

Co-Designing an Academic Focus Mobile Application

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98%

Millenials own smartphones

97%

Students use or would like to use their phones in the class



Multitasking

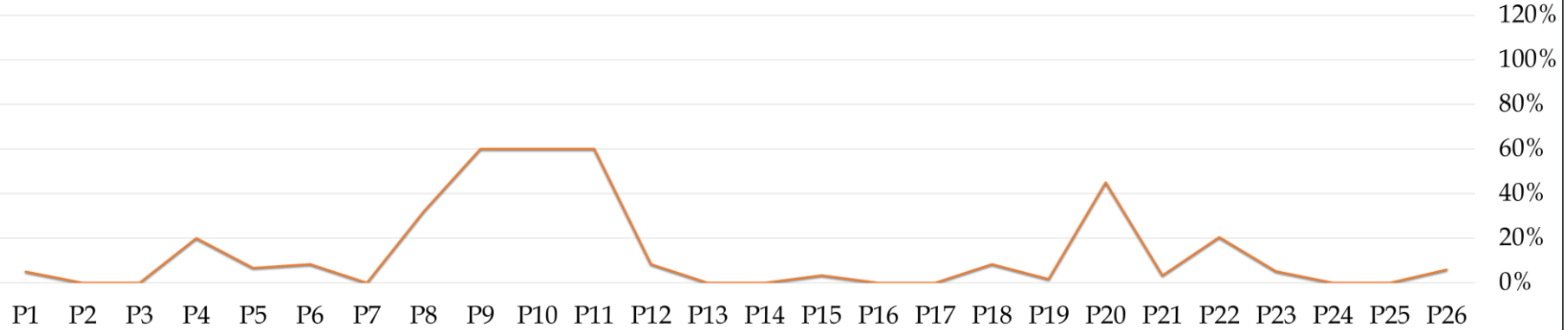
- Task switching (Jersild, 1927)
- Task switching in academia (Rosen, Mark Carrier, & Cheever, 2013)
- Negative relationship between smartphone usage and academic performance (Al-Barashdi, Bouazza, & Jabur, 2015; Chaudhury & Tripathy, 2018; Hawi & Samaha, 2016; Samaha & Hawi, 2016)
 - Facebook and texting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

1.Observations

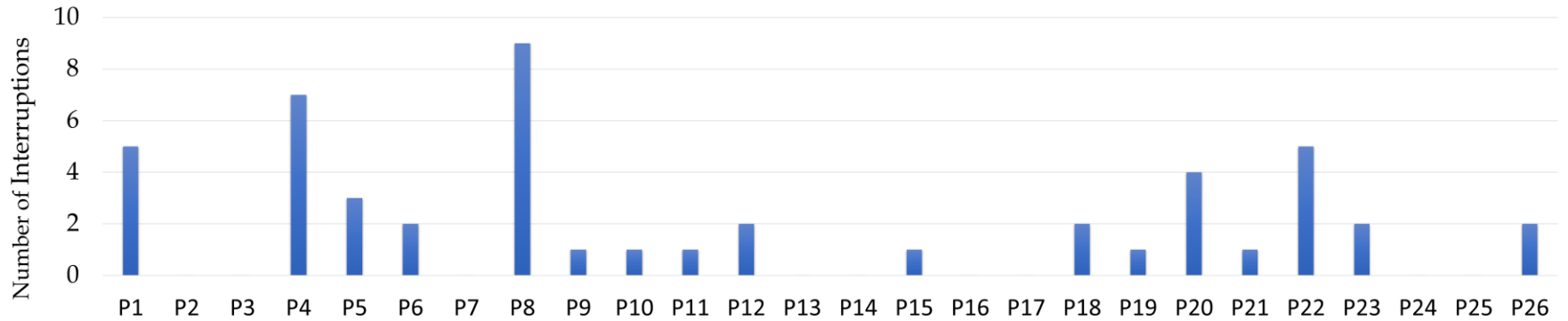


Observation	1	2	3
Start time	7:30 pm	3:45 pm	5:00 pm
Duration	30 minutes	60 minutes	60 minutes
Students observed	122	18	8

Observed Phone Usage - Percentage of Time



Observed Phone Usage - Frequency



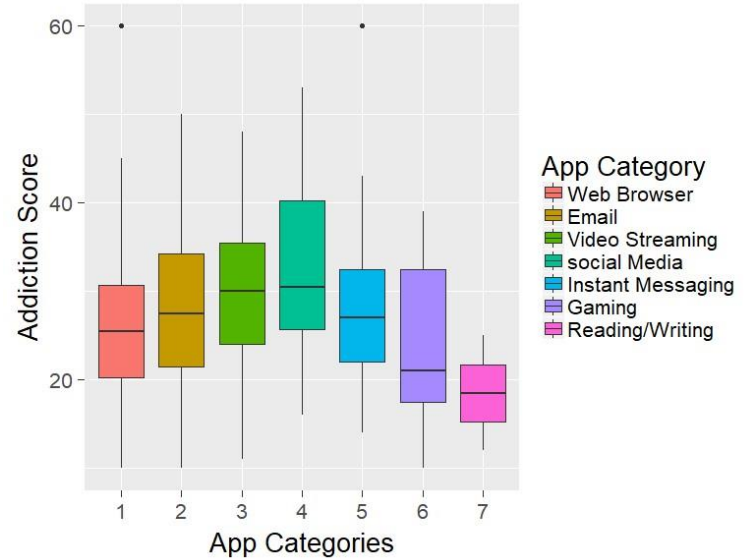
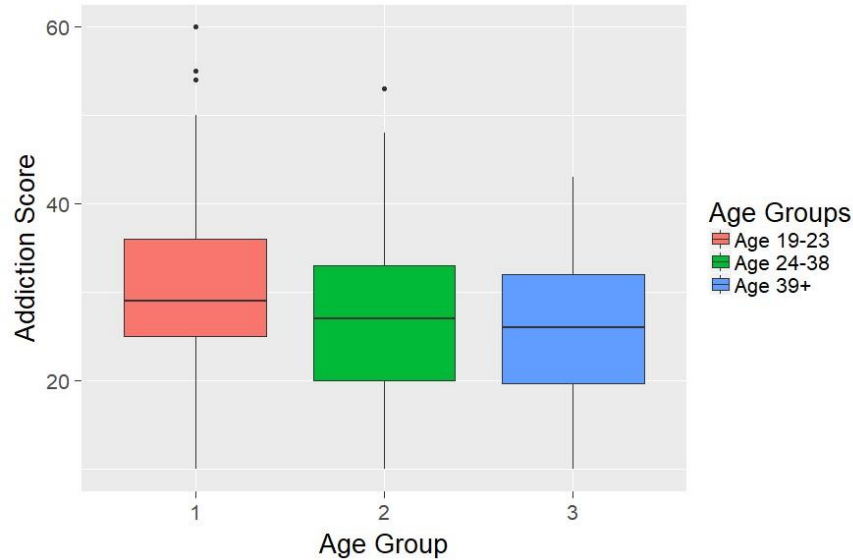
2. Survey



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

College Year	#	“Addicted”
First Year	19	10%
Second year	43	25%
Third year	58	44%
Fourth year	47	40%
Beyond fourth year*	34	26%
Graduate	73	42%

2. Survey



Next steps

3

Self-control app usage

4

Participatory Design

5

Pilot Study





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