

CAT 4 RESOURCE DEVELOPMENT

Group 4-045

FOCUS

Loh Zheng Jie 4A1 (19)
Tham Kai Rong 4H1 (26)
Zeng Chen Hao 4B1 (28)
Ryan Teo Ming Xuan 4O1 (20)

ABSTRACT

Project FOCUS is a project by a group of passionate Secondary 4 students with the aim of improving the concentration on tasks of Hwa Chong high school students. By incorporating our personal experiences as students in the school alongside research on possible factors affecting the concentration of students from experts, our group came up with our unique solutions to cater to the diverse needs of the students in Hwa Chong Institution. Through our needs analysis, we recognised the fact that despite Hwa Chong being a relatively academically proficient school, there was still a significant number of students who were struggling to focus in class, especially with academic work. There were also plenty of students who had too many tasks at hand, making it harder for them to focus. As such, our project made use of an app, consisting of functions such as an individual and specific research packages with researched solutions to cater to students of different degrees of focus. The app also included the use of a checklist and a calendar to monitor the improvement in the focus of individual students. We also created a website which was a more general and user-friendly alternative. The website also had videos to enhance the website's interactivity and was suitable for users who learn faster through visual images rather than through words. Motivational quotes and additional solutions were also on the website of our project to assist students in finding purpose in what they were doing and as such concentrate on the task at hand.

1 INTRODUCTION

1.1 Rationale

A significant number of students in Hwa Chong suffered from an inability to focus in some classes as well as during the completion of assignments at home. This resulted in decreased productivity, subpar grades and unnecessary stress that could affect their physical and mental well-being. By developing a resource package with the aim of helping students improve their focus, we hoped to empower them to become a better student and a better version of themselves.

1.2 Objectives

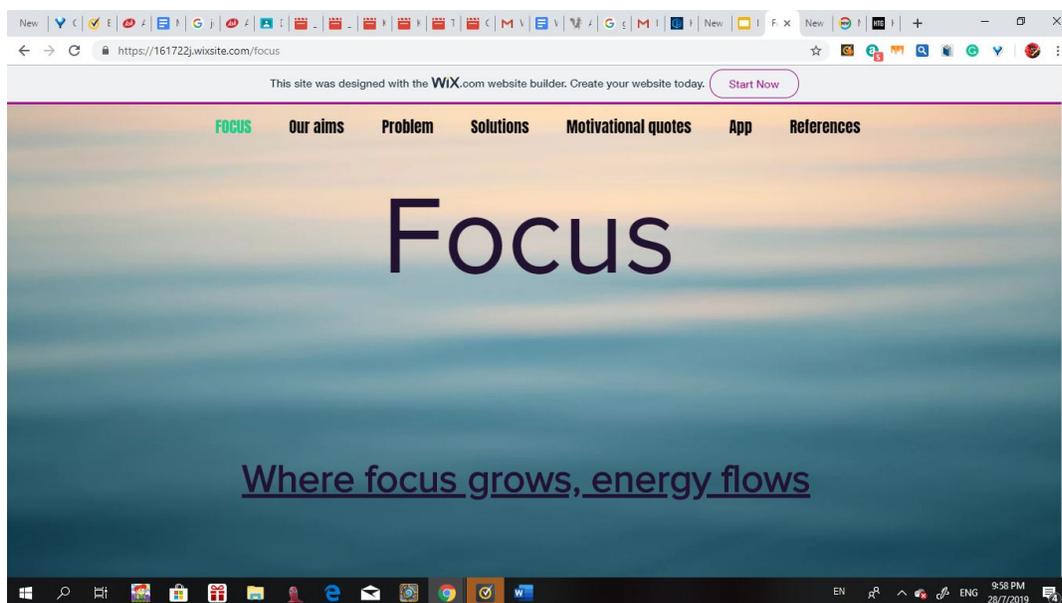
The objectives of Project FOCUS were to help the students of Hwa Chong Institution focus better in class and at home so that they could learn better and, by extension, improve in their grades. They would also develop self-discipline, thus rendering them capable of doing independent learning more efficiently, which was one of the key areas of emphasis that our school placed focus on.

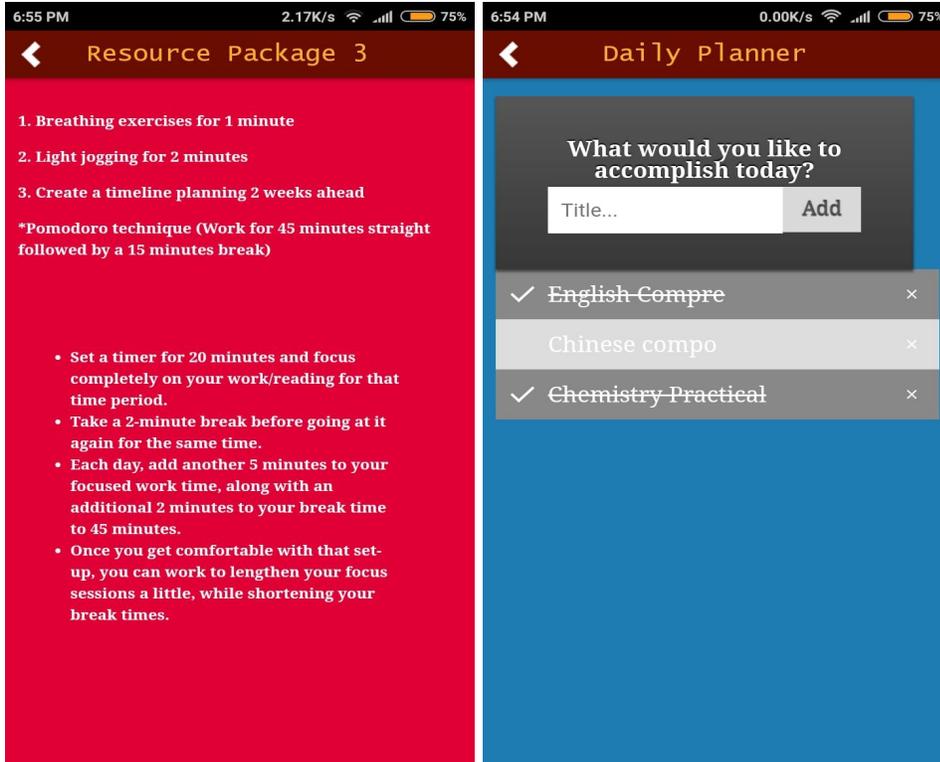
1.3 Target Audience

The target audience was Hwa Chong students from Secondary 1 to 4.

1.4 Resources

The resources created for this project included an integrated website consisting of motivational quotes, a general guideline to improve focus as well as videos on the subject. The app also included an integrated resource package, consisting of a survey that helped them find out the level of their focus, a planner, a link to the integrated website and an action plan for users with differing levels of problems to improve their ability to focus.





2 REVIEW

There were a few similar applications available, but the vast majority of them were profit-driven, which meant that they required users to pay in order to access the full features, which many students were not willing to, or featured a lot of advertisements to generate revenue, which might disrupt focus. In addition, most of these applications focused on the “planning” aspect without giving concrete actionable plans to improve the user’s focus. This limited the effectiveness of the apps as it was merely an abstract concept without a step-by-step guide.

“Focus is about eliminating distractions. Email can be one of the biggest distractions of all”. (Clear, 2011).

“We interrupt ourselves around 44% of the time, according to Gloria Mark’s research.” (Alina. V, 2013).

From the above resources, we could see that the main problem leading to a lack of focus was the myriad of distractions students were surrounded by. By eliminating distractions and ensuring they did not cause themselves to get distracted, they could focus on their tasks better.

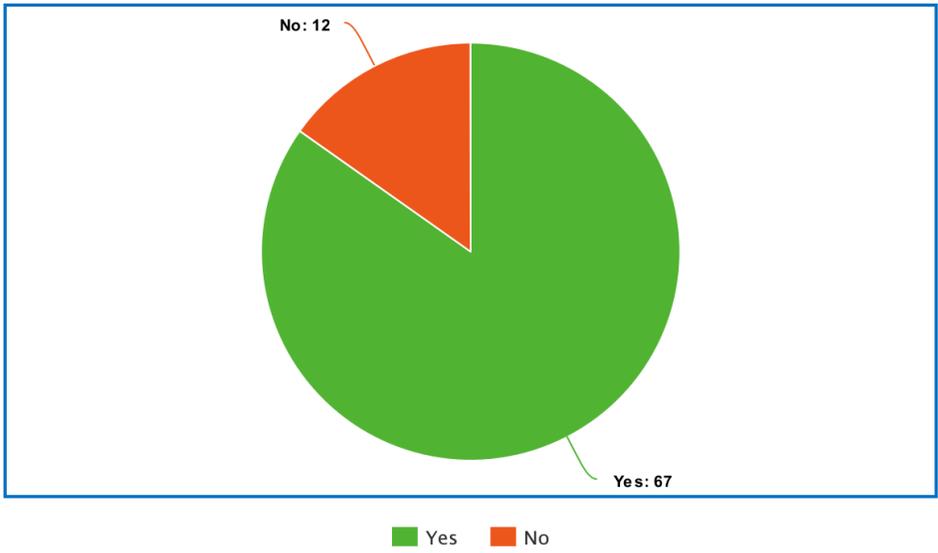
3 METHODOLOGY

3.1 Needs Analysis

A needs analysis was conducted to ascertain whether a project like ours was needed in our school. Firstly, a survey was designed to find out if students had problems with focus, and find out what they felt would improve their ability to focus. We collated nearly 80 responses and most of them indicated an exigency for our project to help them cope with their studies. Secondly, we conducted two pilot tests to test the effects of the application.

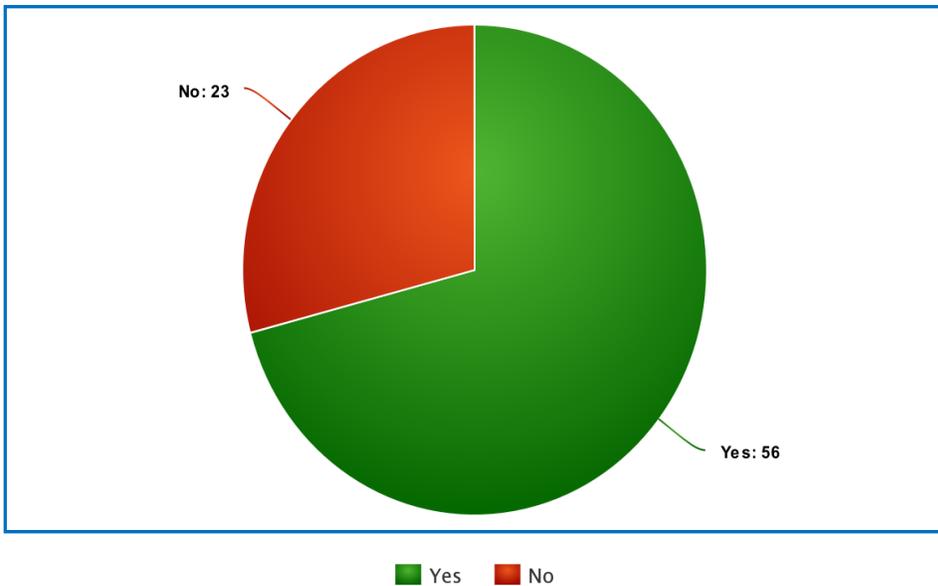
3.2 Survey Results

D you have a problem with time management due to the lack of focus?



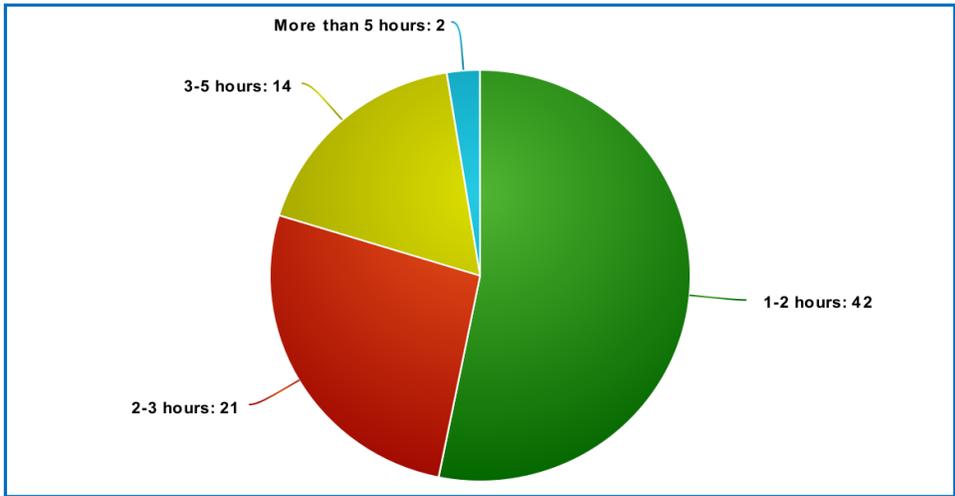
meta-chart.com

Do you have problems focusing in class or at home?



meta-chart.com

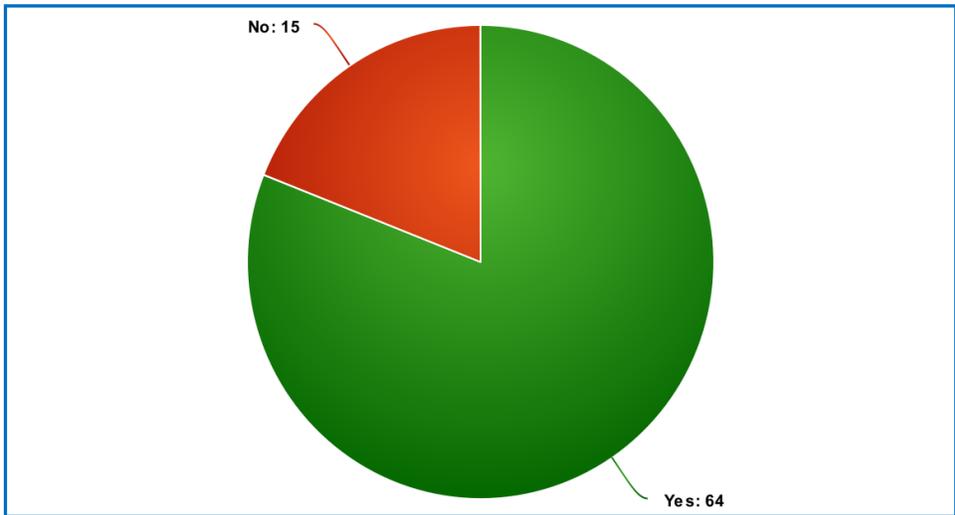
How much free time do you have?



1-2 hours 2-3 hours 3-5 hours More than 5 hours

meta-chart.com

Would you like an integrated resource to help you manage your time and focus better?



Yes No

meta-chart.com

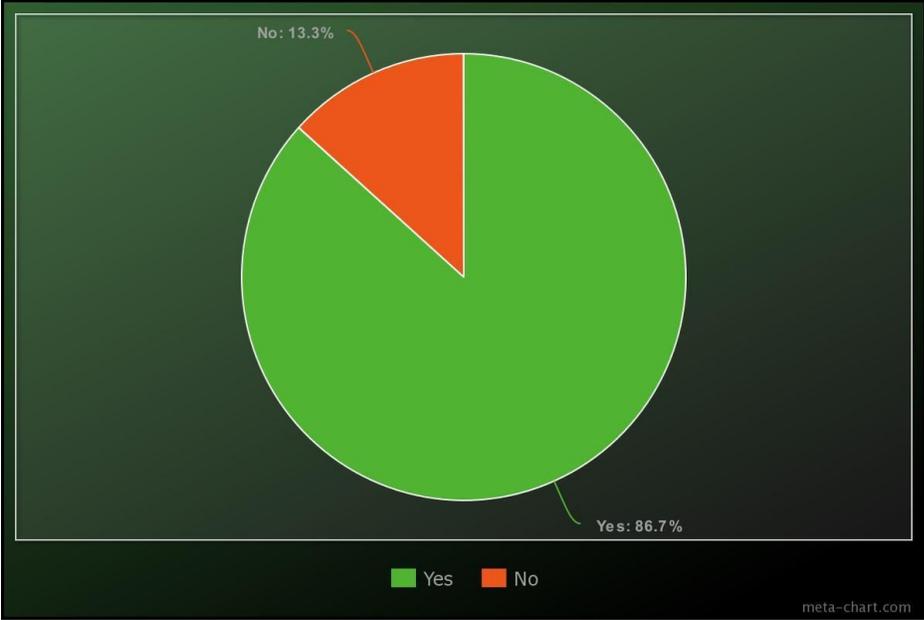
3.3 Development of Resources

We developed our app through extensive research into solutions that were proven to improve focus such as the Pomodoro Method (Boogaard,2011). We then added these solutions into 3 specific research packages. The solutions in the packages included exercises and time management techniques with varying intensity based on the student's level of focus. The level of focus of the student was measured through a survey. We also did research on the factors that played the most crucial role in resulting in one's lack of concentration, including stress (Flavin, 2017) and time management (Bates,2014). We subsequently formulated questions based on these factors and input them into our survey to gauge the level of focus the student had. The students were then directed to their respective resource packages where they were given specific quantities and types of exercises to cater to their level of focus. A website was also constructed to allow visual learners to learn tips better through interactive videos.

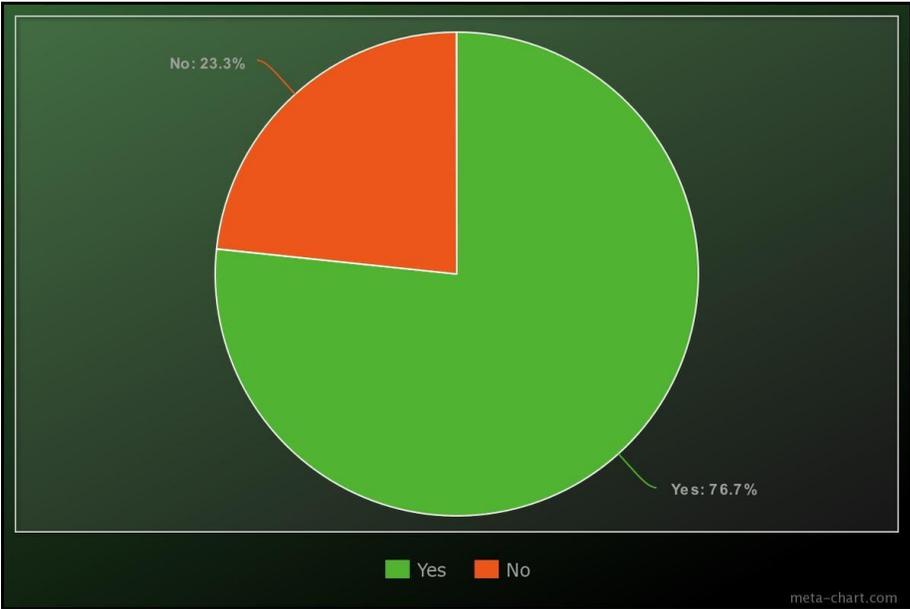
3.4 Pilot Test

Our pilot test was administered to a group of 25 students to test our app and we measured their progress in terms of focus in a 2-week time span, which we felt was an appropriate time span to look at the effectiveness of our app and website. They were given both the website and the app to use when doing work-related activities and they had to do their best to follow the plan and tips given to them. 76% of students reported that they showed a significant improvement in their ability to focus, and 87% reported that the usage of the app resulted in increased productivity and discipline in their lives.

Do you feel like there has been a tangible improvement in your ability to focus as a result of the resources provided?



Has this resource package helped you to take charge of your lives and be more productive?



4 OUTCOME & DISCUSSION

We eventually decided to expand the scope of our project by adding an application in addition to the website, despite cost constraints. The applications featured more in-depth methods and concrete plans to improve focus, targeted at different demographics with varying focus abilities. This allowed our project to reach out to a wider audience and increased the accessibility of our resource through mobile our application.



5 CONCLUSION

FOCUS had been a challenging project and was an uphill task that required many hours of hard work and effort. The whole journey had enabled the group to develop many practical skills and gave us a hands-on experience in creating an app ourselves even though we were unfamiliar with the tools and through making it, we had learned a lot. We had to learn how to think from the user's point of view to make the app as user-friendly as possible to ensure that it was to their liking during the design stage. We

also had to make use of our rhetoric to get students to test our app thoroughly so that they were able to give concrete feedback. All of these allowed us to pull through different setbacks along the way to succeed in achieving our desired objectives.

6 REFERENCES

Vozza, S., & Vozza, S. (2015, August 26). 8 Ways To Improve Your Focus. Retrieved from <https://www.fastcompany.com/3050123/8-ways-to-improve-your-focus>

James Clear. (n.d.). Focus: A Brief Guide on How to Improve Focus and Concentration. Retrieved March 28, 2019, from <https://jamesclear.com/focus>

Tartakovsky, M. (2018, October 08). 12 Foolproof Tips for Finding Focus. Retrieved from <https://psychcentral.com/lib/12-foolproof-tips-for-finding-focus/>

How To Help Your Child Focus In School (And At Home). (2018, September 13). Retrieved March 31, 2019, from <https://www.oxfordlearning.com/how-to-help-child-focus-in-school/>

27 Time Management Tips To Work Less and Play More. (n.d.). Retrieved from <https://toggl.com/time-management-tips/>

A Month of the Pomodoro Technique. (2011, February 10). Retrieved July 1, 2019, from <https://developeraspirations.wordpress.com/2009/12/16/a-month-of-the-pomodoro-techniquethepositive/>

Bates, J. (n.d.). Work Smarter, Not Harder: 21 Time Management Tips to Hack Productivity. Retrieved from https://www.creativitypost.com/create/work_smarter_not_harder_21_time_management_tips_to_hack_productivity

How stress affects your body and behavior. (2019, April 04). Retrieved from <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-symptoms/art-20050987>

2011-2019, (. C. (n.d.). Dealing with Stress - Ten Tips. Retrieved from <https://www.skillsyouneed.com/ps/stress-tips.html>