Persona Ken - A Self-Monitoring Application

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ABSTRACT

We present a daily To-do manager to efficiently manage daily goals and tasks. Our system will help to create and track daily tasks bounded in long-term goals which the users can securely access anytime from anywhere via the Internet. The Daily To-do Manager not only keeps track of the goals and tasks but also tracks the task completion of user by dividing task into smaller parts. It also provides means to analyze day to day tasks efficiency via reports displaying complete statistics of tasks achieved as well as total tasks planned along with daily streaks indicating no. of consecutive days for which task efficiency is good.

thought. Here there are two contradictory functions of education which are bothnecessary and it can be shown thatthere are conditions of society under which these can be reconciled. In our study we found that in the general To-do manager applications, tasks are listed in binary form - completed oruncompleted. But contrary to popular belief, people do not complete their task in one go. Instead, they prefer to divide the task in smaller chunks and want their partial completions to be managed by To-do manager. Bytracking out partial task completions of user, we hope to provide a solid base for laying the design of a daily.

Keywords Cultural Heritage, Elements of Indian Culture, National Symbols, Fine Arts, Performing Arts, Social Structure.

INTRODUCTION

To develop self-awareness to realize the full potential for holistic functioning of students across age groups. Most of the students nowadays don't realize their strengths and weakness due to lack of personification. This is the reason some students having major potentials are not recognized by their mentors resulting in failure to develop them. This system is developed for students of different age groups from school to college as well as their mentors for required guidance for Persona- Ken. Self-awareness is the ability to focus on yourself and how your actions, thoughts, or emotions do or don't align with your internal standards. If you're highly self- aware, you can objectively evaluate yourself, man and understand correctly how others perceive you.

Self-awareness is often the first step to setting goals. Research shows that self-awareness is directly related to both emotional intelligence and success. It helps you create achievable goals because you can consider your strengths, weaknesses, and what drives you when you are setting goals. In order for a system to effectively manage itself and adapt to changing circumstances, its ability to be self-aware becomes important. Self-awareness is concerned with the availability, collection and representation of knowledge about a system, by that system. The presence of such knowledge permits reasoning and intelligent decision making, which can support effective, autonomous adaptive behavior.

LITERATURE REVIEW

We Being aware of how we canappear to others. Because of thisconsciousness, we are more likely toadhere to social norms and behave in ways that are socially acceptable.While there are benefits to this typeof awareness, there is also the danger of tipping into self- consciousness. Those who areespecially high in this trait may spend too much time worryingabout what others think of them.

This has researched the nature of self-awareness. Their research indicates that when we look inward, we can clarify our values, thoughts, feelings, behaviours, strengths, and weaknesses. We are able to recognizethe effect that we have on others. Self research finds that people with self-awareness are happier and have better relationships.

They also experience a sense of personal and social control as well as higher job satisfaction in. which

perfectly maps individual meets. When we look outward, we understand how people view us. People who are aware of how people see them are more likely to be empathetic to people with different perspectives. Leaders whose self-perception matches others' perceptions are more likely to empower, include, and recognize others. The problems discussed aregiven below:

At around 18 months old and later, children begin to develop reflective self-awareness, which is the next stage of bodily awareness and involves children recognizing themselves in reflections, mirrors, and pictures. Children who have not obtained this stage of bodily self- awareness yet will tend to view reflections of themselves as other children and respond accordingly, as if they were looking at someone elseface to face. In contrast, those who have reached this level of awareness will recognize that they see themselves, for instance seeing dirt

on their face in the reflection and then touching their own face to wipe it off.

This research paper will review current research concerning the use of self-monitoring as an intervention technique for academic and behavioral targets in the school. The history and theory will be described, as well as the elements and implementation of self-monitoring as an intervention technique. Classroom applications with academic and behavioral targets are reviewed, as well as caveats on the use of self- monitoring its is basic classroom intervention and to technique. Recommendations concerning the need for additional research on the applicability of self-monitoring as an intervention technique are also described.

Many To-dos are notifications which when placed in-the-way are reminders of the daily routine that must be performed at the right moment for the to-do to be completed. For example, "When I go to the library, 'I must take that book to the library." Tasks left in personal diary also helps to see the task which are left to perform in daily routine

With the enactment of Public Law educators must develop individualized educational plans for all students in need. Accordingly, the costs of educational services have increased, forcing schools to find effective means of intervention that are inexpensive. The search for effective and inexpensive academic and behavioral interventions is ongoing and laborious. Cognitive-behavioral theory and research has yielded an intervention that is both effective and inexpensive. Self- monitoring is supported throughout the school-based intervention literature as in effective means of helping students with academic or behavioural problems succeed in the classroom.

In the following paper, the history and development of self-monitoring

as an intervention technique is reviewed, as are the effects of self- monitoring on numerous academic and behavioral problems of children. Through this assessment, a person can bring about necessary changes inthe way they think and behave. aform of self-realization which, in turn, can lead to behaviours modification. This form of self-analysis allows the client to draw connections between past behaviours' and emotions that they may

Self-management techniques include contingency-based and cognitively- based approaches (Shapiro & Cole, 1994). Contingency-based technique it these include selfmonitori!1g, self- evaluation, and self-reinforcement. The techniques focus on the consequences for appropriate versus inappropriate behaviour.

Cognitive-based on the techniques include self-instruction, stress-inoculation, and social problem-solving and focus on the antecedents for appropriate

behavior. Many of the contingency and cognitively based techniques are combined in an intervention program. Combinations vary,depending upon the student andthe type of target behavior.

OBJECTIVE

All eight participants mentioned their favourites health-related self-tracking app. Among the favourited apps of the participants, five appswere concerned with physical health and three apps were concerned with mental health. Among the apps concerned with physical health, three were tracking physical activities, onewas tracking food and one was tracking menstruation. Among the apps concerned with mental health, one was tracking mood, one was tracking meditation sessions and onewas tracking the screen time.

Next to the favorite apps, the participants had the opportunity tomention several further apps they used before. All apps that werementioned by the participants can

be categorized in physical activity tracking which was reported six times , tracking of undesired behavior which was reported three times, food tracking which was reported four times and others which was reported four times. An overview of the frequencies in it,

It takes time for cultures to grow. The people that came before our ancestors taught them a lot. They gradually added to it based on their own knowledge and got rid of unneeded parts.

The materials were an audio recorder and the interview scheme. The interview scheme consisted of three parts. Firstly, the participants were asked to introduce themselves and to give a short overview of their history with health-related self-tracking apps. Here, the participants were asked what apps they used, and in which frequency did they use them. Furthermore, they were asked to give a detailed description of the apps. In the second part, the

participants were asked about their experience with health-related self-tracking apps in general. Here, they were asked to describe their usage behavior, their motivation, their results, etc. with health-related elf-tracking apps in general. Self-awareness makes the creation of relations more successful. It can make us aware of the things we expect from other people. It creates emotional intelligence. Lacking emotional intelligence in your social habits creates conflicts with people. And, to boost your emotional intelligence by understanding personal ups and downs in emotions. It gives the power to improve the way we handle our relations.

Self-awareness importance reflects when we know how our actions impact on other people, what impact we leave on other people. Like if we think that we had an amazing chat with someone and there is a possibility of future connection. But in reality, you had a horrible impact on that person and the other person

didn't have an ability to do that.

BENEFITS

Upon executed, the framework could achieve critical substantial and elusive advantages:

- **Accessibility of system:** Any form of system with internet connectivity can access this system from anywhere. Any operating system, including Android, Windows, Linux, etc., can access it.

- **Easy search:** User can easily search any of the particulars heritage sites and can also know about our Indian culture and traditions.

- **Accessibility:** User has the flexibility to book a guide on themselves at heritage site for guidance and can get tour plans.

- **Economic benefit:** It is beneficial for Indian economy as it will increase tourism in our country. As it will increase yearning in people to know more about Indian culture.

- **Reduces effort:** Our work is greatly diminished by it. As we provide a thorough virtual tour of our heritage and deepen understanding of our culture.

- **Time Saving:** This approach makes sure that users get the most out of their time and learn the proper information.

- **Friendly User Interface:** The developed website assists the end user with an interactive graphical interface that can be easily customized.

- **Customer Satisfaction:** Customer satisfaction rises as a result of the user interface's friendliness and simplicity.

- **Ease of learning and Usability:** It is easy to use because it creates a site for the general public with the target audience in mind.

CONCLUSION

Every In last, I believe building a strong awareness between our presence of our mind and our behaviors and emotions to have a balance between the emotions, behaviors to our inner thoughts. So, the other and even yourself perceive you correctly. A person who is very well aware of themselves knows about their strengths and weakness in life. This helps them to remove the obstacles in day-to-day life. Not knowing yourself comes as a

challenge when a person is facing any challenging or uncertain situation. Not knowing thing can cause a lot of waste in resources(time, money) and it promotes the delays in decisions.Self-awareness is the link of your inner thoughts with emotions and behaviors, so the stronger this connections means more you are aware of your thoughts and about things which are around you. As a result, it gives you the direction where the world is heading and whatnew thing is going to you very soon.

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