Decreasing Stress to Improve Learning

WHAT IF
What if individuals could get feedback on their stress so that they could take action to become calm, allowing them to focus more productively on learning and work?

WHAT WE SET OUT TO DO
We set out to identify an unobtrusive personalized real time mechanism for biofeedback that could be implemented at the personal computer.

WHAT WE FOUND
We found that awareness and feedback on breathing can be used to control stress for intensive computer-oriented work. But we also found that many people who work with information are working and learning on the go and that their interactive devices (and feedback systems) must be mobile. So we adapted the breath-aware technology for mobility.

PEOPLE BEHIND THE PROJECT
Roy Pea
Learning Technologies and design, Education
Neema Moraveji
Learning Technologies and design, Education
Jeffrey Heer
Data Visualization, Computer Science