Co-Designing an Academic Focus Mobile Application

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Advisor:
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98% 
Millenials own smartphones

97% 
Students use or would like to use their phones in the class
Multitasking

- Task switching (Jersild, 1927)
- Task switching in academia (Rosen, Mark Carrier, & Cheever, 2013)
- Negative relationship between smartphone usage and academic performance (Al-Barashdi, Bouazza, & Jabur, 2015; Chaudhury & Tripathy, 2018; Hawi & Samaha, 2016; Samaha & Hawi, 2016)
  - Facebook and texting (Junco & Cotten, 2012)
  - Instant Messaging (Bowman, Levine, Waite, & Gendron, 2010)
1. Observations

<table>
<thead>
<tr>
<th>Observation</th>
<th>1</th>
<th>2</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Start time</td>
<td>7:30 pm</td>
<td>3:45 pm</td>
<td>5:00 pm</td>
</tr>
<tr>
<td>Duration</td>
<td>30 minutes</td>
<td>60 minutes</td>
<td>60 minutes</td>
</tr>
<tr>
<td>Students observed</td>
<td>122</td>
<td>18</td>
<td>8</td>
</tr>
</tbody>
</table>
2. Survey

- Smartphone Addiction Scale – Short Version (SAS-SV)
- Two Midwestern universities
- 353 Responses (274 valid)

<table>
<thead>
<tr>
<th>College Year</th>
<th>#</th>
<th>“Addicted”</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Year</td>
<td>19</td>
<td>10%</td>
</tr>
<tr>
<td>Second year</td>
<td>43</td>
<td>25%</td>
</tr>
<tr>
<td>Third year</td>
<td>58</td>
<td>44%</td>
</tr>
<tr>
<td>Fourth year</td>
<td>47</td>
<td>40%</td>
</tr>
<tr>
<td>Beyond fourth year*</td>
<td>34</td>
<td>26%</td>
</tr>
<tr>
<td>Graduate</td>
<td>73</td>
<td>42%</td>
</tr>
</tbody>
</table>
2. Survey

![Box plots showing addiction scores by age group and app categories.](image)
Next steps

3. Self-control app usage
4. Participatory Design
5. Pilot Study
Thank You!

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Rhea Kelly. (n.d.). Survey: 94% of Students Want to Use Their Cell Phones in Class --- Campus Technology. Retrieved January 22, 2018, from https://campustechnology.com/articles/2017/12/12/students-want-to-use-their-cell-phones-in-class.aspx?mkt_tok=eyJpIjoiWkRFMU5UY3dOVi06WVdReiIsInQiOiJiYTHV5SHFPZENET0pNzU5PaWFLcXE3WGFsW5hSXdDMDdnQnNWR2IgekRkWd5G0RaUFNVVCtJbRab2twQitsR2dsTDR5WmJaWDN2cU9aM

