



Adobe Stock Images

Team 3 presents: Team 5

Hannah Cussen, Nils Forstall, Bahvya Shah, Simran Tandon

Team Members



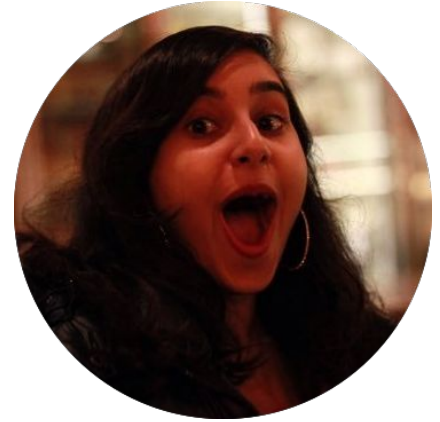
Hannah
Cussen



Nils
Forstall



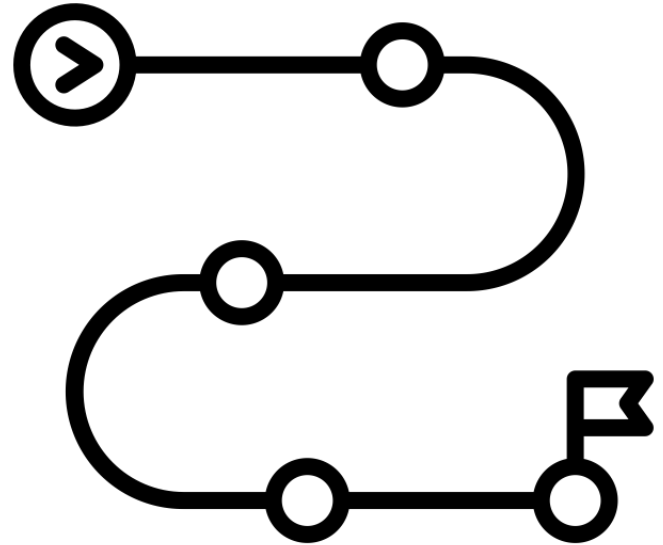
Bahvya
Shah



Simran
Tandon

Roadmap

- ▷ Problem domain
- ▷ Needfinding methodology
- ▷ Overview of interviews
 - Methodology
 - Results
 - Empathy map
- ▷ Insights
- ▷ Key learnings
- ▷ What's next?

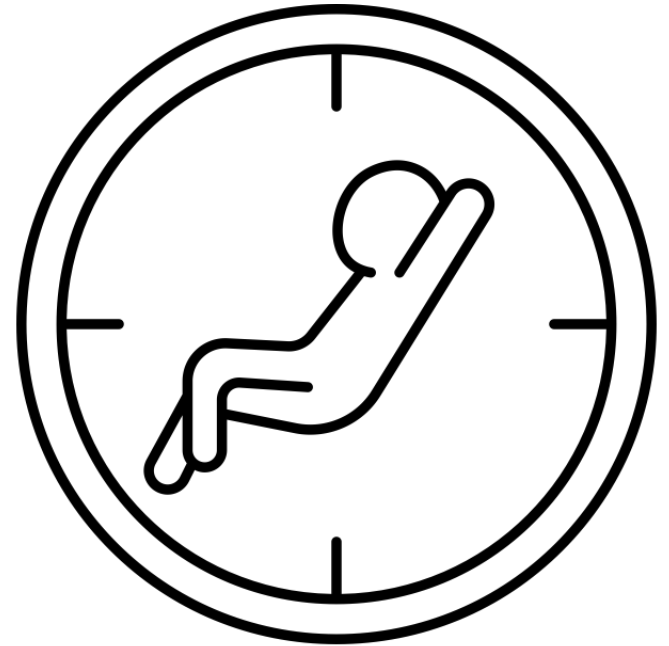


Created by Chimol
from Noun Project

Problem Domain

How do people feel about their
freetime?

- ▷ “Protecting” freetime
- ▷ Balancing freetime and work
- ▷ Are people satisfied with their freetime?
- ▷ Is freetime actually free?



Created by Amethyst Studio
from Noun Project

Needfinding Methodology

Who is enjoying free time at Tressider?

- ▷ On vacation, touring Stanford
- ▷ Just getting off of work
- ▷ On a break from work/volunteering
- ▷ Limitations: people without free time!



We interviewed...

Name	Ayesha	Jane	Erica	Jee
Description	A member of a guerilla marketing team who likes to travel and is questioning her relationship to social media	A working mother visiting Stanford who primarily values education and work in her time	A Jehovah's witness minister who enjoys spreading the word of God and is constantly checking her email	A Korean father visiting Stanford who spends most of the day at work but whose favorite part of the day is coming home to his family.
Interviewer	Nils	Simran	Simran	Bahvya
Notetaker	Simran	Hannah	Nils	Hannah

And asked them...

- ▷ Can you walk me through a day where you had a lot of free time? A day where you didn't?
- ▷ What did your schedule look like yesterday?
- ▷ What does prioritization in your life look like?
- ▷ How do you feel technology has affected your time?
- ▷ What's the first thing you do when you finish working?

Interview Results - Jee

Do you spend your free time with yourself or other people?

"I consider my family members as myself"



Created by Chunk Icons
from Noun Project

Interview Results - Jane

- ▷ “In China we always think we have to do something meaningful. work & study is meaningful...but if you spend time with someone - time is most precious, more than money”
 - Cultural shift
- ▷ The first priority is work—“clearing your work is important.”
- ▷ The second priority is studying with her daughter.

Interview Results - Erica

SAY

"[Check my email] too much... I really shouldn't do that"

[constant phone use is] detrimental to us

[Checking email constantly is] counterproductive to concentration

"Some kids will even bring their phone into the shower"

Sat down with brownie, thought about taking out phone, thought "no I've already checked my email"

Priorities: Jehovah first, Others next then Yourself

"We sent a man to the moon" even when communication was less immediate than it was today

When she was little, they didn't even have answering machines: "If someone couldn't reach you, they just wouldn't reach you."

"At least half of the time [being a minister] is spent learning."

"The world kept spinning"

Heads down syndrome: people literally miss everything that's around them

Think of life as a jar, and rocks are the big important things, while sand is unimportant. If you put the sand in first, then rocks don't fit, but if you put the rocks in first, the sand will fit around it.

DO

Checks email 30 times a day

Decided to people watch (instead of using her phone to check email or the news)

Checks email first thing in the morning and right before bed

Gives advice through the word of God

Doesn't look at her phone while at congregation

Gardens

Reads

Goes door to door to speak with people about God

Goes out to enjoy nature (and disconnect)

Uses technology to spread the word of God (online website, mailing list)

Travels for work, in a different place everyday

Stopped herself from checking her email when she sat down (before we approached her)

THINK

People are too reliant on technology

Wary of addictiveness of social medias

Most people prioritize themselves, not others (or God)

She has to keep her phone with her, even during free time, because she would have to respond immediately if an emergency arose

She's stuck in the loop of constant email checking because of work/communication needs

Technology has caused people to lose skills and virtues

Learning and taking in the world is important

People are obsessed with technology

Technology has helped us save a lot of time

Increased ease of communication has made people more stressed

Tied to her phone (email specifically)

FEEL

Guilty about spending too much time checking her email

Enjoys and finds fulfillment in giving advice and helping others (through God), even when they are not also JW

Grateful to have the chance to spread God's word

More frustrated by modern technology compared to technology of the past

Fascinate about connecting with people through her work as a minister

Shocked at the pervasiveness of modern technology (phone in the shower)

Nostalgic for time before answering machines where, if someone didn't pick up, you just move on.

Annoyed at how much people use their phones

Extremely frustrated when computer lags and needs to be restarted

Sad when schools started letting kids use calculators

Conversations with people different from herself/who have different beliefs is interesting and enlightening

SAY

When she was little, they didn't even have answering machines: "If someone couldn't reach you, they just wouldn't reach you."

"The world kept spinning"

[Check my email] too much... I really shouldn't do that"

[constant phone use is] detrimental to us

"We sent a man to the moon" even when communication was less immediate than it was today

Priorities: Jehovah first, Others next then Yourself

[Checking constantly] counterproductive

When she was little, they didn't even have answering machines: "If someone couldn't reach you, they just wouldn't reach you."

time [being a minister] is spent learning."

"The world kept spinning"

DO

Checks email 30 times a day

Reads

Gives advice through the word of God

Uses technology to spread the word of God (online website, mailing list)

Travels for work, in a different place everyday

Goes door to door to speak with people about God

Can't look at her phone while at congregation

Stopped herself from checking her email when she sat down (before we approached her)

Goes out to enjoy nature (and disconnect)

Gardens

THINK

People are too reliant on technology

Technology has helped us save a lot of time

Wary of addictiveness of social medias

Most people prioritize themselves, not others (or God)

She has to be there, even if because an emergency arose

She's stuck in the loop of constant email checking because of work/communication needs

Technology has caused people to lose skills and virtues

Learning and taking in the world is important

People are obsessed with technology

Increased ease of communication has made people more stressed

Tied to her phone (email specifically)

FEEL

More frustrated by modern technology compared to technology of the past

Guilty about spending too much time checking her email

Grateful to have the chance to spread God's

Guilty about spending too much time checking her email

Site about being with through

ic: for time growing as where, she didn't you just

when computer lags and needs to be restarted

Sad when schools started letting kids use calculators

Conversations with people different from herself/who have different beliefs is interesting and enlightening

Interview Results - Erica

- ▷ Prioritization as rocks, sand, and jars



vs.



Insights

- ▷ Instantaneous communication makes it hard to have unburdened freetime
 - Alters expectations of productivity
- ▷ "Free time" can still be full of activities, and isn't always reserved for oneself
 - For Jee, free time is more about time with family
- ▷ People have strong ideas of what is most important to them, but don't always act on them



Created by riyana adi sena
from Noun Project

Key Learnings

- ▷ Many different conceptions of freetime
- ▷ People most often discuss how they prioritize tasks within their free time
- ▷ Prioritization involves more than productivity

What's Next?

- ▷ Pivot from "protecting your free time" to "time prioritization and values" (especially outside of work)
- ▷ Interview people with less free time
- ▷ Dive deeper into the effects of instant communication