

# How to Life-Swap With Personal Data

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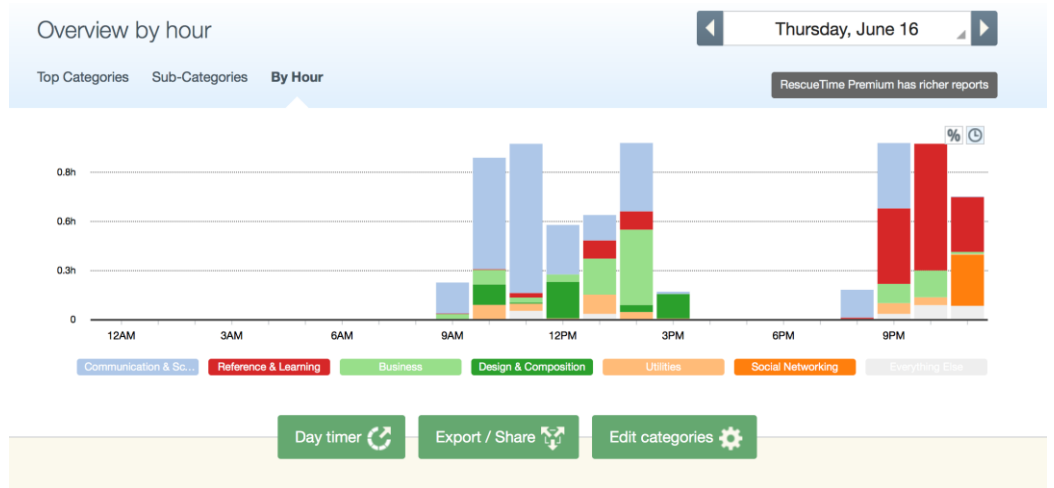
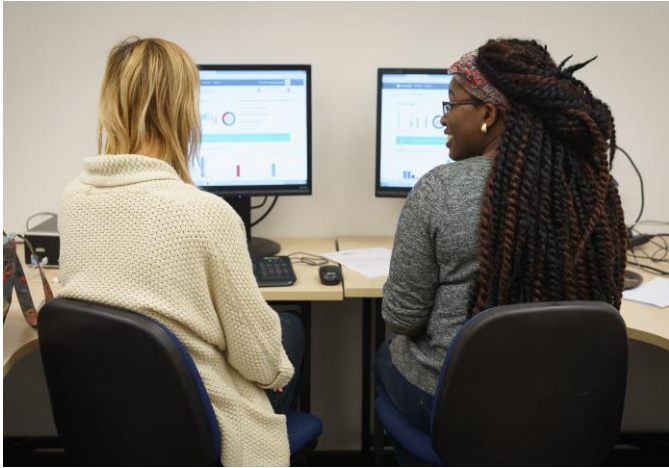
# Life-Swap Workshops



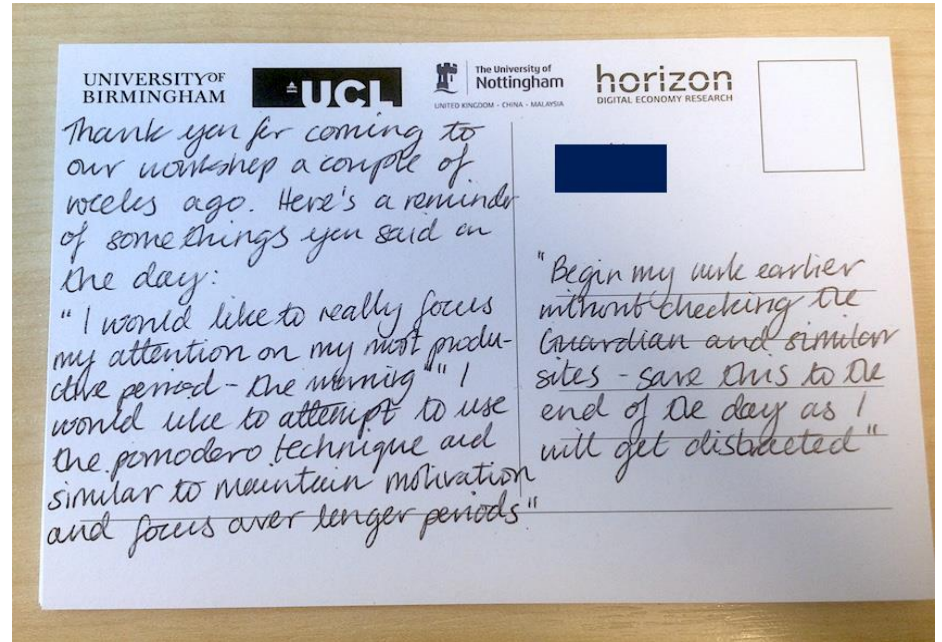
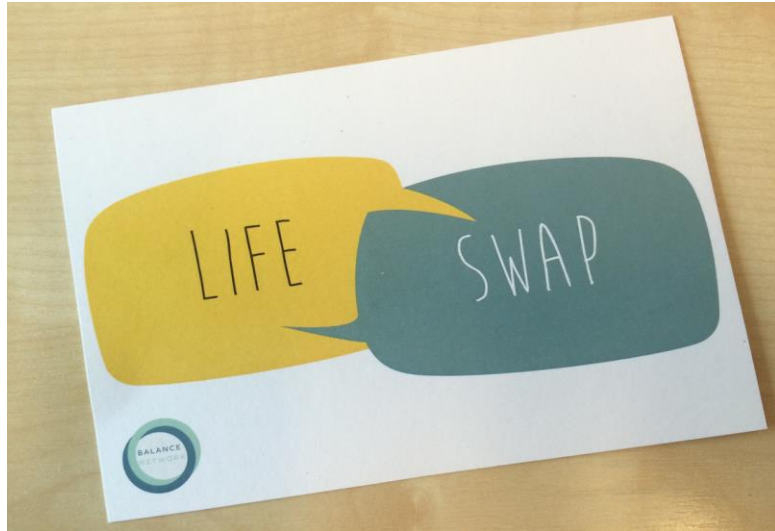


# Conversational prompts

- Work routines vs. home/personal routines
- Work breaks and recovery
- Wellbeing at work
- Managing boundaries between work and non-work



# Workshop Follow-Ups



# Your turn!!

## Mini Life-Swappers:

- Find someone who has similar data to you
- In your pairs, take turns to talk the other person through your data. We will tell you when it's half time.

# Things you might like to discuss when going through your data...

- Work routines vs. home/personal routines
- Work breaks and recovery
- Wellbeing at work
- Managing boundaries between work and non-work



# How did you find it?

- Did you learn anything new or surprising about your own behaviour today?
- Did you learn anything about your partner's behaviour that surprised you?
- Are there any changes you might like to make as a result of this session?

# Initial Findings

Discussed mainly working routines, work breaks, distractions esp. use of social media (students), procrastination and ways of increasing productivity.

Often got distracted and talked 'off-topic!'

# Initial Findings

Data prompted some reflection on own behaviours:

“I actually spent 1/4 of my logged time on one social media website!!!”

“In a way I already knew this, but I have noticed again how often I check my email throughout the day. It's probably not the best thing to do. “

“my conversation partner was surprised that I took personal calls at work because she said it would distract her too much. It also distracts me, but it somehow never occurred to me that I could leave my phone switched off whilst I am at work!”

“I actually procrastinate more than I realised having talked about it - it seems that it just didn't register under the correct category!”

# Suggested Changes

Nottingham:

trying the pomodoro technique, changing routines to fit in more formal breaks, working from home in a coffee shop to minimise distractions, turning off mobile phone when working.

# Suggested Changes

Birmingham: rearranging day to be more 9-5, shifting working day to be later, try to create stronger boundaries between work and non-work (e.g. less non-work during work time), remove distractions like background applications, trying to be more organised and focused at work, checking email at defined times and removing notifications from phones.

# Did anyone make changes?

## Nottingham

- 4 participants felt they have improved the level of physical activity they achieve in the day (and have managed to spend more time away from the desk)
- 2 felt they had achieved small decrease in social media use or phone checking
- 4 reported no changes, or failing to make changes

# Did anyone make changes?

## Birmingham

- 3 have made major shifts in working routines/patterns
- 2 deleted some social media applications from their phone/computer and put phone away or limit phone time – feels more productive/ have greater awareness
- 2 added more regular exercise into their week
- 2 reported ‘being more productive’ without really specifying how they achieved that



# Participants view on Life-Swapping with Data

- they liked comparing themselves to others
  - Similarities and differences
  - Reassuring
  - Gave ideas for change
- Felt it made them more aware of their own behaviours

“ it was fascinating to see how other people work, and to see how my approach to work differs from theirs. I also learned that other participants were much more likely to be focused on work and less likely to become distracted in mini breaks than I am”

“Interesting to see how others spend their working day because it's not something we usually talk about”

“It was nice to talk to other phd students and discuss about our work routine. It's also kind of surprising to realize that we all face the same time management problems in our phds. We found the rescuetime app very useful--being aware of how we've been spending our time both during work time and non-work time gives us an idea of how we've been doing so far and what changes we can make in the future”

# Conclusions and Lessons Learned

- People really enjoy this and it does seem to give ideas for and motivate at least short-term changes
- Collecting usable data is difficult
- Suffers from common behaviour-change challenge
  - difficult to measure the impact of one-off events and rule out other contributing factors.
  - Also, very difficult to effect or measure any kind of lasting change.
- Still lots to get out of this dataset!



# Calling all Activity Tracker Users!



**What can you learn from your activity tracker?**

**Take part in our research workshop and receive £30 to find out!!**

Many people log steps and other activity data via devices or apps on their phone, but making sense of this or know how to change your behaviour is not straightforward.

In this workshop we will help you explore your activity data and share it to gain insight into yours and others' routines. We're looking for people *who work or study at least 50% of their time and make use of flexible working*. You must have been using some sort of activity tracker (this could be an app on your phone like iPhone's Health, Moves or Google Fit) for at least *one week* by the date of the workshop.

We are running **two workshops** at University College London (WC1E 6BT) in July:

- **Saturday 2<sup>nd</sup> July, 2-5pm**
- **Monday 4<sup>th</sup> July, 5-8pm**

Refreshments will be provided and we can cover your travel costs on public transport within London to attend. You will receive a £20 voucher and a further £10 voucher when you complete a brief follow-up questionnaire 1 month later.



**If you are interested please complete your details at**  
**[doitforscience.com/activity](https://doitforscience.com/activity)**



If you have any questions please contact Rowanne Fleck ([r.fleck@bham.ac.uk](mailto:r.fleck@bham.ac.uk)) or Jia Feng ([JXF463@student.bham.ac.uk](mailto:JXF463@student.bham.ac.uk))