





# Self-reflection Building Blocks







Weather data

Select any item to see more details



## Preferences

<b>My Preferences</b>  6 items	<b>Data Analysis Options</b>  2 items
<b>Thumbs Up</b>  6 items	<b>Thumbs Down</b>  4 items

## Data Collection

 Time spent with GPII	auto
 How many hours did I study yesterday?	
 How do I feel today?	
 How much exercise did I get yesterday?	
 Typing Speed	auto
 Math quiz scores	auto

## Feedback

 Samuel
 Ms. Dixon

# Self-reflection Playground

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

## Filters/Contexts

Time frame (short/med/long)

Location

Time of Day

Subject

Task

### Self-reflection Building Blocks

Weather – Humidity

Your available data:

Activity Tracker

Meal Tracker

+ add new

add Custom

Preferences:

Text Size

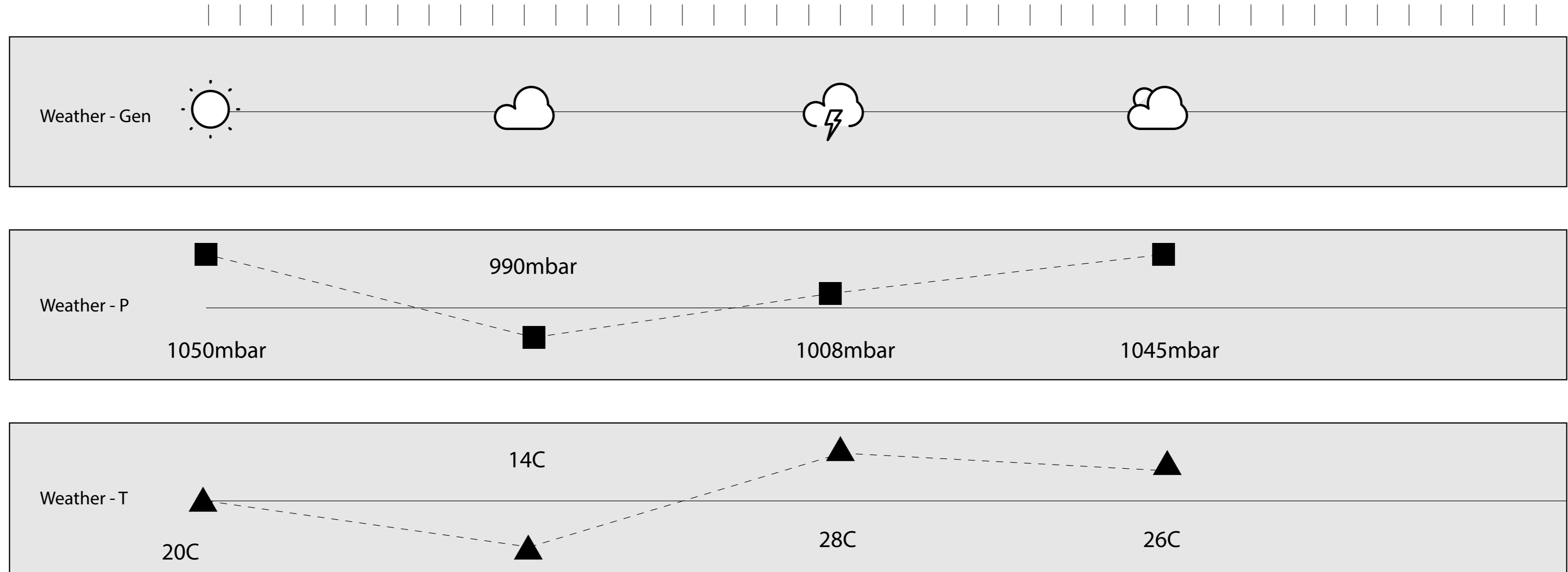
Contrast

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

Data Analysis Preferences  
- sonification etc

### Self-reflection Playground

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



Plot the preference values individually

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

Analysis  
Correlations  
Compounding effects  
Trends  
Predictions

# Self-reflection Building Blocks

Weather - Humidity auto


Your available data:


Activity Tracker

Meal Tracker

+ add new

 Time spent with GPII auto

 How much exercise did I get yesterday?

 Typing Speed auto

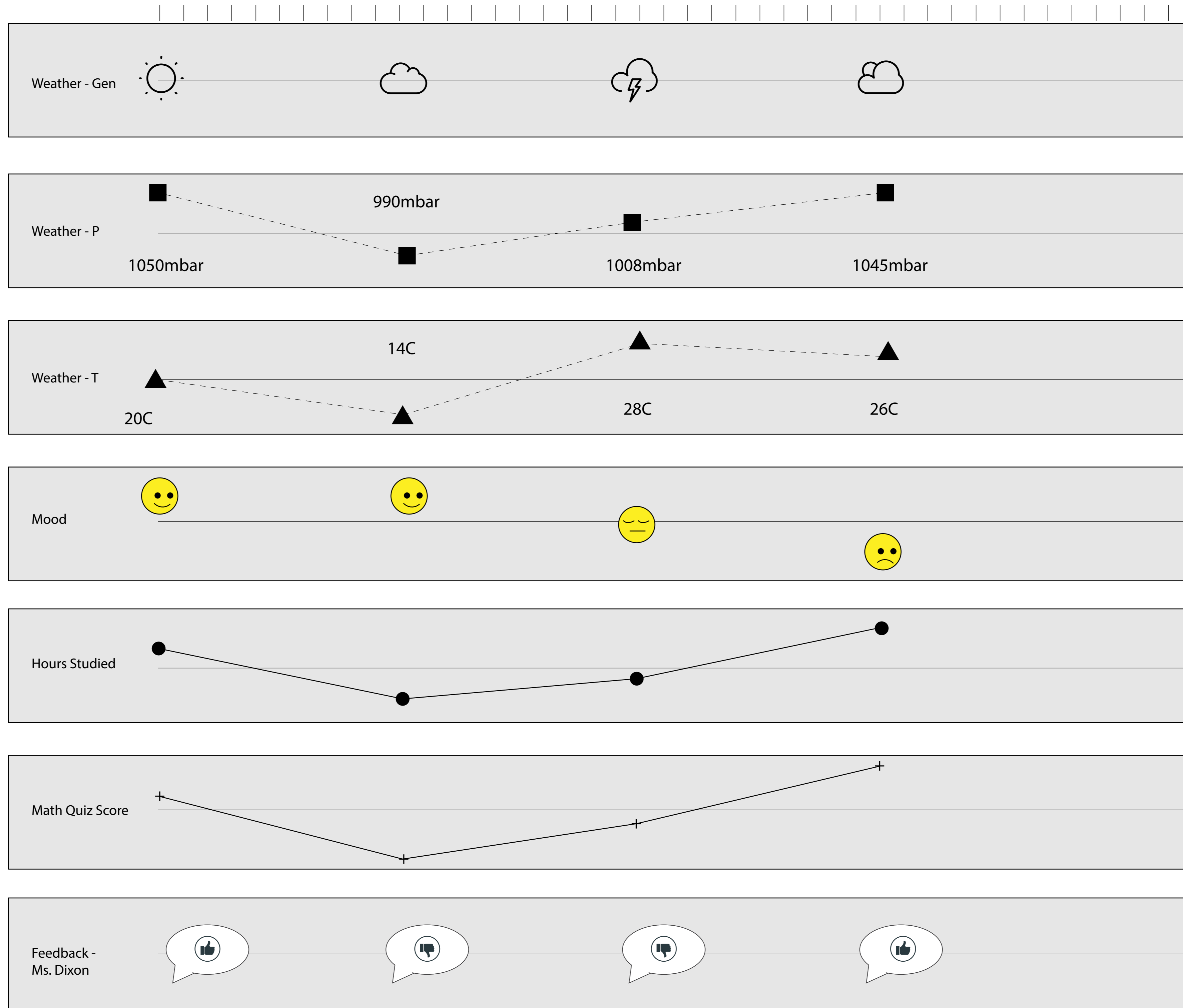
 Feedback - Sam

add Custom

## Self-reflection Playground

Data Analysis Preferences  
- sonification etc

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




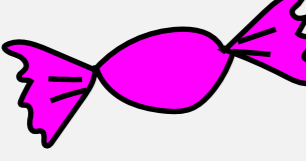

- custom "touch-notes" for one-touch/click tracking
- could also prompt secondary, optional questions (turn prompt feature on/off) to collect details - how many cups of coffee? how many grams of sugar? and allow adding journal notes e.g. reflections on cause and effect, etc

learner can choose from the following, to populate their journal/"toolbar")




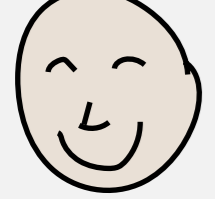


Experiences

<p>Good Idea!</p> 	<p>Focussed</p> 	<p>+ add</p>
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Food

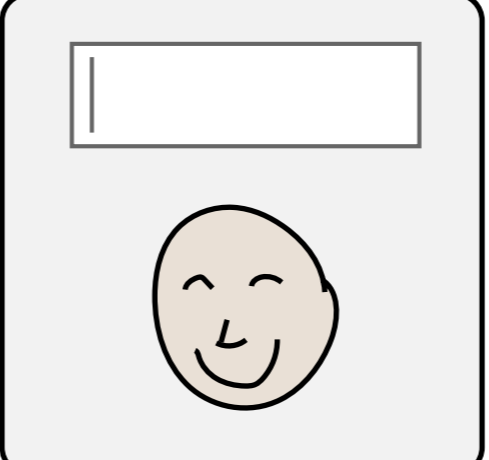
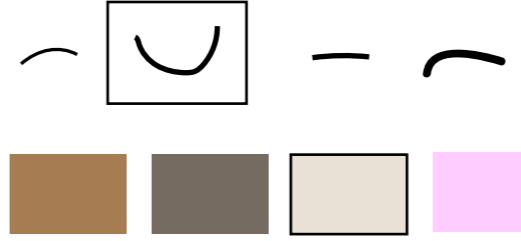
<p>Coffee</p> 	<p>Sugar</p> 	<p>Healthy Meal</p> 	<p>+ add</p>
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Feelings

<p>Tired</p> 	<p>Foggy</p> 	<p>Sad</p> 	<p>+ add</p>
<p>Happy</p> 	<p>Angry</p> 	<p>Sick</p> 	


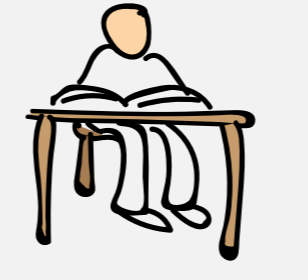
create your own custom note e.g. want to track dizziness, or ear ringing, or ?

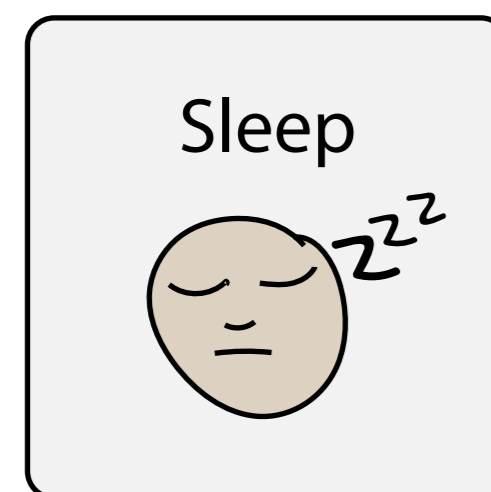
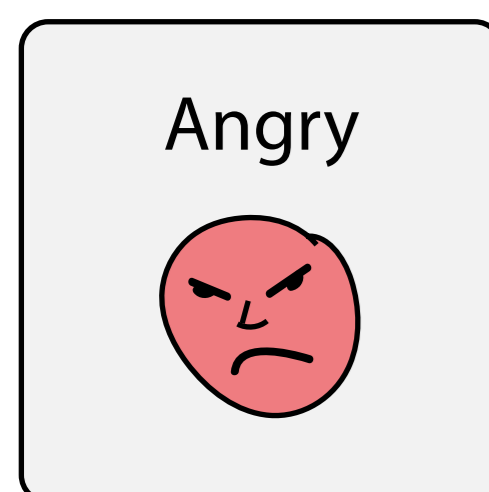
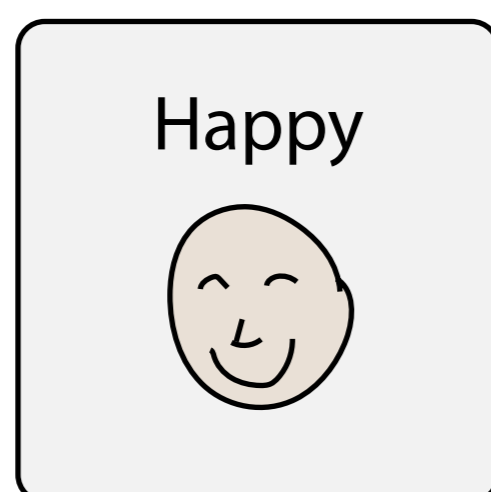
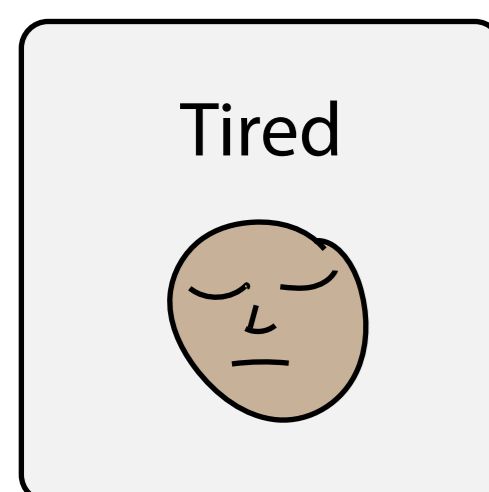
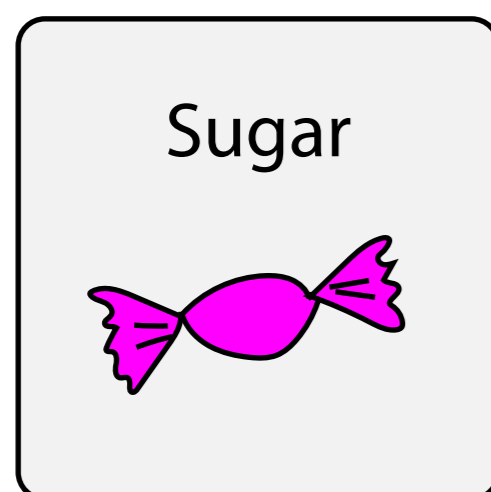
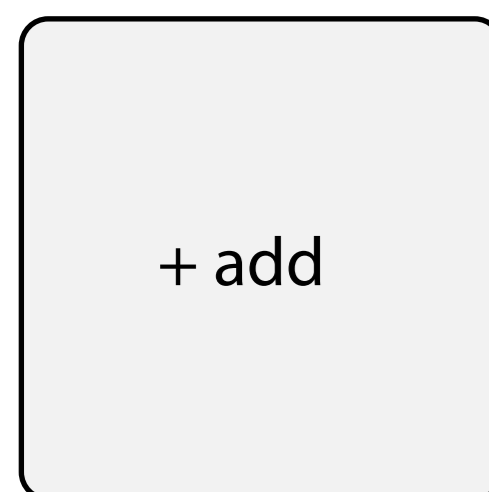
Custom

	
	<p>draw</p>

	<p>choose from image bank</p>
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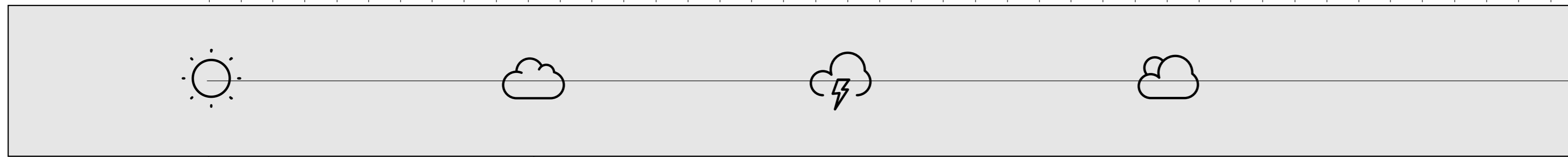
Prompts

<p>Sleep</p> 	<p>How many hours? Time to bed? Disrupted?</p>	
<p>Studying</p> 	<p>Subject? How many hours?</p>	<p>Food</p>

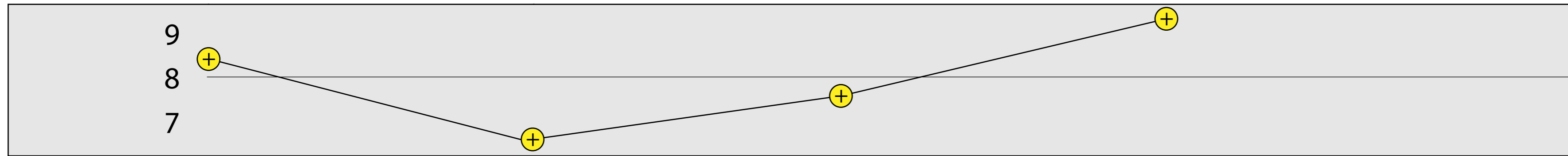


M T W Th

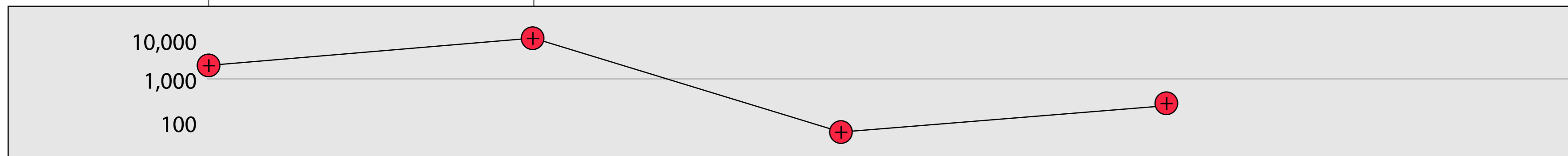
Weather - Gen



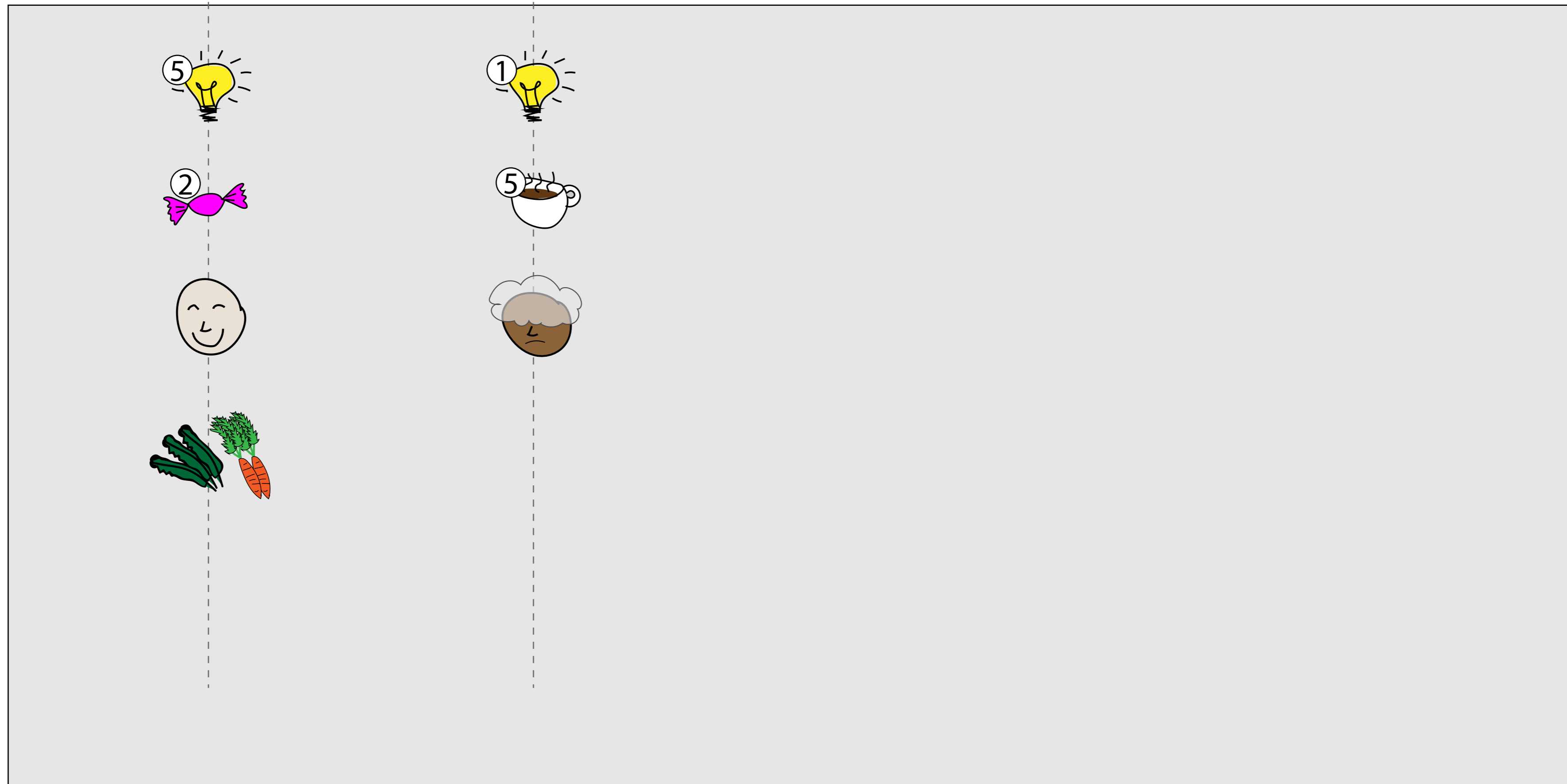
Sleep (h)



Steps/day



Touch Notes



Data View Options

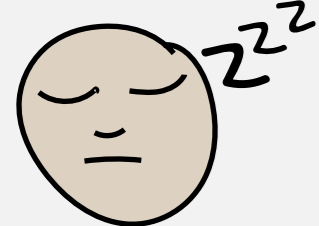
- line graph
- bar graph
- pie chart
- etc

Cause vs Effect?

expand time scale

# Prompts

**Sleep**



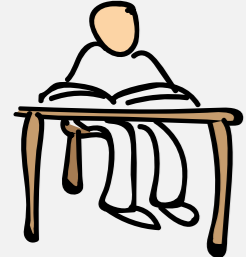
Time to bed?

How many hours?

Woke up feeling

Disrupted?

**Studying**



Subject?

How many hours?

**Food**