

Breaktime

We are hoping to create a way for students to be more motivated while doing work by being less distracted by social media

Problem

- Students are struggling to stay motivated while doing school-work due to distractions such as social media
- Children have less experience focusing for longer periods of time and reading long form text

“Children who regularly use online social networks, tend to obtain lower scores in math, reading, and science than students who never or hardly ever use these sites” (Heitin 2017)

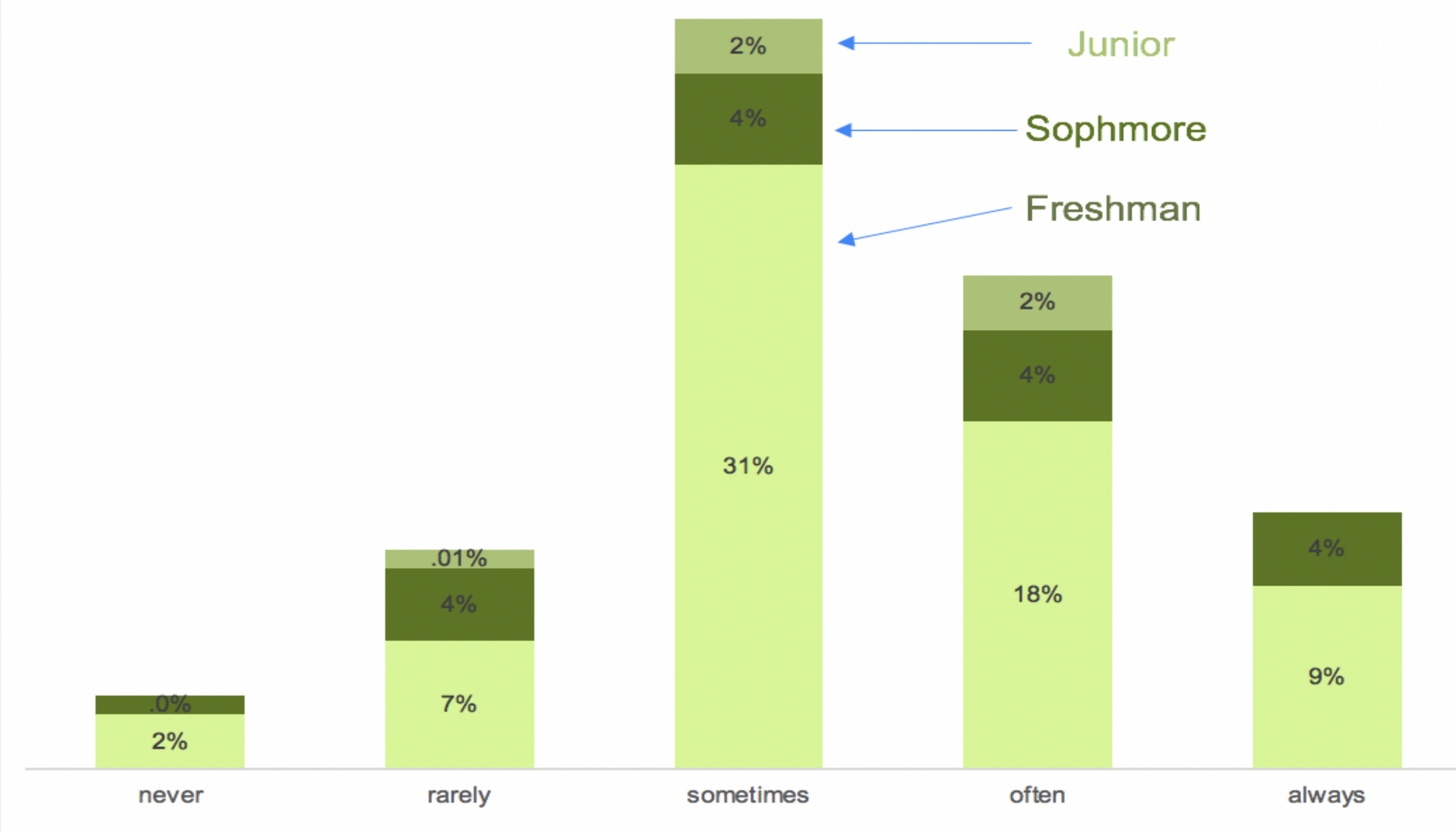


For about **80%** of surveyors It can take up to **3** hours longer to complete an assignment with social media

But...

58% Of surveyors believe it would only take them up to **1** Hour to complete an assignment without social media

86% of Freshman at least sometimes feel they spend too much of their day on social media



References:
Graphs based on data from a survey of 104 people in March, 2021

Proposal

- Create an app named **Breaktime** that allows students to use the **Pomodoro Method** while studying
- Phone locks for **25 min** and then gives students a **2-3 min** break to use their phone

Benefits

- Decrease the amount of distractions for students
- Allow students to have a studying method
- Increase student's motivation while doing school-work

More than half of people use social media for entertainment purposes

