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"FocusFlow" – A Smart Study Planner

Purva Desai*, Shrutika Bhand**, Faariah Nadeem Siddiqui***, Neelam Choudhary****, Prof. Amarnath Chadchankar*****

*(Department of Computer Science, DPGU School of Technology and Research, Pune, India. Email: purvaadesai07@gmail.com)

** (Department of Computer Science, DPGU School of Technology and Research, Pune, India. Email: shrutikabhand06@gmail.com)

*** (Department of Computer Science, DPGU School of Technology and Research, Pune, India. Email: faariahgkp@gmail.com)

**** (Department of Computer Science, DPGU School of Technology and Research, Pune, India. Email: neelamchoudhary8127@gmail.com)

***** (Department of Computer Science, DPGU School of Technology and Research, Pune, India. Email: amarnathchadchankar@gmail.com)

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Abstract:

Recently, students often struggle with time management, focus, and motivation. Traditional study plans overlook individual needs, which can result in procrastination and stress. The FocusFlow addresses these issues by creating personalised and flexible study plans. This application will help users study using proper methods and maintain focus without distractions. It includes features like rewards, progress tracking, and the Pomodoro technique. The purpose of this project is to eliminate the lack of motivation, poor time management, and unstructured study habits among students. The overall purpose of the Smart Study Planner is to assist in developing consistent study habits, reducing procrastination, and increasing focus through a single, easy-to-use platform that will ultimately result in increased productivity, improved time management, and higher academic performance. The tools that we used for developing this system include React Native (Expo) for frontend mobile development, React Hooks, Typescript, and Figma for designing the user interface.

Keywords — Time Management, Focus, Traditional Study, Pomodoro Technique, FocusFlow Application, Effective Learning, Rewards System, Progress Tracking, Flexible Learning.

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I. INTRODUCTION

Students have a lot of trouble managing their time and staying focused when they study. They also have a time staying motivated. The old ways of planning study time are not very helpful because they do not think about what each student needs. They just make a list of things to do and a schedule. This can cause problems like putting things off until later, not studying regularly, and feeling really stressed out.

The FocusFlow is a system that can help with these problems. It is a study manager that's smart and can interact with students. The FocusFlow makes a study plan that's just for each student. It also makes tasks based on how the student is feeling and makes a schedule that can change. This makes studying fun and helps students learn better.

One of the things about the FocusFlow is that it has games and other fun things to do. It gives rewards. Shows how well students are doing. It even has a list of the students. This is done to make students more interested in studying and to make them want to learn more. The FocusFlow also uses a way of studying called the Pomodoro method. This method helps students concentrate and get more work done.

The main goal of FocusFlow is to make a place where students can go to organize their study tasks and also learn how to study. FocusFlow wants to help students reduce their stress and do better in

school. The FocusFlow is here to help students with their study tasks and to make studying fun and effective.

II. Motivation And Objective

A. Motivation

For years, students have had a hard time studying regularly. This is because they get distracted easily, do not plan, and do not feel motivated enough. Most study tools help students schedule tasks. They do not focus on important things like keeping students engaged, making study plans personal, and taking care of their mental health. As a result, students often put off their work, do not get much done, and feel stressed about their studies. The main reason we want to create the FocusFlow app is to fill this gap. We want to make a system that helps students organize their study tasks and also motivates them to focus. Our system will have features like personalized study plans, task suggestions based on how students feel, and game-like elements such as rewards and tracking progress. This will make studying fun and engaging for students. This project is about creating a solution that helps students build good study habits, get more done, and do better in school. The FocusFlow will help students stay on track and achieve their goals. Students will be able to use it to plan their study sessions and stay motivated.

B. Objectives

The main objectives of the proposed FocusFlow app are:

1. To help students manage their time better.
2. The goal is to give each student a study schedule that suits their needs and performance.
3. Our system will have fun features like rewards, streaks, and leader boards to keep students motivated and engaged.
4. The system will track students' progress over time so they can see their strengths and weaknesses.
5. By helping students study effectively, we hope to reduce their stress levels and make studying less overwhelming.
6. Our system will be simple to use and accessible from anywhere, so students can use it whenever they want.

III. Related Work

According to [1], gamification is a big part of helping students manage their time better and study more effectively. Gamified planners help people keep track of their tasks and stay on track with their learning.

Likewise, [2] demonstrates that customized gamified learning systems enhance student engagement and promote consistent study habits.

Also, [3] shows that reward-based systems like badges and points can help get people to participate more and finish tasks.

[4] It Also says that learning analytics and dashboards help students keep track of their progress and get more done.

Gamification enhances motivation and engagement in educational settings, as stated in [5].

Some systems, like web-based task management apps, help users keep track of their tasks and progress. But these systems mostly help people stay organized and don't give them any motivation or personalization. Basic to-do list apps can also help people stay organized, but they don't keep people interested or motivated for long periods of time. The Pomodoro method and other productivity techniques can help you focus better, but they are usually used as separate tools and not as part of a whole system. In general, current systems only focus on certain features, like task management, productivity, or gamification. They don't offer a complete solution that includes personalization, motivation, and tracking of performance.

IV. Research Gap

A. Missing in the existing work

The recent analysis shows that most of the existing systems prefer studying through handwritten timetables, and most of the existing systems focus mainly on task management, scheduling, or basic productivity techniques.

Existing systems do not include individual user-based study plans based on their behavior and preferences, reward systems, more engaging progress tracking, and functional learning techniques, which result in lower user satisfaction and productivity.

B. Challenges Not Addressed by Prior Studies

The challenges not addressed by prior studies are:

Most systems do not dynamically generate study plans. They do not adapt on the basis of user performance, learning rate, or changing tastes. Also, current platforms do not consider users' emotional state, but mood does play a critical role in task handling, learning efficiency, etc. Many tools often offer one functionality, such as a pomodoro timer, task management, track progress of the user, but they do not combine all features into one unified system. Traditional/ Old systems do not have reward level badges or progression as gamification. Most of the sites/systems do not provide detailed insights, performance analysis, and improvement suggestions. Earlier existing systems were more static, and they did not provide interactive interfaces with different users, engaging visual elements, user-driven learning environment, which would help users.

C. The need of this work

In today's world, in the current academic environment, students face a lot of challenges, such as maintaining focus, managing time effectively, and staying motivated throughout study time. Existing study planning systems mainly focus on basic scheduling for the day and task management, but they fail to provide adaptive and personalized learning experiences.

There is a growing need for a system in today's generation that not only organizes tasks but also enhances the student's engagement through interactive and specialized features. Traditional systems do not consider users' preferences, their emotional state, and learning pace, which are important for effective learning.

Therefore, the development is necessary to address these limitations by integrating artificial intelligence, mood-based recommendations, and gamification techniques into a single platform. Our system considers and provide all these facilities and aims to provide a more efficient, engaging, and personalized study experience, helping students improve productivity, reduce stress, and achieve better academic outcomes.

V. METHODOLOGY

A. Method Components and Workflow

The proposed system, FocusFlow, is a smart study application designed in such a way that it improves student's productivity by integrating with a personalized study planner, gamification, and mood-based recommendations. The system operates through a mobile-based interface developed using React Native, ensuring accessibility and making it easy for the students to use.

The system begins with the user interaction through the application interface, where the user is required to Sign Up or Log In using email and password for user authentication. This ensures secure access and allows the system to maintain user's personalized data. Once logged in, the user is directed to the preference input interface, where the user is asked about his/her interest in the subject, their favorite themes, their study goals, etc. As, these inputs are essential for generating a customized plan.

After collecting the user data, the system processes the information using an AI recommendation approach, i.e., AI theme-based generator. Based on the input, the system generates a personalized study schedule that is tailored to the user's learning needs and academic priorities. Also, the system includes a mood-based feature, where the user selects their current mood, and according to the users current mood, the specified task for the day will be assigned with its duration and type to provide3 a comfortable and effective study experience.

Once the study plan is generated, the system organizes tasks using a task management module that prioritizes activities based on importance, deadlines, and complexity. The user can then select a task and initiate the study session using the Pomodoro timer technique. This technique divides the study time into focused intervals followed by short breaks in between, which helps users to maintain focus and avoids burnout.

During the study session, the system tracks the student's activity and monitors task completion. Upon successful completion of tasks, the system activates the gamification module, which provides rewards such as experience points (XP), badges, and level progression. These elements are designed in such a way that it motivates students to study and sit consistently throughout their study session.

Furthermore, the system includes a progress tracking module that records user performance and displays it through visual analytics such as graphs and statistics. This allows the students to identify their strengths and areas of improvement in which they are weak. The

application also maintains user history and performance data for future references.

Overall, the FocusFlow integrates multiple components, including user interface, authentication, AI-based recommendation, mood analysis, task management, Pomodoro timer, gamification, and progress tracking, all included in a single platform. This unified approach ensures an engaging, adaptive, and efficient learning environment for students.

B. Diagrams

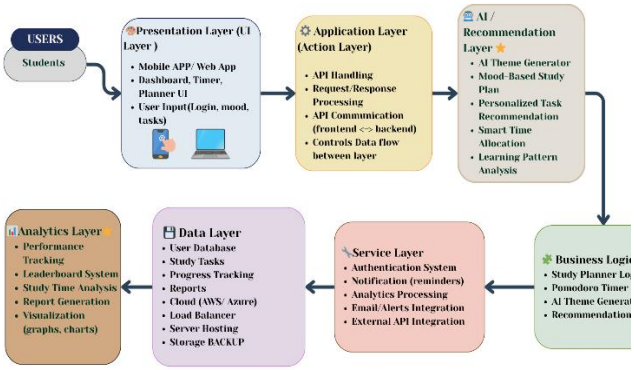
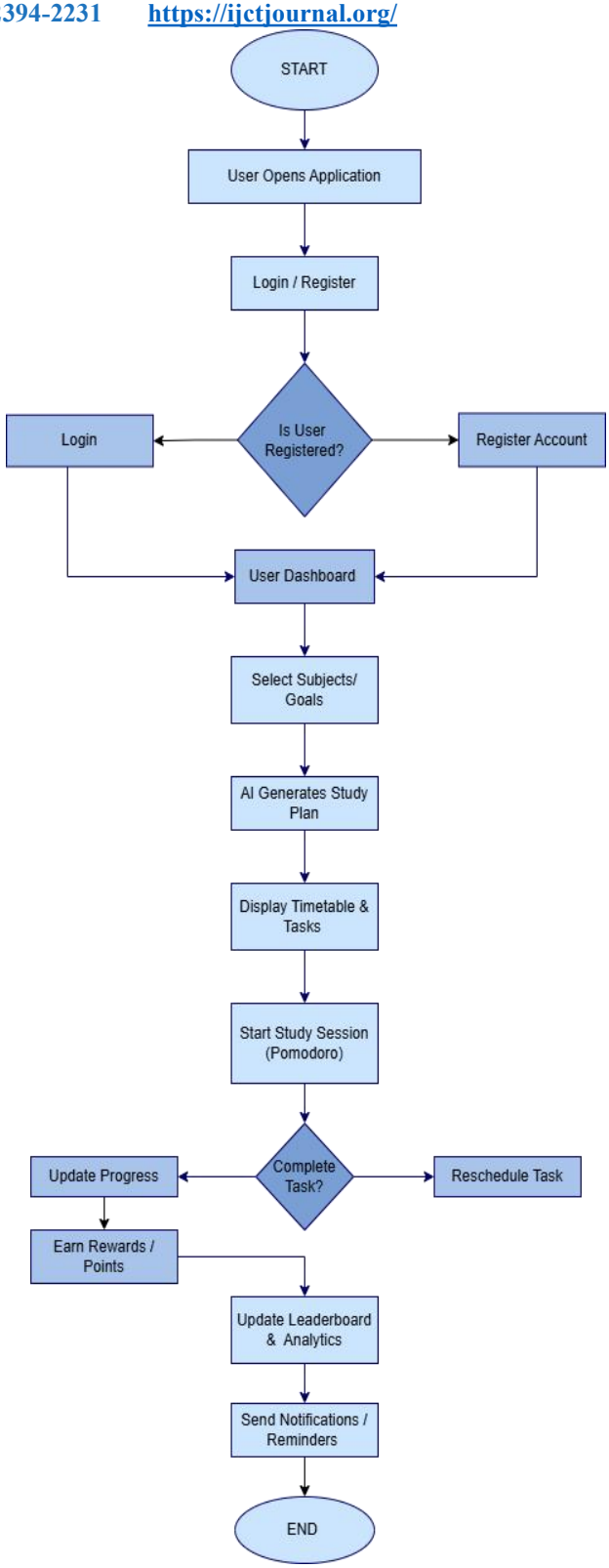


Fig.1 A system architecture of FocusFlow

The Fig.1 diagram is of the system architecture that is the overall working of the FocusFlow system, which shows how users use this system in multiple stages. As this process starts, the presentation layer allows users to interact with the application through features like login, dashboard, timer, and task inputs. The Application layer handles request processing and manages communication between the frontend and backend. Whereas the AI recommended layer generates personalized study plans, mood-based task suggestions, and smart time allocation based on user behavior. The Business Layer consists of the core functionalities such as study planning, Pomodoro timer, and recommendation processing.

The Service Layer manages authentication, notifications, and API's integrations, while the Data Layer stores user data, task and progress securely in cloud storage. Finally, the Analytics Layer tracks the performance of the user, generates reports of their performance, and provides visual insights like graphs and charts to help the user monitor their progress.



The above Flowchart diagram shows the working of our FocusFlow system. The process begins when the user logs in or signs up. After successful authentication, the user is then directed to the dashboard. The user then selects and categorizes its subjects, themes, and study goals, based on which the system generates a personalized study plan using AI. The timetable and tasks are displayed, and the user starts the study session using the Pomodoro technique. After the study session, the system checks whether the task is completed or not. If

completed, the progress will be updated, and rewards will be given; otherwise, the remaining task will be scheduled for some other day or the same day. Finally, the system updates the data and sends notifications or reminders to the user upon task completion.

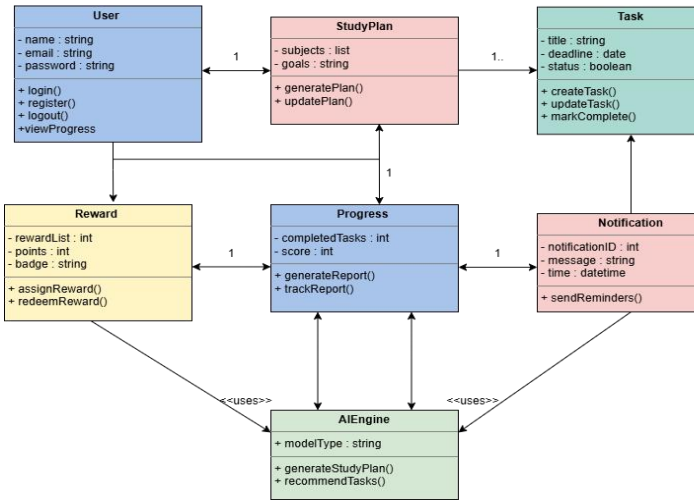


Fig.3 Class Diagram of FocusFlow

The Fig.3 shows the class diagram of the FocusFlow system, which shows the main components and their roles in the application. The User class stores user details and handles login, registration, and progress viewing. The Study plan class manages the subjects and goals, and it also generates personalized study plans. The Task class represents individual tasks with attributes like title, deadline, and status, and allows creation and completion of tasks. The reward class manages the points, badges, and rewards to motivate users, while the progress class tracks the completed tasks of the user and generates performance reports based on the assigned tasks. The notification class sends reminders to the user if the task is completed or pending. The AI engine class provides specialized features by generating study plans and recommending tasks based on user input. Overall, all these classes work together to mange user data, organize tasks, track progress, and provide personalized study recommendations.

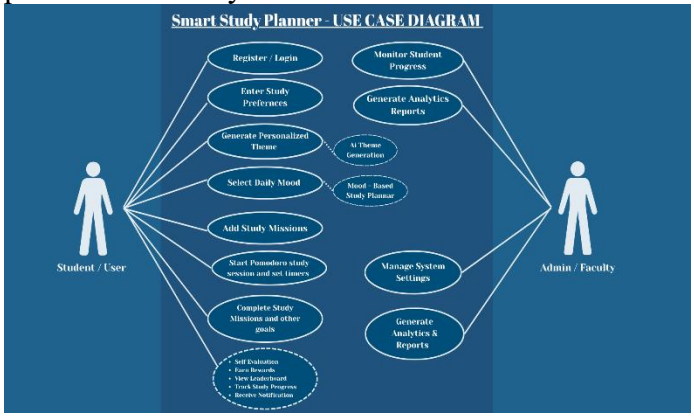


Fig.4 Use-case diagram of FocusFlow

The use-case diagram of the FocusFlow system shows the interaction between two main characters: Student/User and Admin/Faculty. The Student/User is the primary actor who interacts with the system. The student can login/sign up, enter their study preferences, and generate a personalized study planner. The system allows the user to select their daily moods, based on which the mood-based study planning and AI theme generation are performed. Users can add study sessions, start Pomodoro-based study sessions, can have group study sessions also and they can complete their tasks or goals. After performing tasks, the user will be able to gain rewards, view his/her progress, and receive notifications. The Admin is supposed to control and monitor the system as well. The Admin can monitor the user's progress, prepare performance reports for the students, adjust settings in the system, and analyze performance reports for overall statistics. Thus, the use-case diagram described above shows the process of working of both sides of the system.

VI. ADVANTAGES

The FocusFlow system provides and individual learning approach where personalized study programs are created based on the user's needs, preferences, subjects, and performance results. It enhances motivation through gamification features such as rewards, badges, and competition with various other students, which motivates the student to study. The Pomodoro technique method allows managing the time given to studying more effectively. Depending on the user's mood, the tasks or goals will be assigned to the user to provide a comfortable environment for studying. Based on the users overall performance, a report will be generated where the user will get all the detailed analytics, and it will help understand them their strengths and weaknesses. Using interactive components on the platform, it makes learning more effective than using traditional approaches. By combining several techniques such as planning, tracking, and learning, our FocusFlow system is formed.

VII. APPLICATIONS

The FocusFlow system can be applied in several practical applications to increase efficiency and

effectiveness in learning. It can be used by school or college students to plan their studies efficiently. Students may use the software to manage their revision plans and track their progress while writing exams. Also, the students who are preparing for competitive exams may use the software for learning purpose. The software may be employed in schools and colleges to make learning interactive. It also helps the user to cut procrastination and increase focus on tasks or goals.

VIII. CONCLUSION AND FUTURE SCOPE

A. Conclusion

FocusFlow system represents a clear approach that focuses on improving the study manner of people by implementing a personalized study plan, gamification features, and machine learning according to each student's particular preferences. Many problems could come up as one tries to improve the learning experience of those who seek knowledge. Such features of the system as task prioritization, a mood-dependent learning schedule, and progress monitoring make it a useful application that increases both efficiency and makes studying more interesting. To conclude, FocusFlow is an efficient and prospective project.

B. Future scope

There is considerable room for improvement for the FousFlow system that will help it evolve into something much better and more effective. For instance, future improvements include implementing real-time detection of the user's mood based on their facial expressions or voice, rather than depending on the manual input of moods. Another improvement includes incorporating wearables and other sensors that can help determine the level of concentration of the user, as well as any health factors. The cloud synchronization feature can be enhanced further, allowing the user to access the app from various devices at once. Other potential features, such as social interaction and learning, could be added to improve engagement.

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