**Self-reflection Building Blocks**

- Weather - Humidity
- Activity Tracker
- Meal Tracker

**Your available data:**

- add new

**Preferences:**

- Text Size
- Contrast

**Self-reflection Playground**

Drag or use arrow keys to move items into or out of self-reflection area

**Things to Consider:**

What am I learning?  
What do I want to learn?  
What are my goals?  
How can I get there?

**Analysis**

- Correlations
- Compounding effects
- Trends
- Predictions

**Filters/Contexts**

- Time frame (short/med/long)
- Location
- Time of Day
- Subject
- Task

**Plot the preference values individually**
Self-reflection Playground

Drag or use arrow keys to move items into or out of self-reflection area

Self-reflection Building Blocks

- Weather – Humidity
- Activity Tracker
- Meal Tracker
  - add new
- Time spent with GPI
- How much exercise did I get yesterday?
- Typing Speed
- Feedback - Sam
- add Custom

Your available data:

- Weather – Gen
- Weather – P
  - 990mbar
  - 1050mbar
  - 1008mbar
  - 1045mbar
- Weather - T
  - 14C
  - 20C
  - 28C
  - 26C
- Mood
- Hours Studied
  - 1.5 hours
- Math Quiz Score
  - Score: 85
- Feedback - Ms. Dixon

Data Analysis Preferences
- sonification etc.
• custom "touch-notes" for one-touch/click tracking
• could also prompt secondary, optional questions (turn prompt feature on/off) to collect details - how many cups of coffee? how many grams of sugar? and allow adding journal notes e.g. reflections on cause and effect, etc
learner can choose from the following, to populate their journal/"toolbar")

Experiences

- Good Idea!
- Focussed
- Headache
- + add

Food

- Coffee
- Sugar
- Healthy Meal
- + add

Feelings

- Tired
- Foggy
- Sad
- + add

- Happy
- Angry
- Sick

Other

- Cigarette
- Meditate
- Exercise

Possible Irritants

- Peanuts
- Wheat
- Fragrance
- Corn
- Social Time
- Dairy
- Noise

create your own custom note e.g. want to track dizziness, or ear ringing, or ?

Custom

- draw

choose from image/sound bank

Prompts

- Sleep
- Studying
- Diet
- + add

Can I concentrate more when I exercise?

What is causing my headaches?

- Headache
- Diet
- Peanuts
- Noise
- Fragrance
- Weather
Prompts - turn on/off

Sleep
- Time to bed?: 10:45
- How many hours?: [ ]
- Wake up feeling: refreshed, tired
- Disrupted?: [ ]

Studying
- Subject?: [ ]
- How many hours?: [ ]

Diet
- Vegetables
- Fruit
- Meat
- Dairy
- Grains
- Nuts/Seeds
- Beans
- Desert
- Alcohol
- Beverage

Today

Sleep

Add notes:

Calculates protein?  
Calculates fat?
Query: What is Causing my Headaches?

Drag or use arrow keys to move items into or out of self-reflection area

What is causing my headaches?

Diet

Peanuts

Noise

Fragrance

Weather

Coffee

Dairy

Headache

What would happen with diet (i.e. a prompt with multiple data inputs) - show all on one track? separate into different tracks? allow user to select inputs
Self-reflection Building Blocks

Weather – Humidity

Activity Tracker

Meal Tracker

Things to Consider:
- What am I learning?
- What do I want to learn?
- What are my goals?
- How can I get there?

Self-reflection Playground

Drag or use arrow keys to move items into or out of self-reflection area

Weather

Studying

Headache

Test Score

Your available data:

Diet

Dairy

Headache

Coffee

Save e.g. as "math progress"
When do I feel most clear-headed and focused?

- Focussed
- Meditate
- Weather
- Diet
- Exercise
- Coffee
- Sleep

Suggestions - based on what others have collected? related to key words?
Goal: to find out how long I can work with focus

Query: Focus

Start Task

Feeling focused

Feeling unfocused

End Task

Exercise: yes/no
Focus: good/mod/poor

Sleep: how much?

Test Scores

Focus duration Study hours

Mood

GOALS / QUERIES / COLLECTIONS

Suggested Queries - General vs. Specific

Suggested Collections

Learn French

Suggested Queries

Suggested Collections

Goals

Helpful Ideas frequency