

Getting started

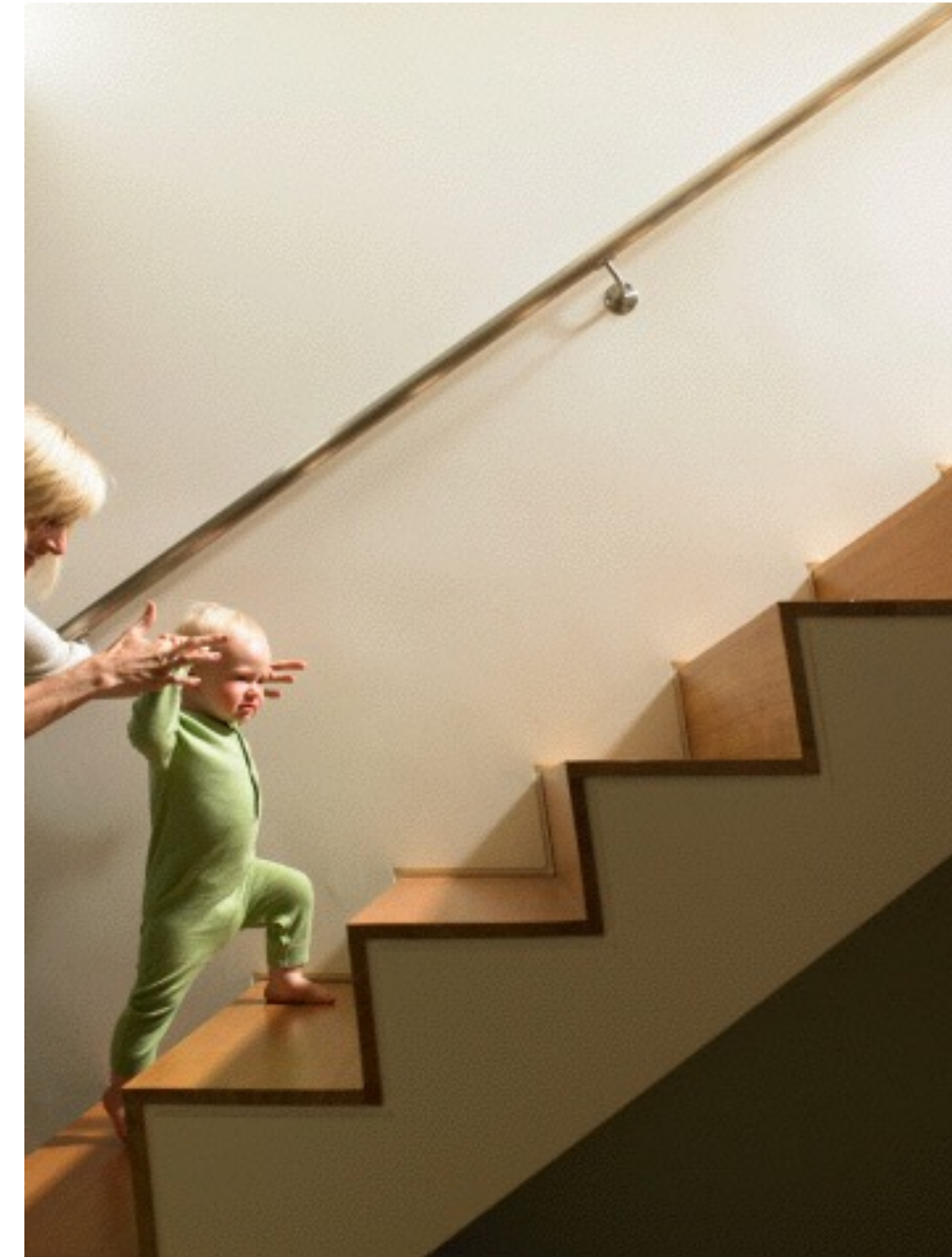
Heleen Bouma

Design goal



To get MOOC students to start right away with their assignment, instead of procrastinating

Stimulated
&
Secured

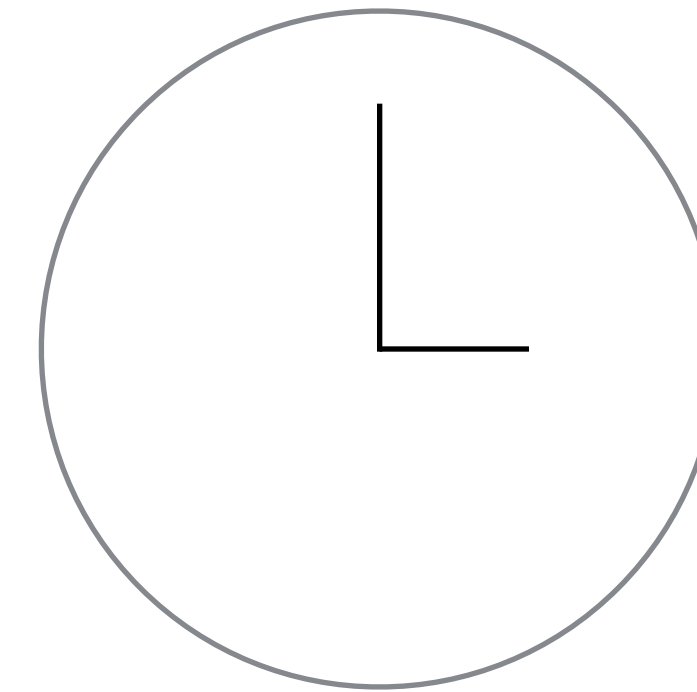
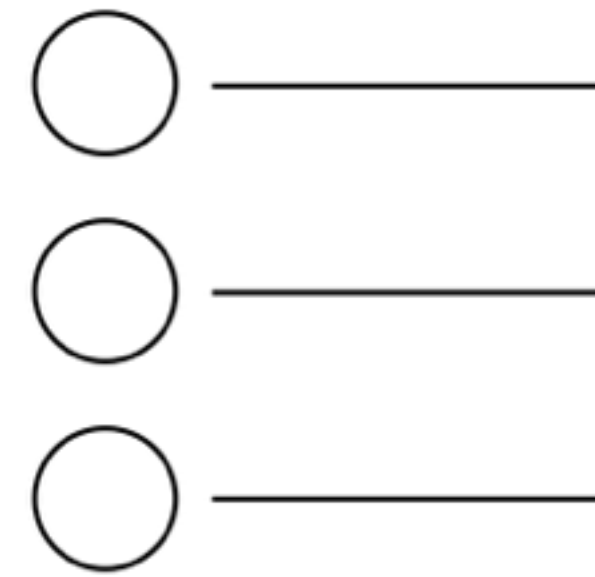
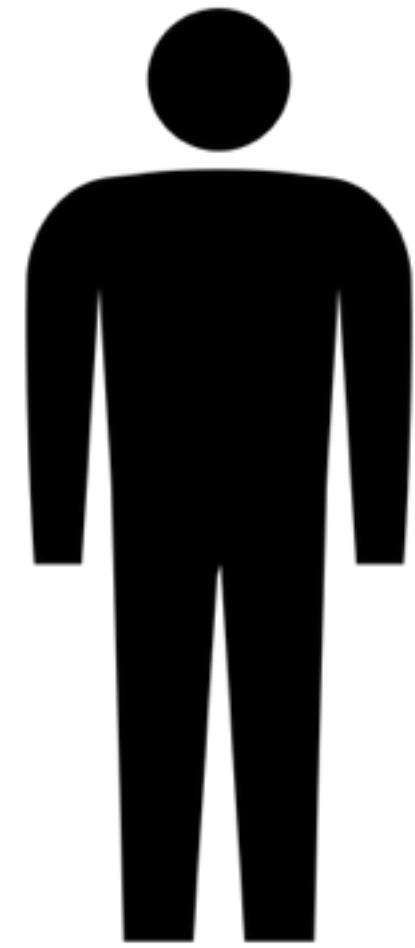


Movie

› to keep delaying something that must be done, often because it is unpleasant or boring.

Focus

How?



Hi there!
I am Moops, here
to help you to get
started.



How do you feel?



excited



happy



confident



fine



tired



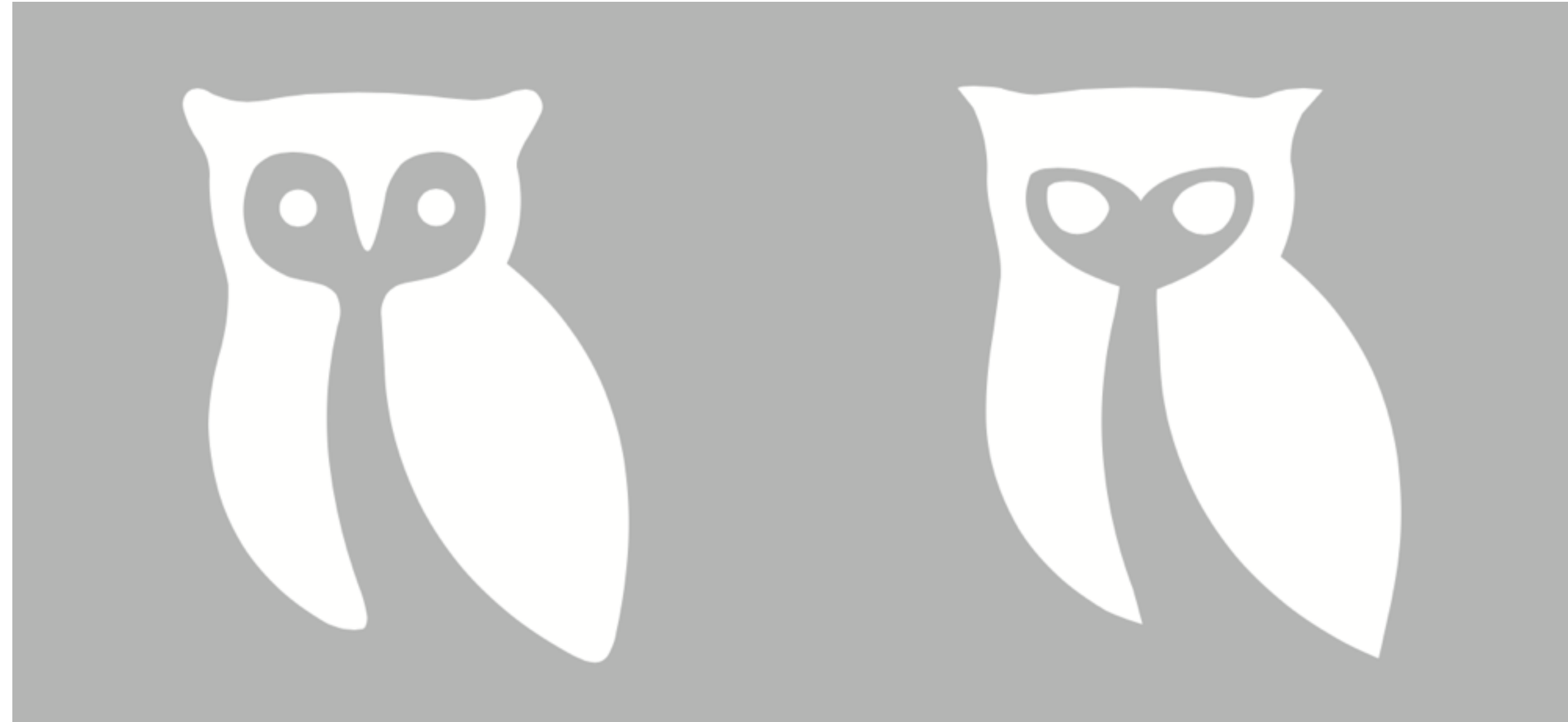
stressed



insecure



annoyed




Stressed

Confident

Coach and time tracker

You have worked hard the last hour and already finished the first task, you deserve a break!

You have 17 minutes.




You could make some tea?

Stressed


Did you enjoy your break?


You can start on 'What is happiness' again.

But first tell me how you feel?



I think it is time for a break.

00:17:00:00 




Maybe you could go for a walk?

Confident

How was your break?

Even though you are going great, let's start again.

Good luck!



What to do today:

Emotion selfrating

What is happiness?

Why does happiness matter?

add personal task

add personal task




cancel done

Stressed


This is your schedule for today.

I know you can do it!


You will finish at 6 o'clock.




Have you finished 'Emotion selfrating'?



I need more time I am finished






You have finished your first task, that's great!



Confident

This is your schedule for today.

You will finish at 15:15:00
Good luck!



Have you finished 'Emotion selfrating'?



I need more time I am finished



Good, you finished the first task.



Conclusion



