Feedback on study time and distraction-free learning environment
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MeMo -
Feedback on study time and distraction free learning environment

Background

- **Challenges for students**
  - Self-structured learning
  - Organization of lectures and seminars
  - Keeping track of deadlines (exams, submissions, etc.)
  - Creating learning plans

- **Creating a distraction-free & organized learning environment**
  - Distractions caused by communication, information and entertainment technologies (Instagram, Netflix)
  - Focus concentrated studying

- **Remedy due to**
  - Improvement of time management
  - Usage of Distraction Blocking

☐ Influence of personality types on academic success

Research Question & Goal

Is there a difference in the effectiveness of an intervention for different personality types?

Goals:

- Develop a model to predict the impact of interventions

- Implement a recommendation system: select the most suitable intervention based on the user profile

- Offer individually personalized support

The Purpose of this study

Investigate different interventions to help create a distraction-free learning environment and better time management in relation to user personality profiles.

The study

- Survey in four lectures over the summer semester 2023
- Personality profile (Big 5; Need for cognition; MSQL)
- Lecture-specific multiple-choice questions (8-15 questions; mock exam)
- Random assignment of an intervention at the first survey time point

- 3 survey occasions
  - 1: Check prior experience (early May)
  - 2: Check learning progress (mid-June)
  - 3: Examine learning progress (end of July)

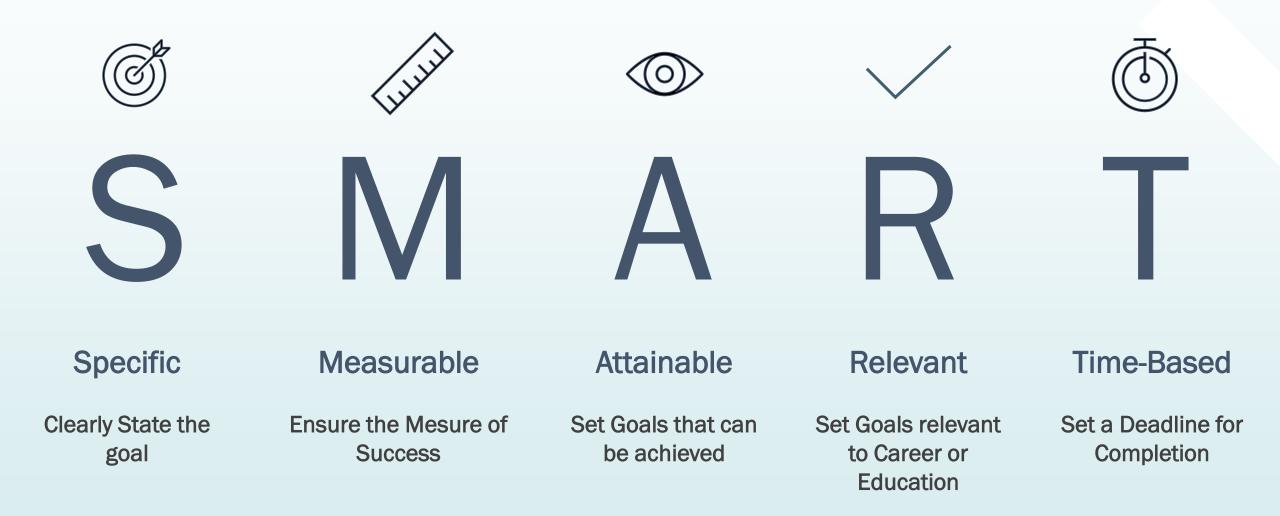Voluntary submission of final lecture grade

Interventions

**Strategy
SMART**

**Program
Super Productivity**

**Program
Freedom**

S M A R T

Specific

Clearly State the goal

Measurable

Ensure the Mesure of Success

Attainable

Set Goals that can be achieved

Relevant

Set Goals relevant to Career or Education

Time-Based

Set a Deadline for Completion

„Features to help you do what you love"

- Block Websites/Apps/the Internet
- Advanced Scheduling
- Locked Moode (prevent from endning Session)
- Ambient noise for focus
- Browser Extension
- Session History & Annotation

The faced challenges

- Verification of the real use of the interventions
- How often/long the intervention was used
- Suitable examination of the learning success
- Not as many subjects as assumed