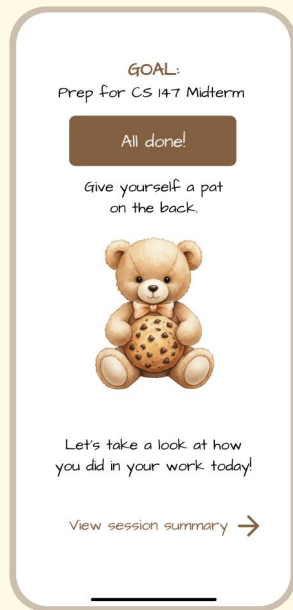→ tradeoff: monotonous (if too many buttons, too much of same color)

2. Empathy

Def:

Using **warmth** to lower the barrier to entry and inducing a feeling of support

Warm language, warm colors

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11/07/25, Friday

Hi, Anna

"You are braver than you believe, stronger than you seem, and smarter than you think."
~ Christopher Robin

GOAL:
Prep for CS 147 Midterm

All done!

Give yourself a pat on the back.

Let's take a look at how you did in your work today!

View session summary →
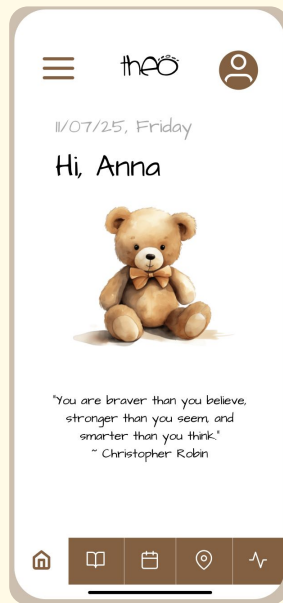
We also chose warm colors to create a **cozy** environment: one that's both easy *and* welcoming to use.

Tradeoff: *inclusivity* ("Forgotten" Tarot Card), as the appeal is to a **younger** and predominantly **female** demographic (Liew et al.; Antezana et al., 2022).

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Goals & Key Metrics

Task 1: Starting a Basic Study Session

Goal: Users find the process of starting a session simple and minimally participatory [**revised**]

Metrics: Fewer than 5 incorrect taps to start and complete session with goal [**complete**]

Task 2: Engaging with Reflection Feature   (revised)

Goal: Users notice and respond to reflection reminder with ease [**revised**]

Metrics: <2 taps between reflection page and returning to session [**complete**]

Task 3: Breaking Down a Large Goal   (revised)

Goals: Users find and utilize breakdown feature without assistance [**revised**]

Metrics: Time to find breakdown feature < 10 sec, fewer than 7 incorrect taps to increase Task 1 time from 30 → 40 min. [**complete (taps)**]

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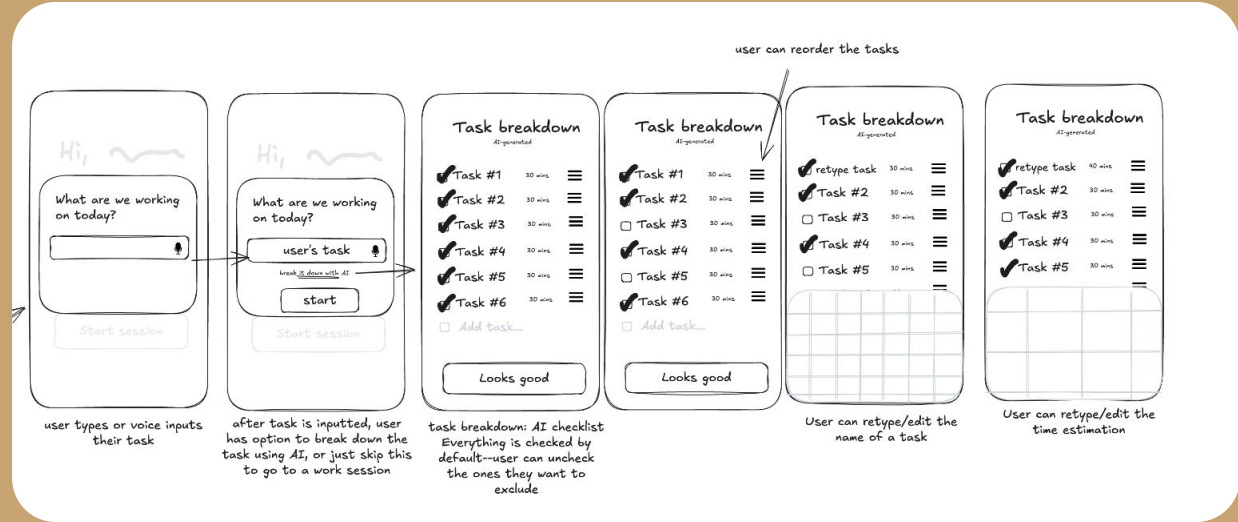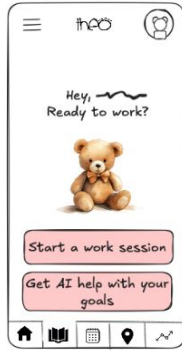
4 biggest changes:

- Updated editing interface for task breakdown editing

- Provisions to fast-forward through tasks/end session before time is up

- Calendar page/session archive to access past sessions

- Method for getting task breakdown help without starting a session

user can reorder the tasks

Hi,

What are we working on today?

Start session

user types or voice inputs their task

Hi,

What are we working on today?

user's task

break it down with AI

start

Start session

after task is inputted, user has option to break down the task using AI, or just skip this to go to a work session

Task breakdown
AI-generated

- Task #1   30 mins
- Task #2   30 mins
- Task #3   30 mins
- Task #4   30 mins
- Task #5   30 mins
- Task #6   30 mins
- Add task...

Looks good

task breakdown: AI checklist
Everything is checked by default--user can uncheck the ones they want to exclude

Task breakdown
AI-generated

- Task #1   30 mins
- Task #2   30 mins
- Task #3   30 mins
- Task #4   30 mins
- Task #5   30 mins
- Task #6   30 mins
- Add task...

Looks good

Task breakdown
AI-generated

- retype task   30 mins
- Task #2   30 mins
- Task #3   30 mins
- Task #4   30 mins
- Task #5   30 mins

User can retype/edit the name of a task

Task breakdown
AI-generated

- retype task   40 mins
- Task #2   30 mins
- Task #3   30 mins
- Task #4   30 mins
- Task #5   30 mins

User can retype/edit the time estimation

Start Session page

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Hey, ～
Ready to work?

Start a work session

Get AI help with your goals

Completely blank page, very minimal Only necessary info

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① Create a new session

Do you want to copy a recent session?

45 min. - CS 147 Reading ②

60 min. - Research work

1 hr, 30 min. - Internship application

• • •

Larger button for more frequent use

Scroll bar for more recent sessions (up to 7-10)

Calendar page

theö

OCTOBER

S	M	T	W	Th	F	Sa
			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	29	30	31	
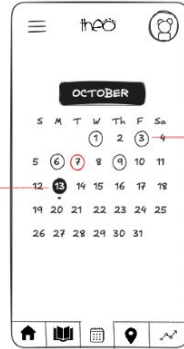
Days where at least one work session was completed are circled

Current day

OCT 07 2025, Thursday

Back to Calendar view to reselect date

Map page

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★ = Current Location

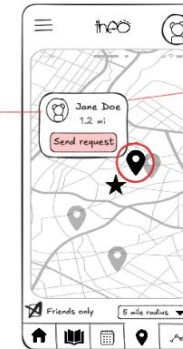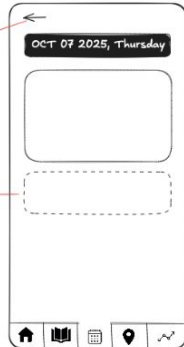📍 = other individuals who use the app

- Searches for individuals with the app who have marked in their settings that they are open to in-person collaboration.

- If 'Friends only' is checked, only individuals that have been approved through 'Friends' tab will be located.

- If 'Friends only' is unchecked, all individuals will be located.

- Search radius can be set between 1-50 miles.

Friends only | 5 mile radius ▼

Jane Doe
1.2 mi
Send request

Friends only | 5 mile radius ▼

If 'Friends only' unchecked, only first name and last initial for anonymity protection until session is confirmed

If 'Friends only' checked (like here), full name is available

Can click on profile photo to view public profile page

Feedback & Changes

We received feedback from low-fi testers and studio peers/experts that we needed more navigational/editing flexibility ("What happens if I finish early? Or I'm not done?") and less thinking involved when completing tasks, specifically our then-Moderate task ("What are all these **extra buttons** for? Do I need to use all these to start the session?").
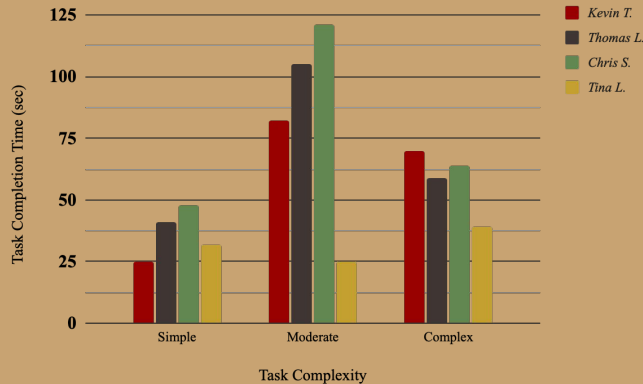
So, we:

➔ Updated and simplified task editing interface will aid in completion speed and comprehension of our Complex Task

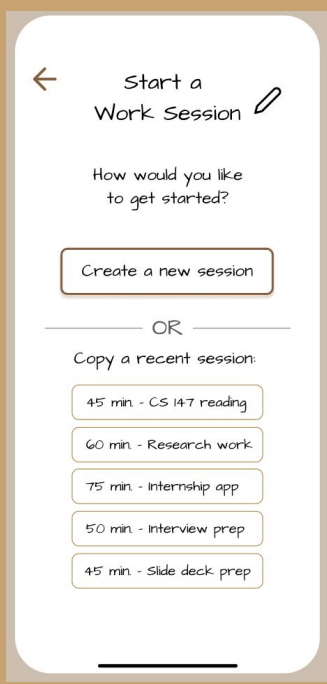➔ Fast-forward and other navigation options during session will aid in progressing through Simple Task

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Simple Task: Start a basic work session

Navigation bar for switching to map, calendar, progress, and home

Screen 1

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Hey, Anna...
Wanna work together?

Start a work session ✏️

☰ Get help with a goal

Screen 2

Start a
Work Session ✏️

How would you like
to get started?

Create a new session

— OR —
Copy a recent session:

45 min. - CS 147 reading
60 min. - Research work
75 min. - Internship app
50 min. - Interview prep
45 min. - Slide deck prep

Screen 3

← Pick Your Settings

Work Session
☐ I would like task breakdown help.
☐ I would like periodic reflection reminders.

Collaboration
☐ Let me know if anyone requests to collaborate.

Keep going... →

Screen 4

Let's set a goal for
your work...

GOAL:

I want to study for my CS 147 Midterm coming up in 2 weeks. I need a study plan for my readings and review and practice tests.

TIME:

00 : 90 : 00

Get started! →

🎤

Screen 5

GOAL:
Prep for CS 147 Midterm

90 min.

⏸ ⏹
☕ 💬

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1. Go to Session Page, select "Start a work session"

Option to save breakdown without session

2. Select "Create a new session"
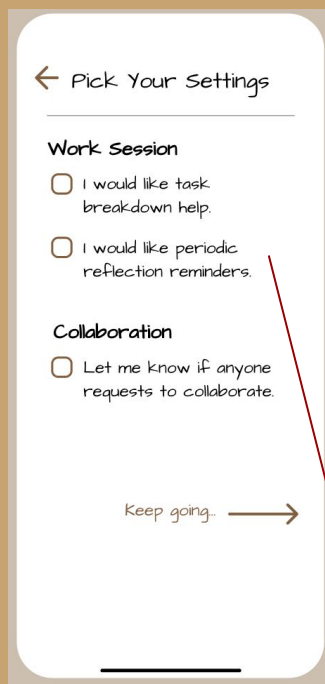
3. Select settings – do NOT select 'task breakdown'
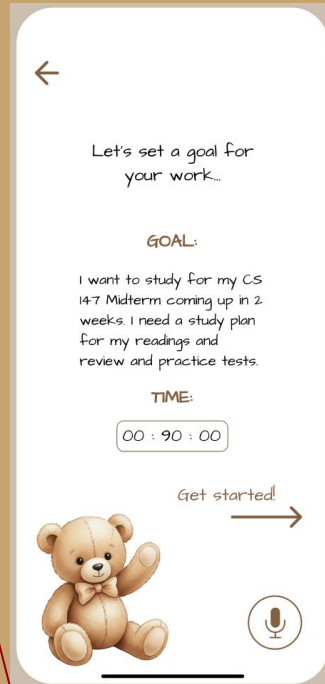
4. Enter goal

Optional reflection reminders

5. Enter session

In-hand session navigation options: pause, break, chat. (simple vs complex)
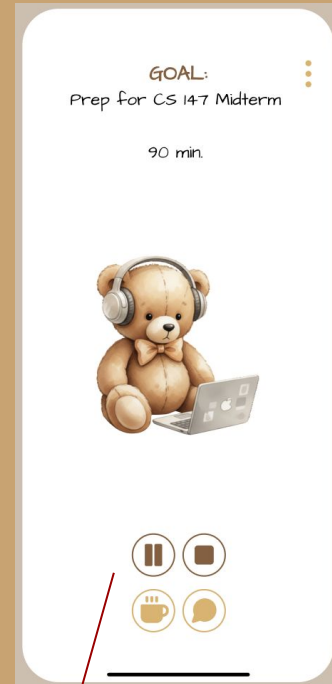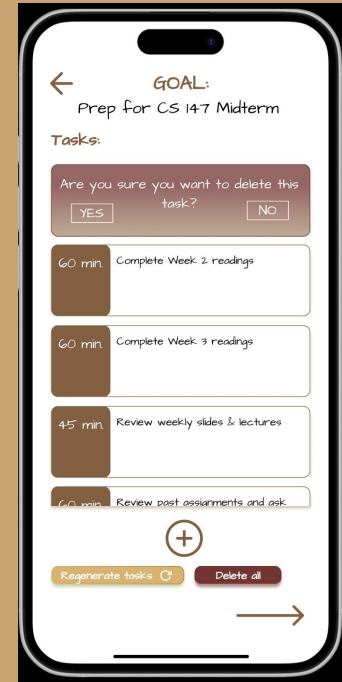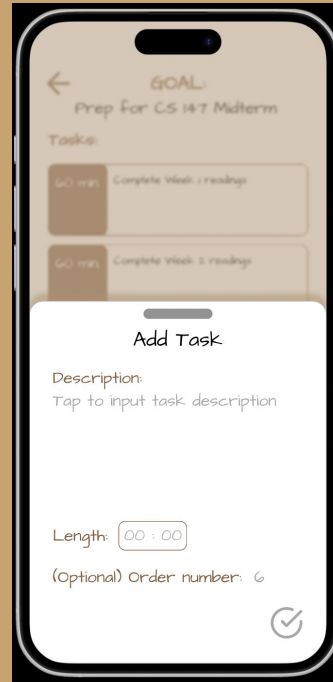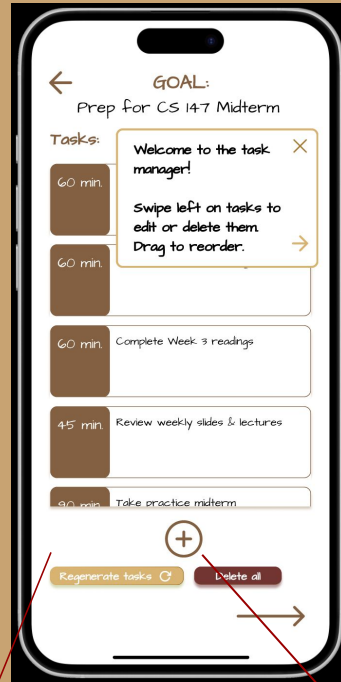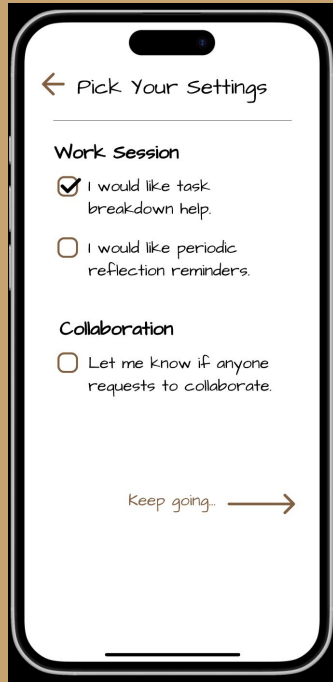
Moderate Task Flow*: Reflect with a chatbot

Originally Complex Task – altered based on user input from low-fi testing

1. Receive reflection opportunity reminder

2. Select "Guided reflection" or "Conversation"

3. Complete reflection, then return to session

Screen 1

← Pick Your Settings

Work Session
- ☐ I would like task breakdown help.
- ☑ I would like periodic reflection reminders.

Collaboration
- ☐ Let me know if anyone requests to collaborate.

Keep going... →

OPTIONAL check-in/reflection to avoid unwanted distractions

Screen 2

GOAL:
Prep for CS 147 Midterm ⋮

Reflection Time...

Would you like...

[Guided reflection prompts]

[A regular conversation]

Screen 3

← Guided Reflection

What's your energy like at the moment?

I'm feeling okay... I feel like I've been putting all my effort into one thing and not really focusing on other things that need attention.

That's understandable - it's easy to pour yourself into one thing when you're in the flow. Maybe take a moment to notice the effort you've given and how it feels in your body. Then we can gently shift focus to what else might need a little attention.

Thanks for your thoughts. I'll try to refocus when I finish this work session.

Back to session... →

Your text here...

Screen 4

← Converse with Theo

I'm feeling pretty good about the exam... I just wish I could get more clarity on what exactly design values are.

That's great that you're feeling confident! It's natural for questions to come up while you're prepping. This sounds like something you might want to ask a teacher or TA about. Try asking them in person (the best option) or sending them a message when you finish.

I also feel like I could use a bit more practice on the take-home part. 2 hours to do all that work is crazy!

It's good that you're recognizing this now so you

Back to session... →

Your text here...

Complex Task Flow: AI-assisted task breakdown

Pick Your Settings

Work Session
- ☑ I would like task breakdown help.
- ☐ I would like periodic reflection reminders.

Collaboration
- ☐ Let me know if anyone requests to collaborate.

Keep going... →

GOAL:
Prep for CS 147 Midterm

Tasks:

60 min.

Welcome to the task manager!

Swipe left on tasks to edit or delete them. Drag to reorder. → ✕

60 min.

60 min.   Complete Week 3 readings

45 min.   Review weekly slides & lectures

90 min.   Take practice midterm

Regenerate tasks ↻   Delete all

→

GOAL:
Prep for CS 147 Midterm

Tasks:

60 min.   Complete Week 1 readings

60 min.   Complete Week 2 readings

Add Task

Description:
Tap to input task description

Length: 00 : 00

(Optional) Order number: 6

✓

GOAL:
Prep for CS 147 Midterm

Tasks:

Are you sure you want to delete this task?
YES   NO

60 min.   Complete Week 2 readings

60 min.   Complete Week 3 readings

45 min.   Review weekly slides & lectures

60 min.   Review past assignments and ask

Regenerate tasks ↻   Delete all

→

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1. Choose "task breakdown help" in Settings.
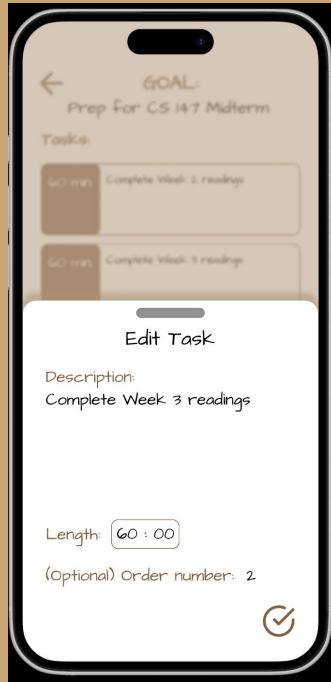
2. Enter task manager

Collated editing interface – added mobility, removability, and modifiability of tasks

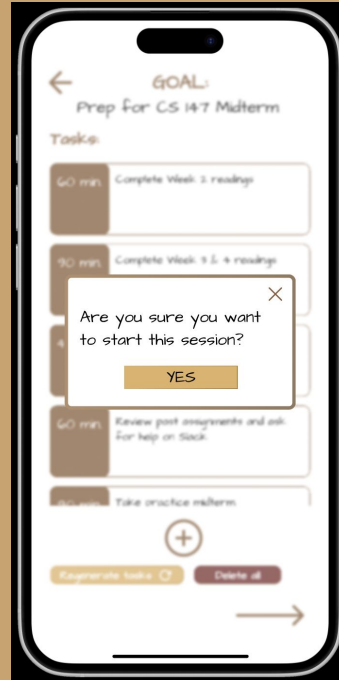3. Add a new task to the list

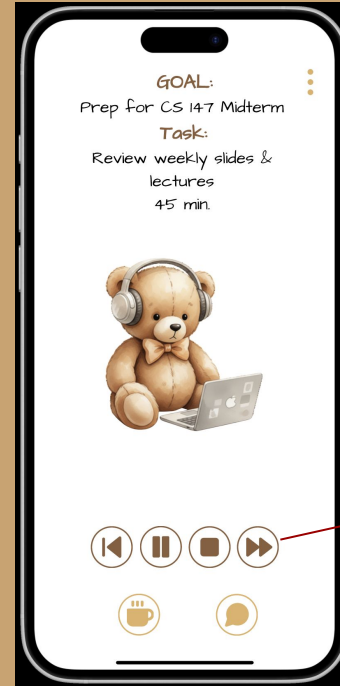Add tasks if desired

4. Delete a task from the list

Complex Task Flow: AI-assisted task breakdown (cont.)

5. Edit a task in the list

6. Confirm edits

7. Enter session, view current task

"Fast Forward" option to skip/advance tasks ahead of timer

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Implementation & Tools

➔ Main platform: Figma

◆ Pros: Incredible mechanism implementation, conditional transitions, variable usage
◆ Cons: Inability to have BTS timer implementation, text input difficult to manipulate, no AI chatbot-like functionality plugin

➔ Pros:

◆ Provided a sample of each function in the prototype to give the tester an idea of the range of flexibility that could be available
◆ Strong emphasis on visual layout, color palette, and iconography

➔ Cons:

◆ No actual work session mentality testability yet, based on Figma limitations noted above
◆ AI feedback and capabilities untested

Implementation & Tools

➔ We believed our tradeoffs for this prototype were acceptable since:

◆ Con #1 was evaluated during experience prototype testing in a minimal form
◆ Con #2 relies on the quality of the AI we use to implement our task breakdown feature with and the prompts we give our reflection chatbot

◆ Both of these are manageable in the long-term and can be tested in alternative ways.

➔ Hard-code & Wizard of Oz:

◆ All text input, messaging, and conversations are built into the model
◆ Task flow is designed to give a sample of each experience, not provide the full functionality and flexibility of the final product
◆ The user's information (friends, groups, calendar) comes built into the account

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Links to Figma Designs

Old Prototype

New Prototype

Link for Heuristic Evaluation/Executable