

Interview Summaries

Based on the provided sources, here's a summary of the user interviews, highlighting main themes, key insights, and relevant quotes:

Overall Themes

- **Technology as a Double-Edged Sword:** The interviews reveal a complex relationship with technology. While it offers convenience and access to information, it's also a major source of distraction and can lead to feelings of being "out of touch". Many users actively try to manage their technology use to maintain focus.
- **The Importance of Physical Tools:** Despite the prevalence of digital tools, many users still rely on physical notebooks, especially for brainstorming and initial idea capture. There is a sense that the act of writing by hand aids memory. Digital tools, while useful for organization, do not always replicate the same feeling as physical tools.
- **Task Management and Organization:** The interviews reveal a range of approaches to task management and organization. Some users prefer digital tools like Notion, while others use a mix of digital and physical tools. Many are actively searching for more efficient systems, and are often inspired by how others organize themselves.
- **The Role of Social Media:** Social media is used in various ways, from keeping in touch with friends to gathering information and inspiration. While it is recognized as a source of distraction, it also has a central role in both social and professional lives.
- **The Desire for Focus and Minimizing Distractions:** Users express that constant distractions and a feeling of a shortened attention span are a concern. They actively seek ways to minimize interruptions when working or studying.

Key Insights

- **The Zeigarnik Effect:** This effect, where unfinished tasks create a cognitive burden, is relevant to the user's experience with distractions and task management. Completing tasks, or making specific plans to complete them, can free up cognitive resources and improve focus.

- **Context Matters:** The way a user interacts with technology varies depending on context, such as whether they're studying, working, or relaxing. For example, using a phone while eating is generally disliked by some users, who prefer a laptop for this activity. Some users feel more focused when they are in public spaces, such as a cafe or library, because they see others working.
- **The Power of Routine:** Several users have established routines that include time for exercise, journaling, and specific types of media consumption. These routines help them stay organized and manage their time effectively.
- **The Limitations of Digital Note-Taking:** While digital note-taking tools are useful, they do not always replicate the feeling or memory benefits of physical writing. Some users avoid digital books due to the distraction of tapping on words for definitions.
- **Varied Approaches to Social Media:** Some users are not active on certain social media platforms, and feel no need to be. Some see social media as a source of connection, while others see it more as a source of information. Some users have to check social media to stay in touch with people or to be up to date on current trends.

Quotes

- *"If I start my day on my phone, it normally is not a great start cuz I'll either spend too long in bed or just like I'll end up spending too much time on social media."*
- *"I like to write my stuff down."*
- *"I don't like digital books. I've tried and I hate it. So physical books. I don't like looking at screens. Not especially if I'm about to go to sleep."*
- *"I think a lot of times if I'm working and I'm just distracted, I'm thinking of...For example, if I'm doing an assignment right now, but I know I have three other assignments to do afterwards. Sometimes I think about that right now and I can't focus on what I have on hand."*
- *"Every time you pull out your phone, just because it does so many things, you get distracted by other things and you forget what you're actually supposed to do."*
- *"I hate carrying my bag but I have to carry it every day."*
- *"I think I'm not a big fan of it. It's fine but like it's yeah I use it."*

Interview Summaries

- *"I just think about them a lot...About my shower thoughts. I just think about them a lot until like I know what to do with them and Yeah. I just kind of remember in my head."*
- *"I feel like I forget like a good a good portion of like like stuff I learn throughout the day."*
- *"I'm always like checking stuff you know like constantly uh checking for notifications or whatever. But I like how convenient it is, you know, how useful it can be."*
- *"I just use notes when like certain ideas strike to strike me."*
- *"Bookmark is like my major source of inspiration."*
- *"I just add it to notes, I would say."*

This summary provides a glimpse into the diverse ways students use technology and the challenges they face in managing their time and attention.