

# Mindfully Aware

A team project created by  
Andrea Seguya, Ribka Ayele and Edward  
Jeong

# Table of Contents

<b>Introduction</b>	<b>2</b>
<b>Overview of the entire project</b>	<b>4</b>
<b>System Requirements</b>	<b>6</b>
<b>Systems Request</b>	<b>7</b>
<b>Development Model Used - Agile</b>	<b>7</b>
<b>BSM(optional)</b>	<b>9</b>
<b>Activity diagram</b>	<b>10</b>
<b>Use cases</b>	<b>11</b>
<b>Alternatives Matrix</b>	<b>17</b>
<b>Resource Requirements(HW/SW)</b>	<b>17</b>
<b>Sequence Diagram</b>	<b>18</b>
<b>Knowledge of options</b>	<b>18</b>
<b>Status of what's left</b>	<b>19</b>
<b>Foreseen Risk(s) in the current design approach</b>	<b>19</b>
<b>Summary of the project schedule</b>	<b>21</b>
<b>Project schedule depicting the tasks</b>	<b>22</b>
<b>Questions or Feedback</b>	<b>23</b>
<b>Prototype Design (webpage, video, etc)</b>	<b>24</b>

# Introduction

This portfolio consists of the different strategies and the work that Team 17 put into the creation of the “Mindfully Aware” website. This team consists of:

## Andrea Seguya



My name is Andrea Seguya and I am a junior pursuing a Bachelor's of Science in Information Technology. I am originally from Uganda and have lived here for about 5 years. I aspire to become a Systems Analyst and have found great joy in participating in this class.

## Edward Jeong

My Name is Edward and I am a Junior in pursuit of a BA in IT. For this project our group has come together to tackle the emotional distress that everyone is facing in this pandemic. Our group came together to create something to ease and help people understand what they are feeling and help them cope in these difficult times. This is just a rough draft of what we hope to create, but it is a step in the right direction of creating something that will help the world in such a crisis. Overview of the entire project



Overview

## Ribka Ayele



My name is Ribka Ayele and I am a junior pursuing a Bachelor's of Science in Information Technology. I'm glad that I was participating on the System analyze project. We created a website that determines the user's emotional state through a series of questions and provides resources: a journal, blogs and articles. TINFO 360 class lecter and books have helped us to work on this project. I value hard work, teamwork and perseverance.

# Overview of the entire project

## Overview

Our goal is to build a website that determines the user's emotional state through a series of questions and provides resources for the latter to either document details about their state of mind or consume content tailored to their emotional state.

## Purpose

The world is currently going through one of the most lethal global pandemics in a long time. A Lot of people have been affected mentally and emotionally. This pandemic has mandated the need for people to stay home as much as possible to prevent the spread of the Coronavirus. This resource provides a platform for people to express their frustrations, anger, joy or sadness to a platform where they can be heard, or just to get it off their chest in a safe and conducive environment.

## Background

There is a lot that goes into building a website but in this case, because of the secrecy of the data being collected, the website needs to be secure. The work that has to be done is to create a login/password system and ensure that there are no security breaches. We have also designed with simplicity in mind and with the use of calming colors and fonts to create a soothing aesthetic. We have made the questions simple so that they are easy to understand and answer. We want the user's experience to be calming and we are doing our best to design a website that achieves this.

## **Desired end-state**

Our final product is a fully functional and secure website that allows a user to answer questions, view content based on their emotional state or general interests and access a journal/blog where they can write about their feelings as well as view other user's blog posts. To continue, we hope to have users understand their emotions with the additional content that we continue to add as the site grows in users and experience. The goal is to help users understand their emotions, understand how to either control or alleviate the said emotion that they are feeling.

# System Requirements

## User roles

- Administrator
- User

## Functional requirements

1. Create an account
2. Answer questions about an emotional state
3. View content based on the user's emotional state or general interests
4. Access and write in a private or public (based on user's preference) journal
5. Read public journal entries and comment on content
6. Help user understand their emotion
7. Help user find ways to deal with their emotions via content
8. Discovering the users "Self"

## Non-functional Requirements

1. Only Administrators have access to the user's login information
2. The website can handle a large number of users
3. A constant stream of content for users to consume
4. A mobile friendly interface
5. A safe place for users
6. Confidentiality between the user

# Systems Request

**Project Sponsor:** UWT Professor, Suri

**Project Client:** Internet user

**Project Need:** This project has been initiated for an internet user to have better emotion and feeling

- Create a profile with a username, a password and answer questions about their feeling
- Faster and easier to use & express themselves emotionally and navigate to other online resources.

**Business Requirements:** A free website that provides questions, and according to how the user answered the questions, the website offers articles, information, and other media to view.

Using this website, users will be able to create a login account. The functionality of the website should have listed below:

- Allow all users to create a login with a username and password.
- Allow all users to answer the question.
- Allow users to access information based on their answers.

**Business Value:** This website helps online users to attain the emotion they desire.

- Increase online user and resources
- Match user interest and online media
- Saves time for the user

**Special Issues:** Need to make sure the system is secured

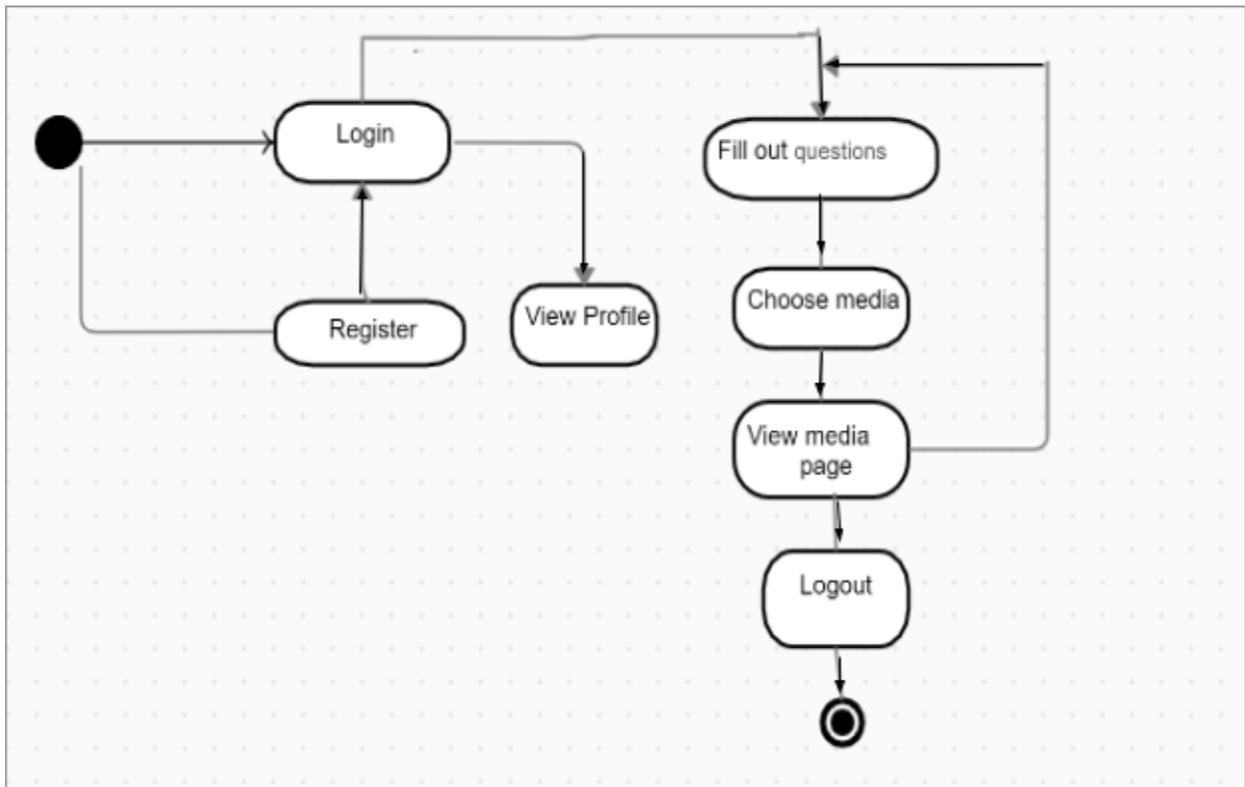
Should have psychological knowledge to update online resources

Must to save user answer and login information

## Development Model Used - Agile User Stories

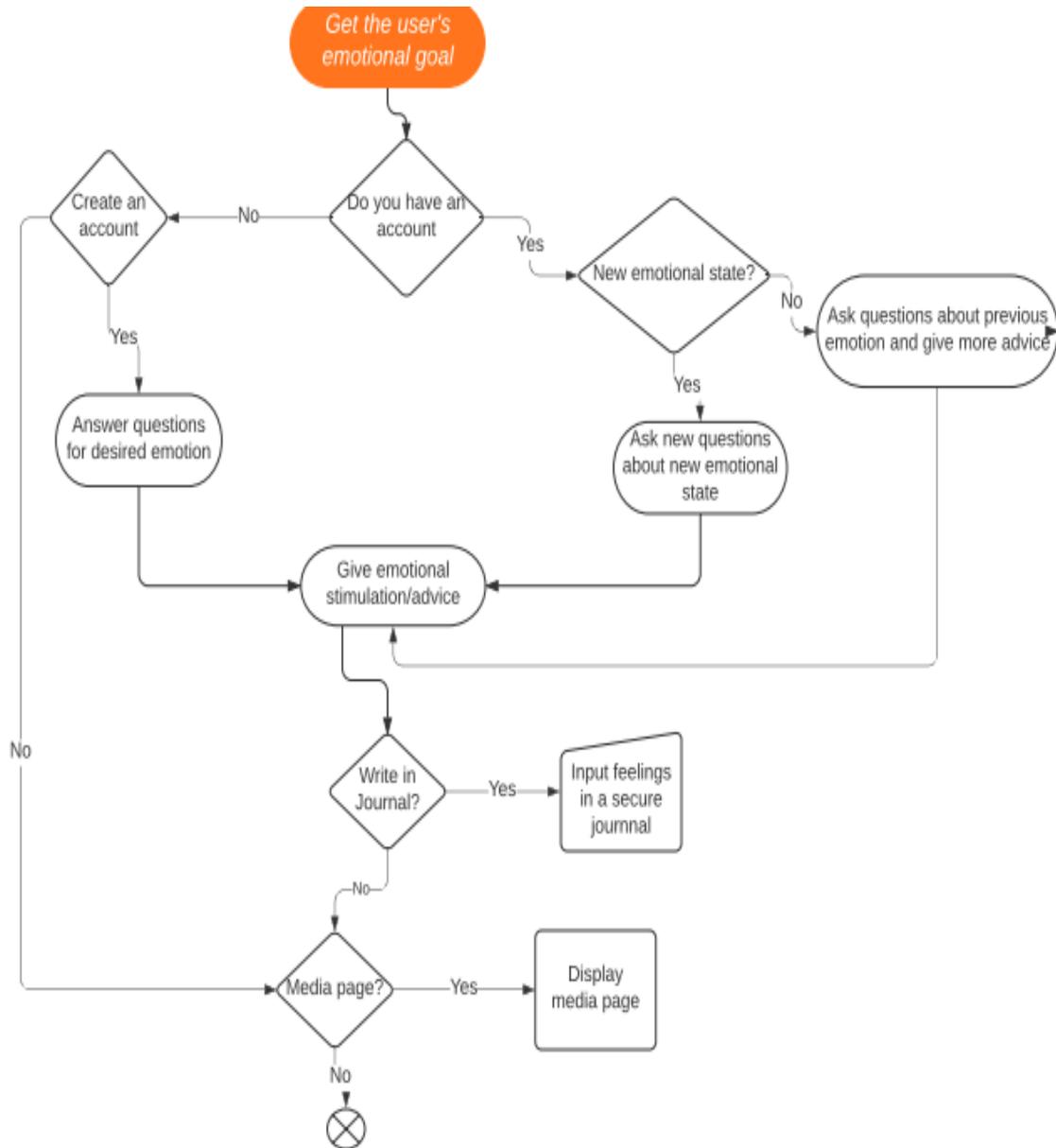
- A user can create an account
- User can login to the existing account using their credentials (username & password)
- The user able to access journal page express themselves emotionally
- The user writes in their journal.
- The user able to save or publish journal entries
- The user able to express themselves emotionally
- Users must select the media page on the website
- User will choose to read helpful articles to attain the emotion they desire
- User is able to leave comments on articles
- User can interact with other users in the comments

## BSM



# Activity diagram

Below is an activity diagram of how the interface should work.



## Use cases

Below are a few use cases tabulated in order of the interface flow.

### Use Case: Ask Questions to gather Information

<b>Name:</b> Gather Information
<b>Number:</b> AER_001
<b>Description:</b> A tool that collects information about the user's state of mind and how they desire to feel after having used the website
<b>Priority:</b> High
<b>Actor:</b> User
<b>Trigger:</b> The user visits the website. This is the first step they complete.
<b>Preconditions:</b> The user is feeling an emotion that they are willing to answer questions about
<b>Postconditions:</b> The user learned a little more about their emotional state and are able to learn more from content that is hand picked according to how the user answered the questions.
<b>Normal course:</b> 1) Actor will first either log in or choose the guest option.

- 2) After that the actor will move onto a question as to how you want to feel or what emotion you would like to have by the end of the experience.
- 3) Once the questions are done, the actor will come to this part of the experience and you will put down what you have either learned from this or what you are feeling in the journal or browse through the media page.

**Alternate course:**

- 1) Actor can't log in and in that case accesses the site as a guest.
- 2) The user just wants to view the media page and in that case they can skip the survey portion of the website

**User Case: Registration**

**Name:** Register online

**Number:** AER\_002

**Description:** The user is able to create a profile with a username and a password. After the actor registers online, the actor should be able to see their profile and engage with the media page.

**Priority:** High

**Actor:** user

**Trigger:** The user selects link/button to create an account

**Preconditions:** The user has a name, email to link to their account and a strong password. The email will be verified for security purposes.

**Postconditions:** An account is successfully set up and the user now has access to the journal and can comment on media page content..

**Normal course:**

- 1) The actor enters their name
- 2) The actor enters an email to link to their account.
- 3) The actor enters a strong password.
- 4) The admin/system accepts the customer register information.
- 5) The user is granted full access to the website.

**Alternate course:**

- 1) The actor forgets the information they entered or doesn't have access to the email entered for verification purposes
- 2) The user enters an invalid email format. They will be alerted to enter a correct email.
- 3) The website is down and not allowed the actor to access. Prior announcements will be made and a banner will be reflected on the website mentioning the down time and how long the website will be down.
- 4) The user doesn't enter any information or skips a field. The system will not let the user go forward and will alert the user until they answer the respective field.

**Use Case: Login**

**Name:** Login page

**Number:** AER\_003

**Description:** This page allows the user to enter their credentials (username & password) and login in

**Priority:** High

**Actor:** The User

**Trigger:** The user selects the login button/link or the user attempts to use restricted content like the journal or comment on media posts..

**Preconditions:** The system should accept a username and a password. The user should have an active account/

**Postconditions:** The user's details are authenticated and the system grants the user access to additional features.

**Normal course:**

- 1) User enters their username or email.
- 2) The user then enters their password.
- 3) Access is granted to the user's profile and additional features.

**Alternate course:**

- 1) The user forgets their password. A link is sent to their email to reset their password.
- 2) The user does not have an account. The user is then redirected to register/create an account

**Use Case: Add to Journal**

<b>Name:</b> Journal entry
<b>Number:</b> AER_004
<b>Description:</b> The user is able to log details about their day and how they are feeling in a secure location. They are able to express themselves emotionally.
<b>Priority:</b> Medium
<b>Actor:</b> The user
<b>Trigger:</b> The user opens the journal section with the intent to write in it.
<b>Preconditions:</b> The user has an active account to store their journal entries
<b>Postconditions:</b> The user is able to express themselves emotionally
<b>Normal course:</b> <ol style="list-style-type: none"><li>1) The user logs into their account and opens the journal page</li><li>2) The user writes in their journal.</li><li>3) The user is able to save or publish journal entries.</li></ol>
<b>Alternate course:</b> <ol style="list-style-type: none"><li>1) The user doesn't have an account or is not logged in. They will be redirected respectively.</li></ol>

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**Use Case: Admin can add content to the media page**

<b>Name:</b> Media section
<b>Number:</b> AER_005
<b>Description:</b> This is where the user can view articles, media and much more. Admins can upload links to helpful articles. Additionally, the user is able to learn new things, comment on other posts and view blogs.
<b>Priority:</b> High
<b>Actor:</b> The user
<b>Trigger:</b> Users select the media page on the website.
<b>Preconditions:</b> The user is seeking to learn more information or feel a specific emotion. The user would like to interact with other users in the comments..
<b>Postconditions:</b> The actor will get closer to the emotion that they want.
<b>Normal course:</b>

- 1) The user is able to read helpful articles to attain the emotion they desire.
- 2) The user is able to leave comments on articles

**Alternate course:**

- 1) The actor is not able to find what they need and in that case can request the administrator to add more content such as media links or articles about the emotion that they desire.
- 2) The media page is empty. The user can ask for content to be added.

## Alternatives Matrix

Before we started the building process, we needed to decide which interface would be the easiest to use to implement our idea. As you can see, both interfaces scored pretty highly. Because of the time constraints and the ease of building a website with the use of Wix, we decided to proceed with this option.

Evaluation Criteria	Weight	HTML	Score	weighted Score (%)	Wix	Score	weighted Score (%)
Creativity Control	90		90	100.0		60	66.7
Simplicity	80		50	62.5		70	87.5
Customizability	80		80	100.0		70	87.5
Graphic Design	70		40	57.1		70	100.0
Total	320		260	81.3		270	84.4

## Resource Requirements(HW/SW)

### Standard User

1. Operating System
  - a. Windows 7
  - b. Mac OS
  - c. Android
  - d. Mobile OS

2. Hardware
  - a. Macbook
  - b. Microsoft laptop
  - c. Monitors
  - d. Smart Tv
  - e. 500 GB
  - f. Cloud storage
3. Network
  - a. On Wifi
  - b. On LTE devices

### **Standard Web Server**

1. Operating System
  - a. Google
  - b. Firefox
  - c. Bing
2. Hardware
  - a. Wifi Router
  - b. Ethernet cables

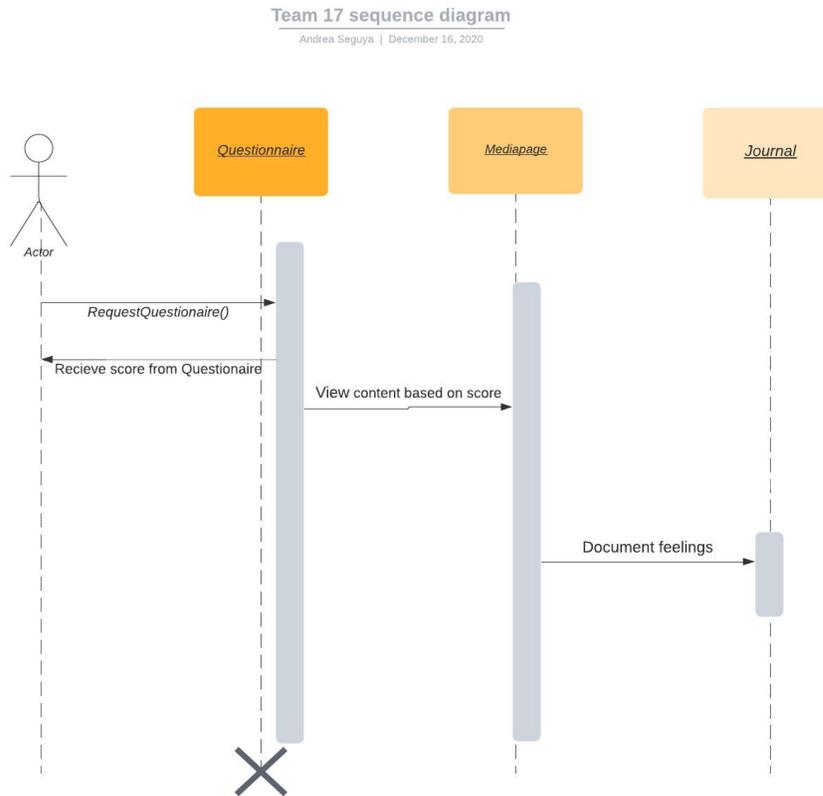
### **Standard Application Server**

1. Operating system
  - a. Python
  - b. Java
  - c. Linux
  - d. Google doc
2. Hardware
  - a. 500 gb SSD
  - b. Cloud storage

### **Standard Admin Server**

1. Operating system
  - a. SQL
  - b. Python
  - c. Google Doc
  - d.
2. Hardware
  - a. Microsoft/Mac computer
  - b. Wifi
  - c. LTE service
  - d. Cloud storage

# Sequence Diagram



## Knowledge of options

- Understand how to utilize the website
- Understand the differences between the website version and the phone version of the website
- Understand how to use websites questionnaire
- Understand how to use the links given in the website
- Understand how to read the questionnaire outcome

## Status of what's left

In order to complete our project, we need to refine our web pages, specifically the home page.

We need to add the questionnaire to the actual website and add media pages with content to the website.

Additionally, we need to run a test to gather feedback from clients so that we can improve our product based on real-time reviews.

Something else we need to do to finish the project is to get an understanding of how the point system is going to work when the user is answering the questions.

We also need to format the blog to show content based on the point system.

We also need to add a journal and connect it to a database so that users can keep track of their entries.

## Foreseen Risk(s) in the current design approach

- Integration of the questionnaire into the main website.

**Risk level:** High

**Type of Risk:** Business Risk

**Description:** The integration of the Google forms questionnaire into the actual website is a big part of our project. If integrated incorrectly, the user will not be able to view tailored media posts.

**Mitigation:** We are using a point system to gather the amount of times a user agrees with a system and therefore recommending articles based on the number

of points scored. That way, the user is ensured the best quality experience of Mindfully aware.

- Connecting to the different content that we are to provide

**Risk level:** Medium

**Type of Risk:** Website functionality

**Description:** The integration of the videos or the different links both the user and the admin is able to put in is important for the growth of the website and the continuing helping hand we aim for this site to become.

**Mitigation:** The only solution to this would be to have constant check ups on what is working and what does not seem to work. To have a 24 hour crew working to keep this site running as smooth as possible. As both admin and users are able to add to the video links and what not we hope to keep the experience that the user has to be the most important thing

- **Privacy**

**Risk level:** High

**Type of Risk:** Personal information

**Description:** When logging into the site there is a possibility of sensitive material being leaked. With that in mind the users may face multiple different legal actions to protect their information.

**Mitigation:** We will tackle this situation by using any security means to protect information and help the user feel protected and know that their information is protected.

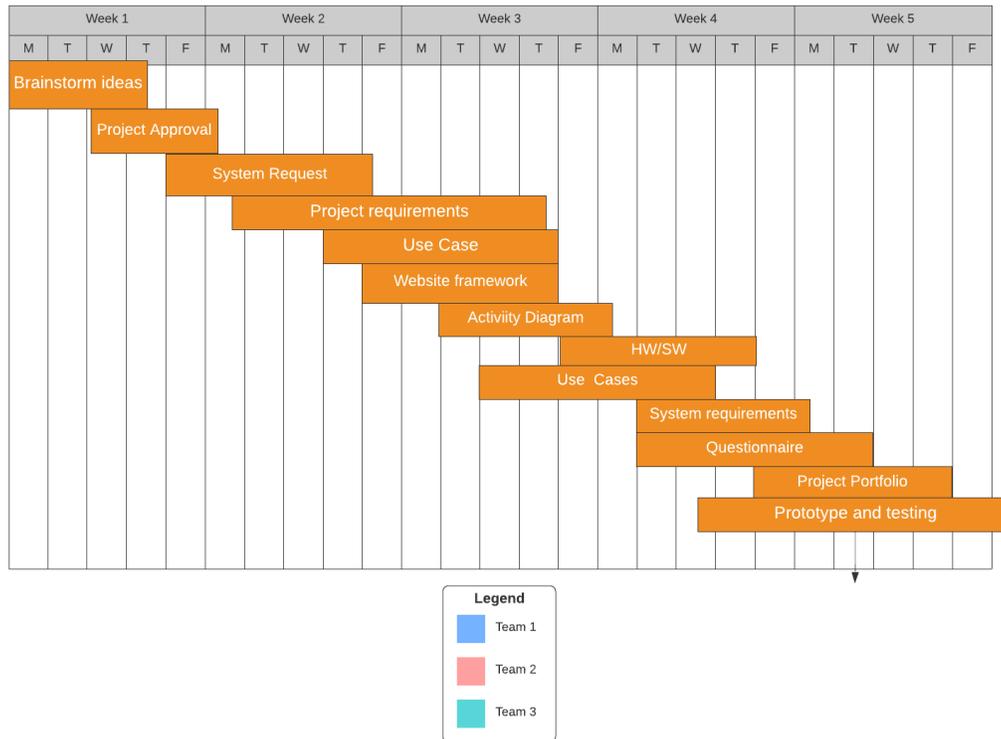
## Summary of the project schedule

1. Brainstorming: 7 days
2. Project Approval: 1 day
3. System Request: 5 days
4. Project Requirements: 5 days
5. Use Case: 6 days
6. Data Flow Diagram: 9 days
7. Activity Diagram: 7 days
8. Prototype: 17 days
9. Presentation: 5 days

# Project schedule depicting the tasks

Team 17 Gantt Chart

Andrea Seguya | December 16, 2020



## Questions or Feedback

The question we keep constantly getting was what do the points mean? Is having a big number a good thing or a bad thing? To answer these questions all I could say was there is not a bad result, nor is there a good result. It is all dependent on what the user is wanting out of this. Since both people I tested this on had no objective to understand their emotions or wanted to delve deeper into their own personal psyche there was no motivation for the people who tested the questionnaire first. The feedback however was the questions are deep yet the point system confuses the users on what the results actually mean.

Another feedback we got as a group was the amount of questions that was asked. If that was enough to actually get the response that we needed to get to where we wanted. Something else was how the questions were either too weak of a question which then confused the end goal of what we as the website was asking.

Feedback that we have received from people using the website and looking at the website was fluidity. We aimed for this to work fluidly and from people using it and testing the site out, that is what we have received comment wise on how the site looked and performed. The only backlash we received was the questions and what the purpose of those questions were.

# Prototype Design (webpage, video, etc)

<https://mindfulawareness.wixsite.com/mindfullyaware>

MINDFULLY AWARE  
Let's talk  
Understanding your score

Click here to take test

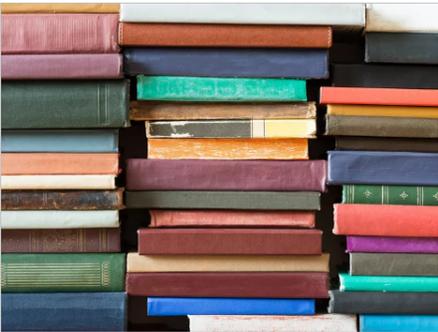
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Members Chat

All Posts



andrea seguya  
Dec 2 · 1 min

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# CONTACT

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Type your message here... \_\_\_\_\_

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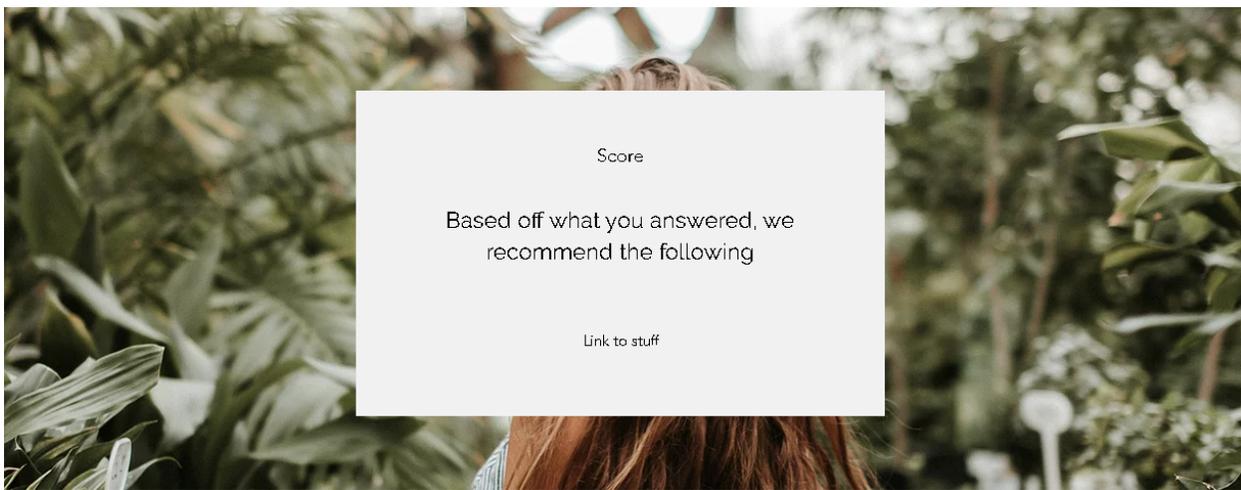


Based off what you answered we recommend the following

Score

[Link to stuff](#)

Let's Chat!  
We'll reply as soon as we can ^



Score

Based off what you answered, we recommend the following

[Link to stuff](#)

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## ABOUT

### Mental Health Awareness

The world is currently going through one of the most lethal global pandemics in a long time. A Lot of people have been affected mentally and emotionally. This pandemic has mandated the need for people to stay home as much as possible to prevent the spread of the Coronavirus. This resource provides a platform for people to express their frustrations, anger, joy or sadness to a platform where they can be heard, or just to get it off their chest in a safe and conducive environment

🔍 Type here to search
4:49 PM  
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