

seneca: A Personalized Conversational Planner

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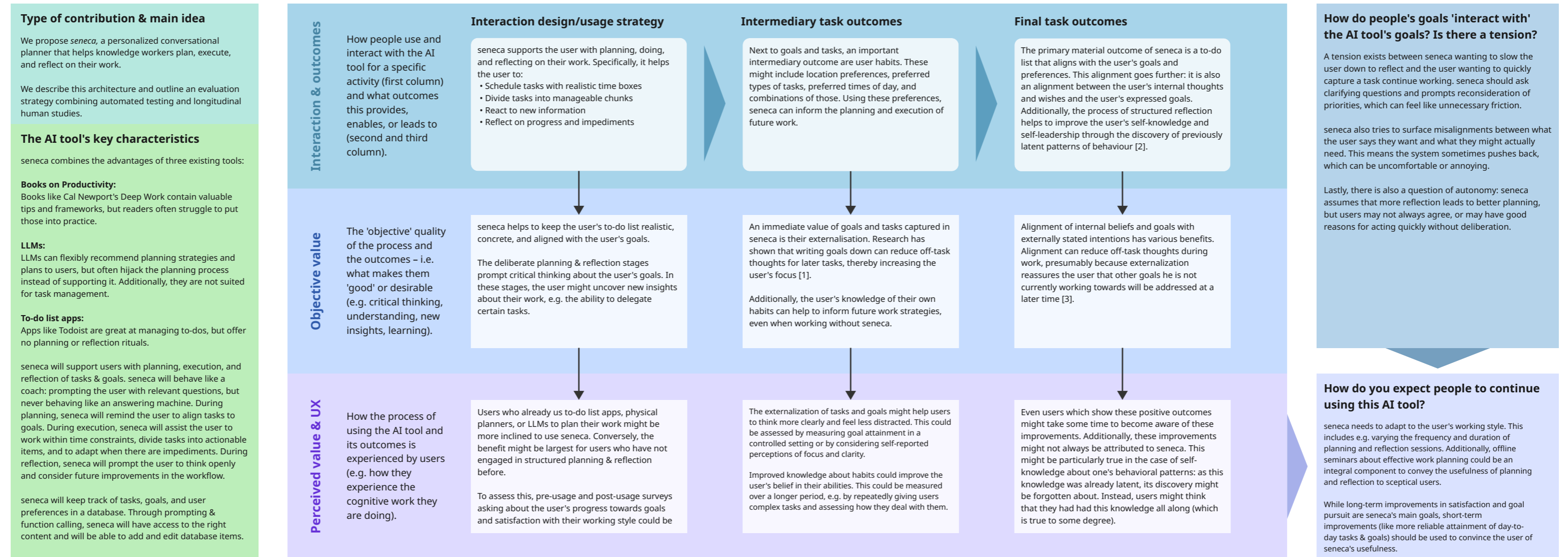
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Main theme(s): *design strategy*

Target domain(s): *decision-making, planning, reflection*

Cognitive 'target(s)': *reasoning, planning, reflection*



What you would like to discuss
How much should seneca intervene in the user's planning process?
What integrations are required to make this usable in practice? Should seneca integrate with the user's calendar, emails, files?

What would you like to take away from the workshop?
I would be particularly interested in learning what constitutes a positive outcome of the usage of tools like seneca. Additionally, I would like to see how seneca's dialogue can be integrated with seneca's task management features in a way that is natural and effortless for the user.

Key references (e.g. of main theories, empirical evidence, measurement methods etc.)
[1] E. J. Masicampo and Roy F. Baumeister. 2011. Consider it done! Plan making can eliminate the cognitive effects of unfulfilled goals. *Journal of Personality and Social Psychology* 101, 4 (2011), 667–683. <https://doi.org/10.1037/a0024192>
[2] Frederik Anseel, Filip Lievens, and Eveline Schollaert. 2009. Reflection as a strategy to enhance task performance after feedback. *Organizational Behavior and Human Decision Processes* 110, 1 (September 2009), 23–35. <https://doi.org/10.1016/j.obhdp.2009.05.003>
[3] E. J. Masicampo and Roy F. Baumeister. 2011. Consider it done! Plan making can eliminate the cognitive effects of unfulfilled goals. *Journal of Personality and Social Psychology* 101, 4 (2011), 667–683. <https://doi.org/10.1037/a0024192>

How to proceed with this work/idea?
Because short-term and long-term planning often interfere, seneca will have to adapt to the user's planning & reflection style. At first, seneca should assist with shorter-term goals, and move towards long-term goals gradually.
Using the learnings from the workshop, we will build seneca and assess its impact on goal attainment, satisfaction, and self-leadership.