



FEASE

"A student's
life made
simpler"

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**SUMMER
APPATHON**



EASE

OVERVIEW

APP DESCRIPTION:

- An app designed to make students' lives more comfortable and convenient by putting all of their needs into a single application

TRACK:

- YOUTH TEAM

CATEGORY:

- Education and Research
- Mental Health and Wellbeing



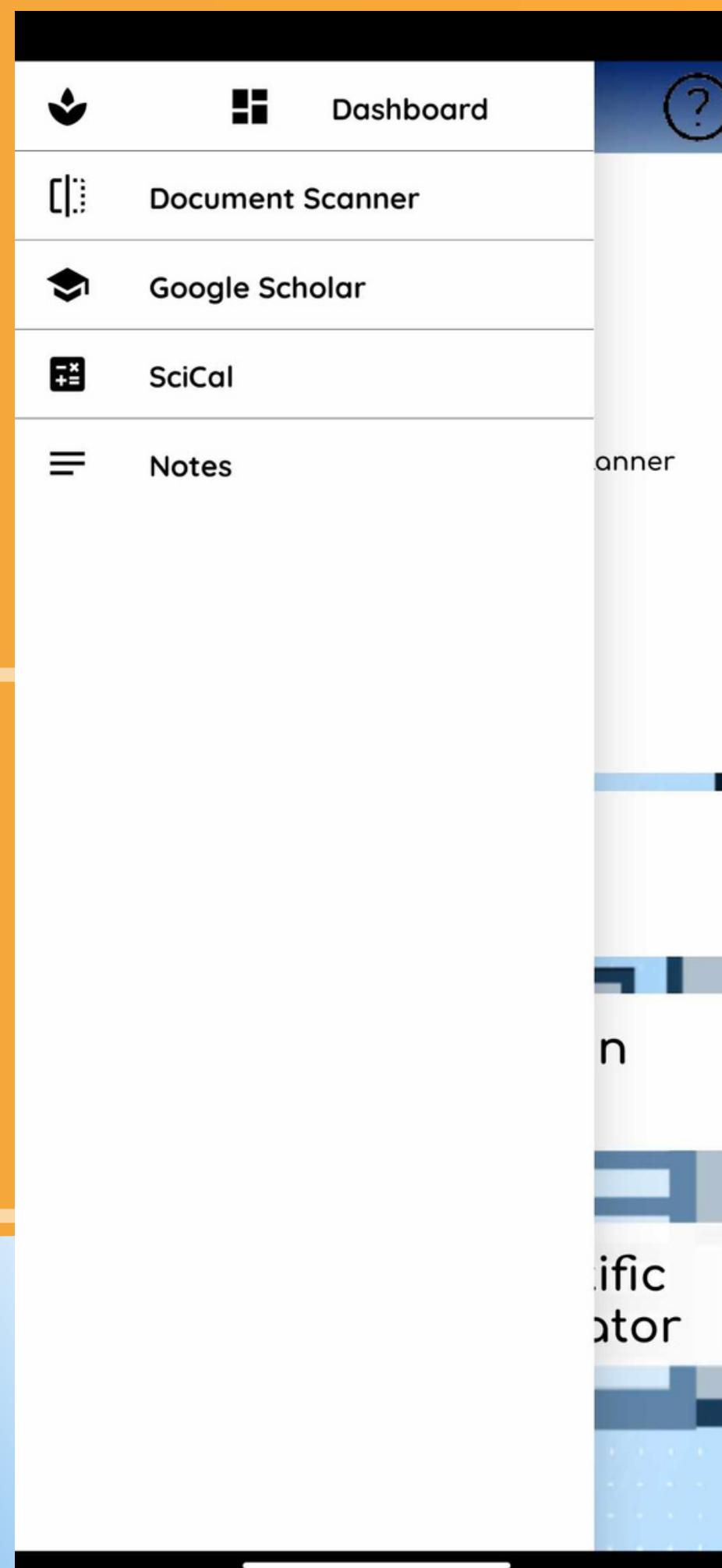
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THEMES

EDUCATION and RESEARCH & MENTAL HEALTH and WELLBEING

We want an app that is convenient and balanced for students in our age group. A study buddy app that also prioritizes the development of healthy studying habits by encouraging the use of goal trackers and journal entries. This way a student can keep track of both their academic progress as well as their mental health.

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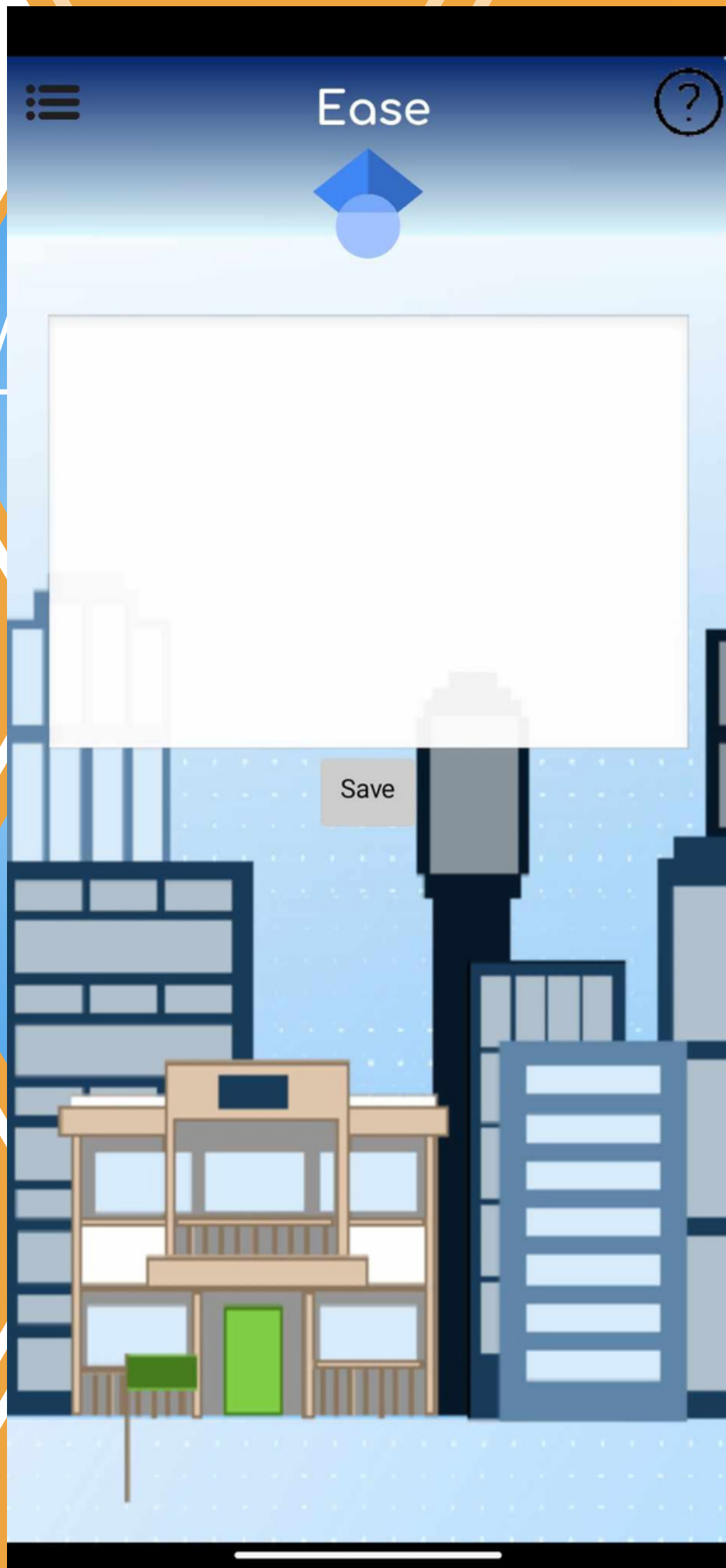


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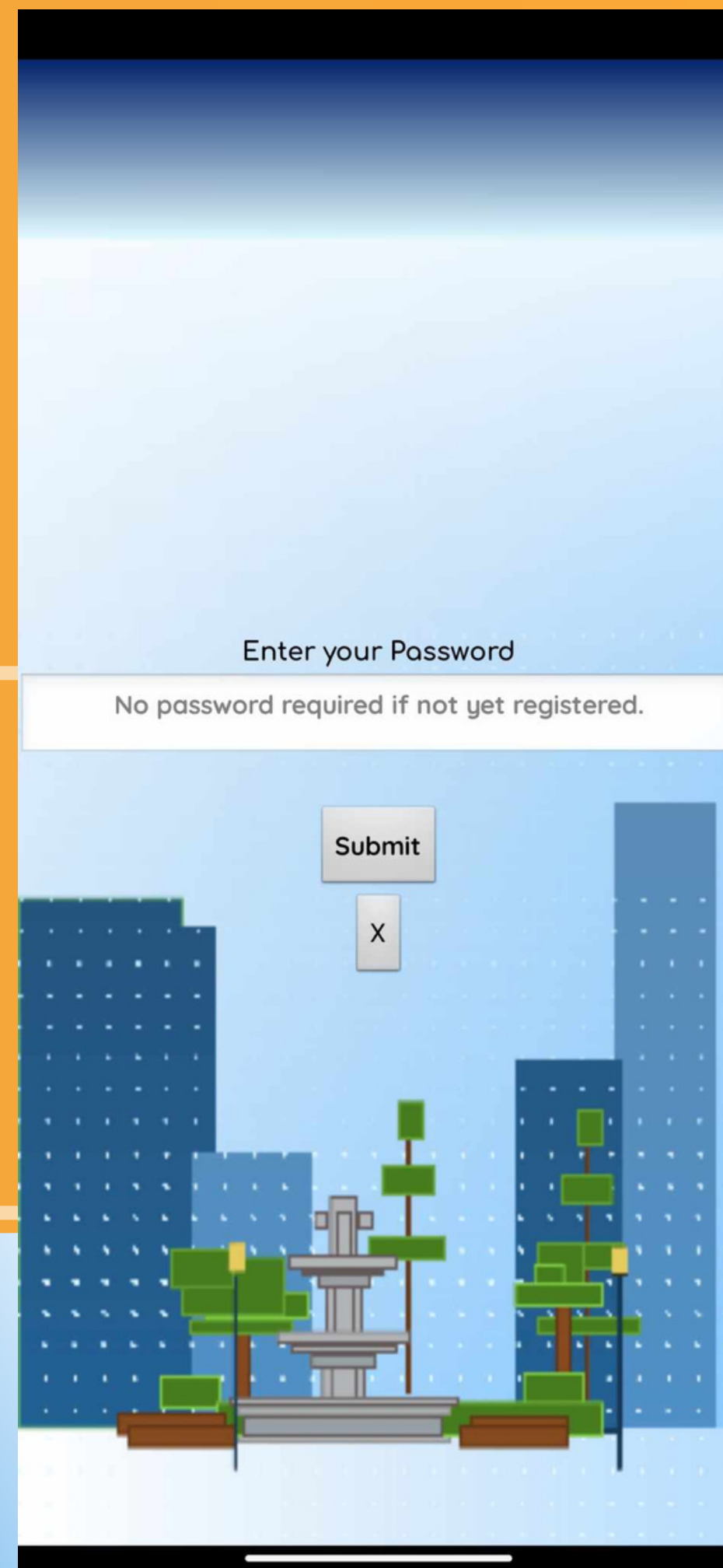
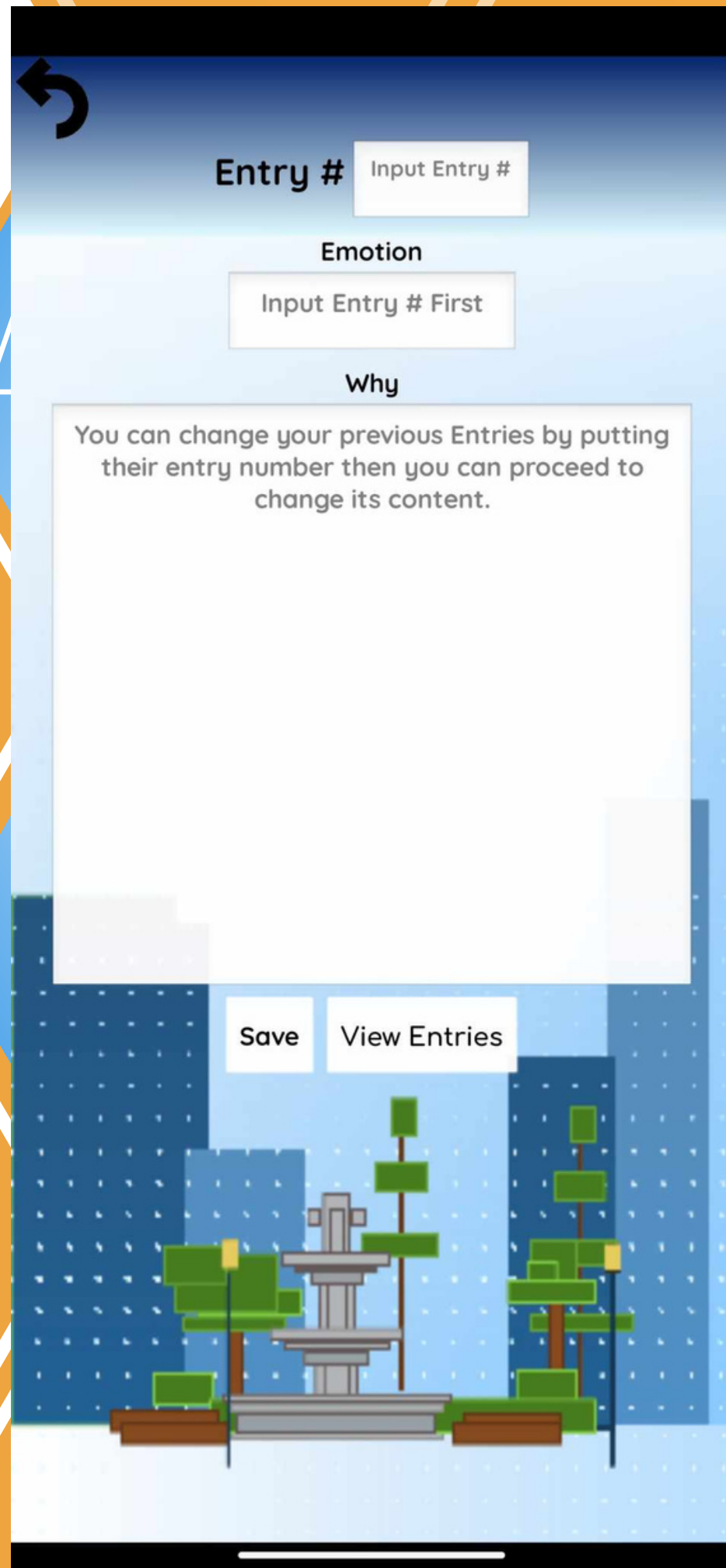
The screenshot shows the Ease app interface with the Google Scholar homepage. The top navigation bar is dark blue with a hamburger menu icon, the text "Ease", and a help icon. Below this is a white header with a hamburger menu icon on the left and "SIGN IN" on the right. The main content area features the "Google Scholar" logo, a search bar with a magnifying glass icon, and radio buttons for "Articles" (selected) and "Case law". A red announcement reads "New! 2023 Scholar Metrics Released" with a green sub-headline "Stand on the shoulders of giants". The bottom of the screen has a grey bar with a globe icon, "EN", and links for "Help", "Privacy", and "Terms".

The screenshot shows the Ease app interface with the Desmos Scientific Calculator. The top navigation bar is dark blue with a hamburger menu icon, the text "Ease", and a help icon. Below this is a white header with the text "Desmos Scientific Calculator". The main content area is a large white space for the calculator. At the bottom, there is a calculator keypad with various mathematical functions and symbols. The keypad includes a top row with "main", "abc", "func", "DEG", "clear all", and a wrench icon. The main keypad has rows of mathematical symbols like a^2 , a^b , $|a|$, $\sqrt{\quad}$, $\sqrt[n]{\quad}$, π , \sin , \cos , \tan , and a bottom row with parentheses, a comma, "0", ".", "ans", and "+".

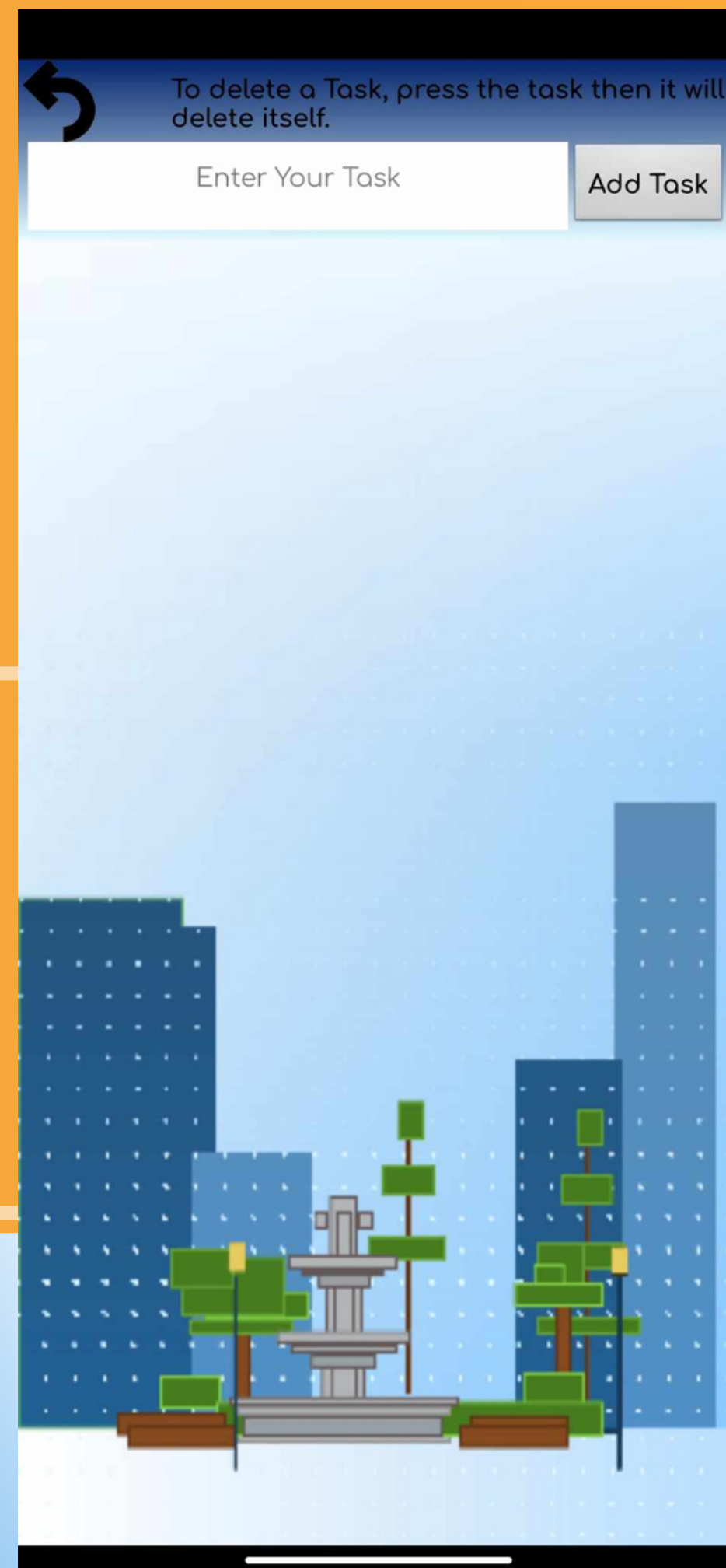
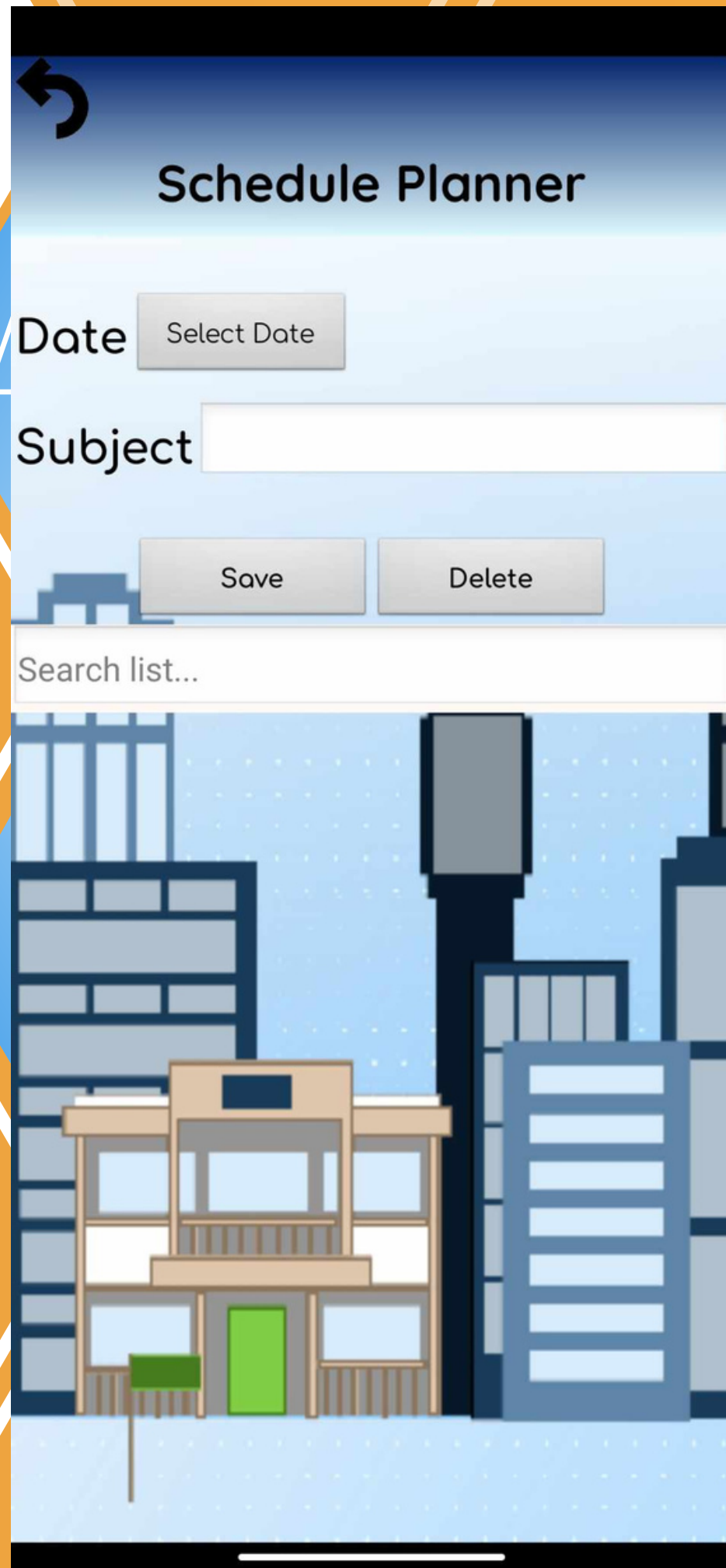
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Common Problems in Research

These are problems that students encounter the most when researching. Upon pressing the problem you wish to resolve, a suggestion will be given.

Lack of Motivation

Lack of Focus and/or Direction

Finding Accurate data on the Internet

Time Management

Improper information process



Time Management

One of the ways to improve your time management is by having a calendar and through that, you can create a daily schedule wherein you can break down your time. By planning ahead, prioritizing, and delegating our tasks, researchers like us can improve our productivity. Also, you should try to avoid multitasking since it clogs your workflow and increases your stress levels instead you should set time limits for your tasks. Taking breaks is also important as research shows that short breaks can improve your attention also, try to eliminate distractions in your area.

Sources:

<https://dovetail.com/blog/11-common-challenges-you-face-as-a-researcher/>

<https://www.waldenu.edu/news-and-events/publications/articles/2010/01-research-challenges>
<https://researchleap.com/the-importance-of-effective-time-management-in-research-strategies-for-improving-productivity/#:~:text=By%20planning%20ahead%2C%20prioritizing%20tasks,and%20achieve%20their%20research%20objectives.>

<https://www.shopify.com/blog/120436229-time-management-tips>

Get links of Sources

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Lack of motivation

Even the most studious people lose motivation at times. Factors such as stress, redundancy, or peer pressure can make students forget about their original goals. A lack of motivation means a lack of focus, and this causes output to be delayed. Here are some tips to get back or maintain your motivation to ensure that you meet all your deadlines:

- Remind yourself of your goals
- Celebrate small wins
- Prioritize self-care so as to not burn out
- Change up your daily routine
- Study with friends
- Set a reward for yourself once you finish your task

Sources:

- <https://services.unimelb.edu.au/counsel/resources/study-related-issues/motivation-to-study>
- <https://www.how-to-study.com/study-skills-articles/motivating-yourself-to-study.asp>

Get links of Sources



Lack of Focus and/or Drive

Lack of focus or direction can come from lack of motivation, insufficient understanding of a topic or exhaustion among others. This can lead to careless mistakes and procrastination.

In order to improve concentration, it is important to address these types of issues:

Remove distractions

Turning off your phone or asking your parents to give you some time to study will help keep your mind and motivation on your task

Set a deadline

Setting a strict deadline pressures you to keep track of the progress you have made and compare it to the time you have left

Set a "break time"

It is also important to have a set time to rest, not only to keep your mind fresh, but also to make sure you don't spend more time "resting" than actually studying

Exercise

Physical activity raises your heart rate(eg. Brisk walks, bike rides, short runs), boosts your energy levels, and keeps your mind engaged.

Find more tips here:

- <https://www.law.ac.uk/resources/blog/top-tips-to-improve-concentration/>
- <https://www.betterup.com/blog/15-ways-to-improve-focus-and-concentration-skills>



Finding Accurate data on the Internet

Surfing the internet is one of the most efficient data collection methods. However, it can be difficult to find reliable sources of information, especially for projects that require extensive research. In this case here are some tips for finding reliable information on the internet:

Vary your research engines

Different search engines have different ways of sorting through the various websites related to your topic (eg. Google shows the most results; Bing uses autocomplete processes to get the most accurate results)

Use Google scholar

Google scholar allows you to search for free and paid full-text articles and books from academic publishers, universities, and depositories. The service is free of charge, and it will provide you with both printed and digital sources.

Differentiate reliable from unreliable sources

Check for certain suffixes at the end of the site's name (.edu/.org)

Check if the site has a stated author or credible source

Find additional information in other websites that confirm the accuracy of the information you found

Remove distractions



Improper Information Process

Whenever processing information, it is important to understand the context first before the details, which means comprehending fully the related subject that comes before and after it, and those interacting with it. Solving the problem quickly may seem like a good thing however it often results in misinterpretation or being close-minded therefore always try to listen and absorb sources of information. Also, try to make notes and improve your reading and listening comprehension.

Sources:

<https://er.educause.edu/articles/2016/5/10-common-process-improvement-mistakes-and-how-to-avoid-them>

<https://www.concepttutors.com/blog/7-effective-ways-understand-difficult-topics/>

Get links of Sources



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LIMITATIONS

- The goal tracker's data is also deleted when you use the remove all button on the diary screen.
 - An alert pop up serves as a signal for this.
- The app's schedule feature allows you to set a reminder that will go off up to 24 hours after the day you set it.
- Whatever you enter in the goal tracker will be preserved in the journal's records due to the limitations of our capabilities and the nature of the MIT software used to create the app. However, these cannot be viewed.

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ACKNOWLEDGMENT

- Ronald Cos (Teacher)
 - Kept us in track of deadlines
- Arlene Manalang
 - Gave us suggestions on how to improve our pitch and frame our problem properly
 - suggested features we can add