

Kyrill Potapov

UCLiC

Reflecting on what matters to me







Flavie Zardo

Flavie Zardo - May 2014

Two roads diverged in a wood, and I-
I took the one that Google said,



SUGGESTIONS FOR YOU

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0.2 kg

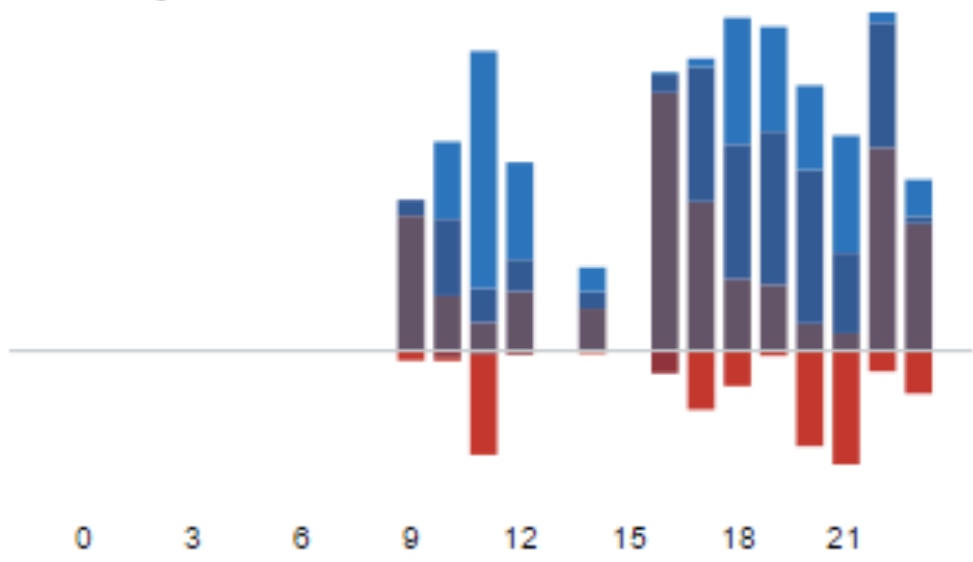
to go

**10h 24m**

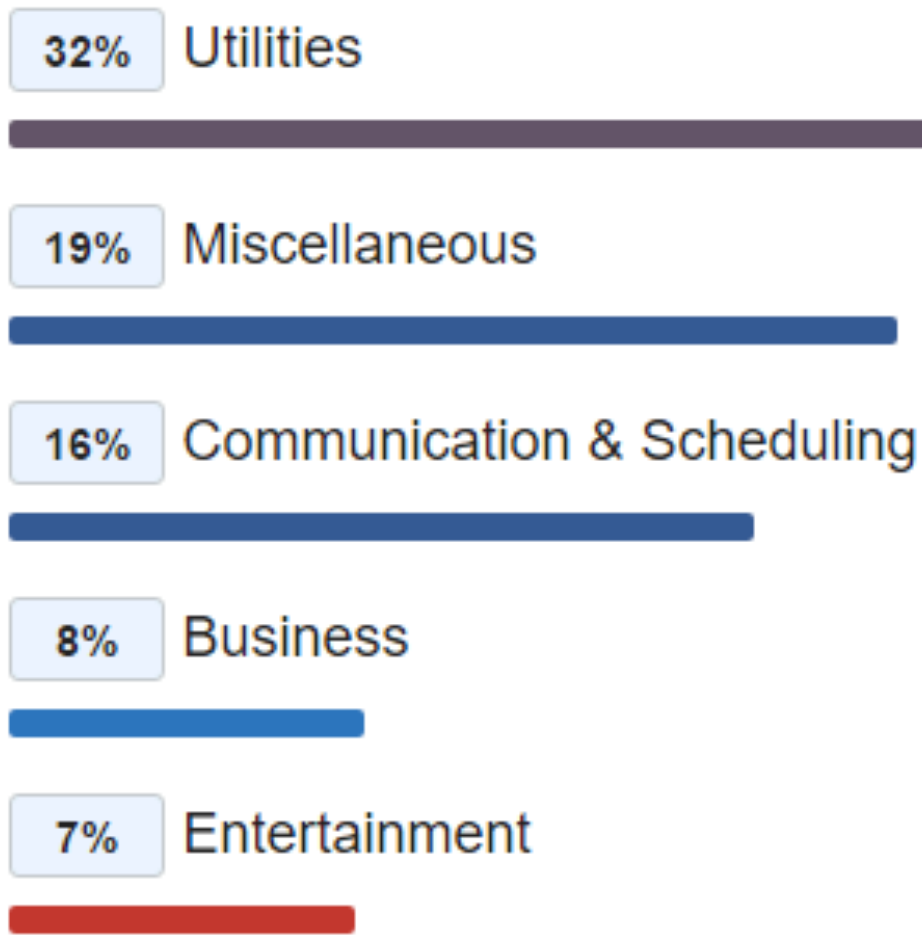
Logged so far today

32.5m more than the day before

time by hour



productivity pulse





Tahoma10aB

"both systems may contribute to a particular response" p. 383
Associative and Rule-based

I will focus on the reconstituted self and only go under the bonnet to refer to the two systems when clarification is necessary

essence of concealedness, Being brings itself to pass into epoch. Therefore we must pay heed:

the turning of the danger comes to pass suddenly. In this turning, the clearing belonging to the essence of Being suddenly lights itself and lights up. This sudden self-lighting is the turning-flash. It brings itself into its own brightness, which it itself both brings along and brings in. When, in the turning of the danger, the truth of Being flashes, the essence of Being clears and lights itself up. Then the truth of the essence, the coming to presence, of Being turns and enters in.

Toward where does in-turning bring itself to pass? Toward nowhere except into Being itself, which is as yet coming to presence out of the oblivion of its truth. But this same Being comes to presence as the coming to presence of technology. The coming to presence of technology is Enframing. In-turning, as the bringing to pass of the turning about of oblivion, turns in

20170215_165736.jpg20170215_165819.jpg

Ask me anything

23:0507/04/2017

ENG

Although many PI based interventions report that PI user, fewer studies report that these insights lead to change". Scaffolding may help to overcome this gap. Structured scaffolding for reflection and problem management: qualitative study of mobile diabetes management. Self-efficacy best predictor of the success of MCB. As theorizes, PI may help scaffold greater self-eff [feedback] and think, 'I did it last week, you can do 2008, p. 59). Consolvo, S., Klasnja, P., McDonald, D. W., Avrahami, J., & (2008). *Empowering a robust, adaptive, and*

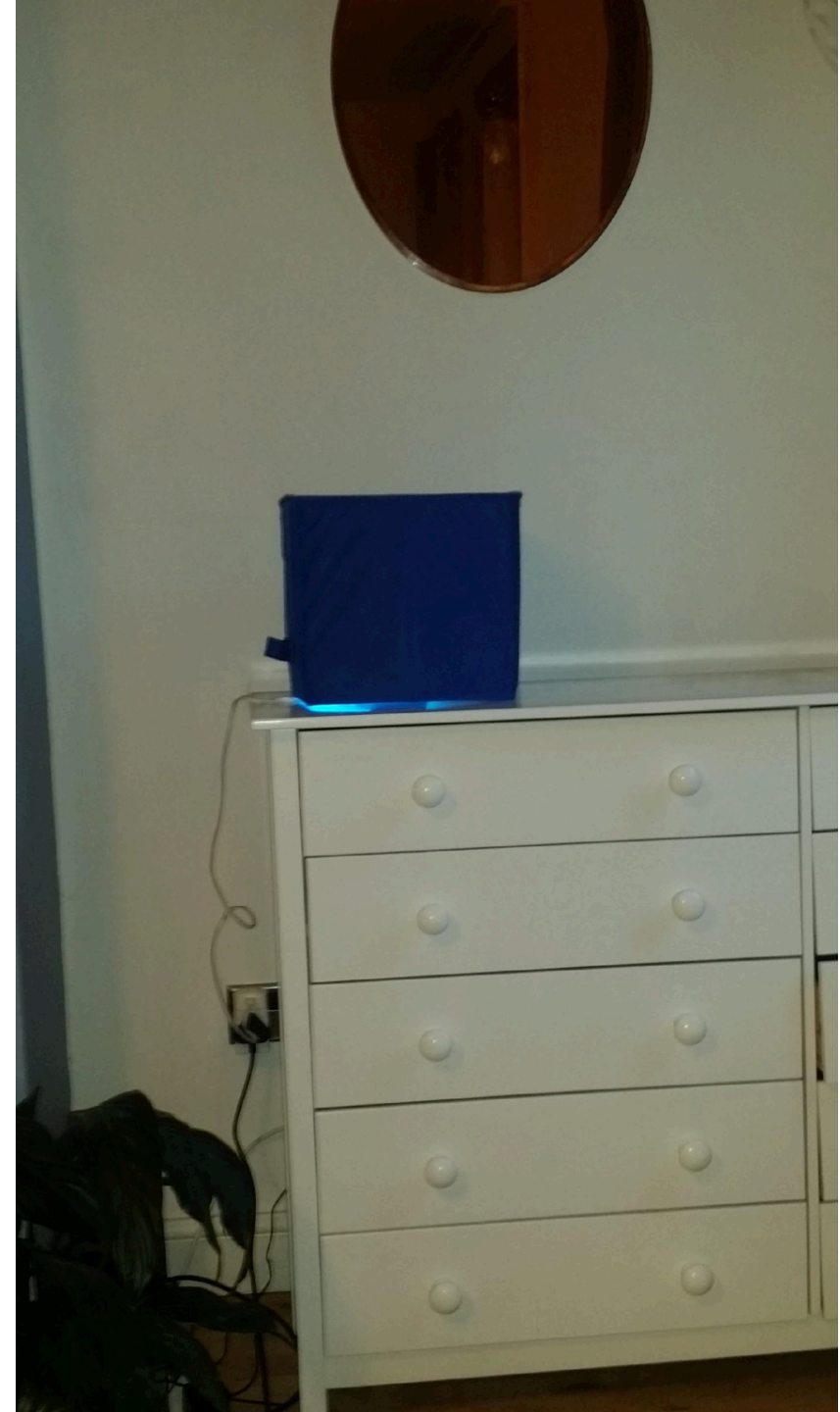
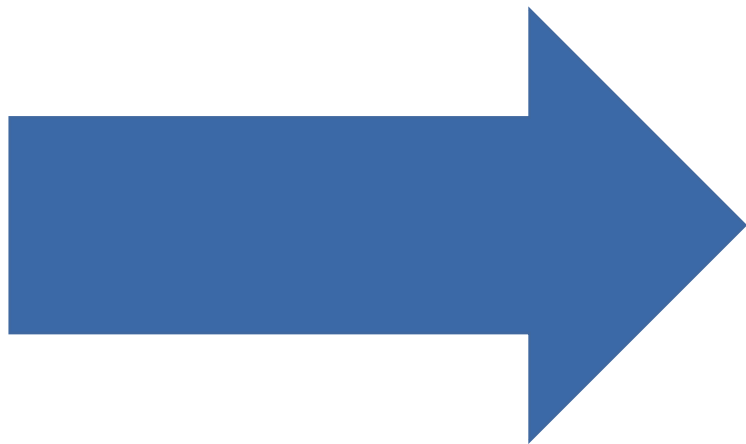
Show all

A white ceramic teapot with a red floral pattern and a silver handle, sitting on a dark surface next to a laptop. The teapot has a lid with a small knob and a spout. The floral pattern is in red and green. The background is dark and out of focus.

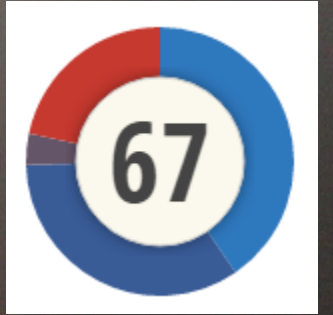
Eddie

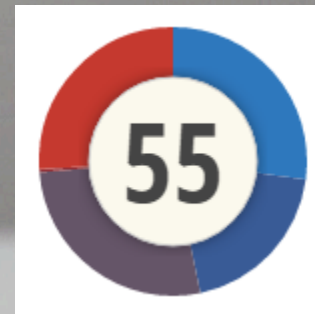
{ *Hedera helix* }











#3

More than **3 hours** per day on **PhD**

When: 24x7

Alerts: Popup

Reports: [today](#), [this week](#), [this month](#) | [Open a daily timer](#)

[edit](#) [delete](#)





Pip

{*Epipremnum aureum*}







Your *Daily* Dashboard

 **2h 33m**

Logged so far today
1.8h less than the day before

time by hour



productivity pulse



58% Miscellaneous

13% News & Opinion

10% Social Networking

5% Uncategorized

5% Entertainment

0 3 6 9 12 15 18 21

↓ 14% from day before



#12 More than **3 hours** per day on **Growth**

When: 24x7

Alerts: Popup

Reports: [today](#), [this week](#), [this month](#) | [Open a daily timer](#)

[edit](#) [delete](#)

#13 More than **3 hours** per day on **Survival**

When: 24x7

Alerts: Popup

Reports: [today](#), [this week](#), [this month](#) | [Open a daily timer](#)

[edit](#) [delete](#)

I reclassified my RescueTime activity

Activity select multiple	Category & Productivity Score		
com.android.chrome	UTILITIES : BROWSERS	● NEUTRAL	DELETE
mail.google.com	MISC. : SURVIVAL	● NEUTRAL	DELETE
facebook.com	SOCIAL NET. : GENERAL	● VERY DISTRACTING	DELETE
docs.google.com/#document	DESIGN/COMP. : WRITING	● VERY PRODUCTIVE	DELETE
com.sec.android.app.launcher	BUSINESS	● PRODUCTIVE	DELETE
com.facebook.orca	COMMUNICATION & SCHEDULING	● NEUTRAL	DELETE
skype	DESIGN & COMPOSITION	● PRODUCTIVE	DELETE
winword	ENTERTAINMENT	● VERY PRODUCTIVE	DELETE

BUSINESS

COMMUNICATION & SCHEDULING

DESIGN & COMPOSITION

ENTERTAINMENT

MISCELLANEOUS

NEWS & OPINION

REFERENCE & LEARNING

SHOPPING

SOCIAL NETWORKING

SOFTWARE DEVELOPMENT

GROWTH

SURVIVAL

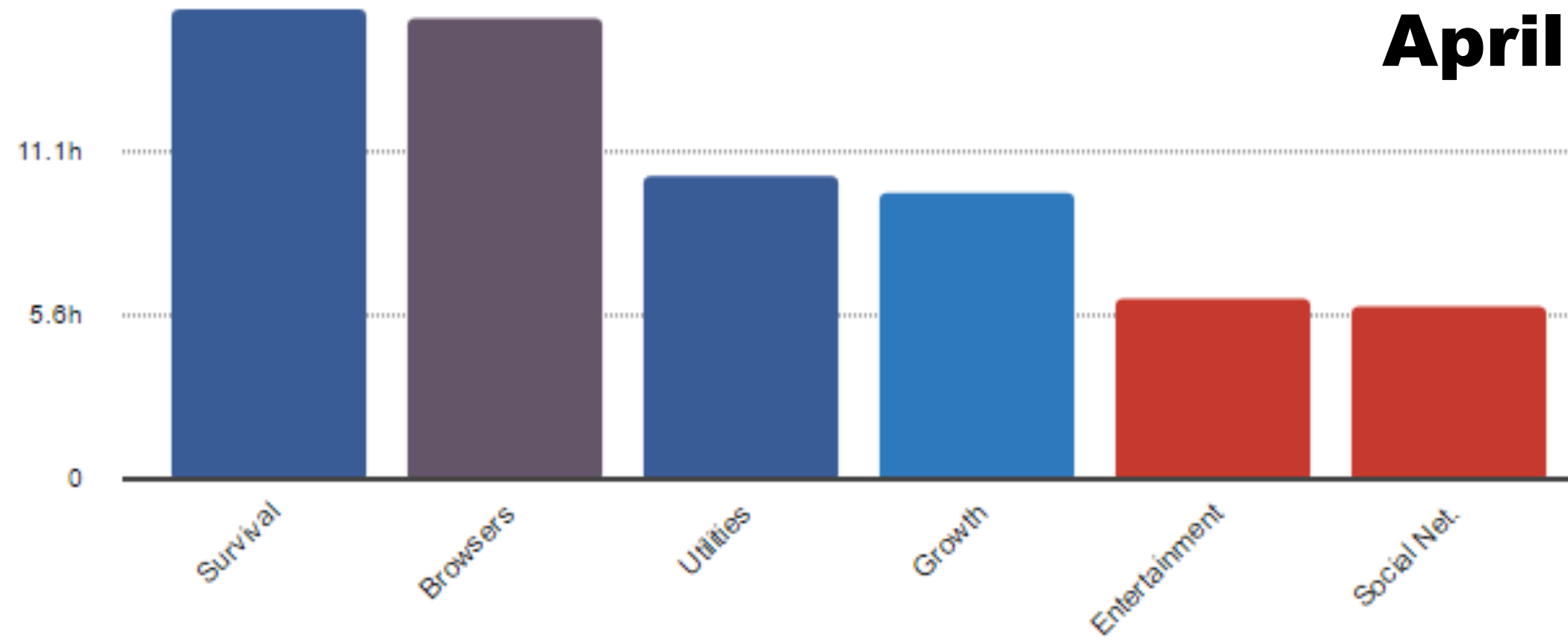
Survival

- Checking email
- Marking essays
- Planning Year 11 lessons (on Powerpoint)
- Checking my account / paying bills
- Arranging / having meetings

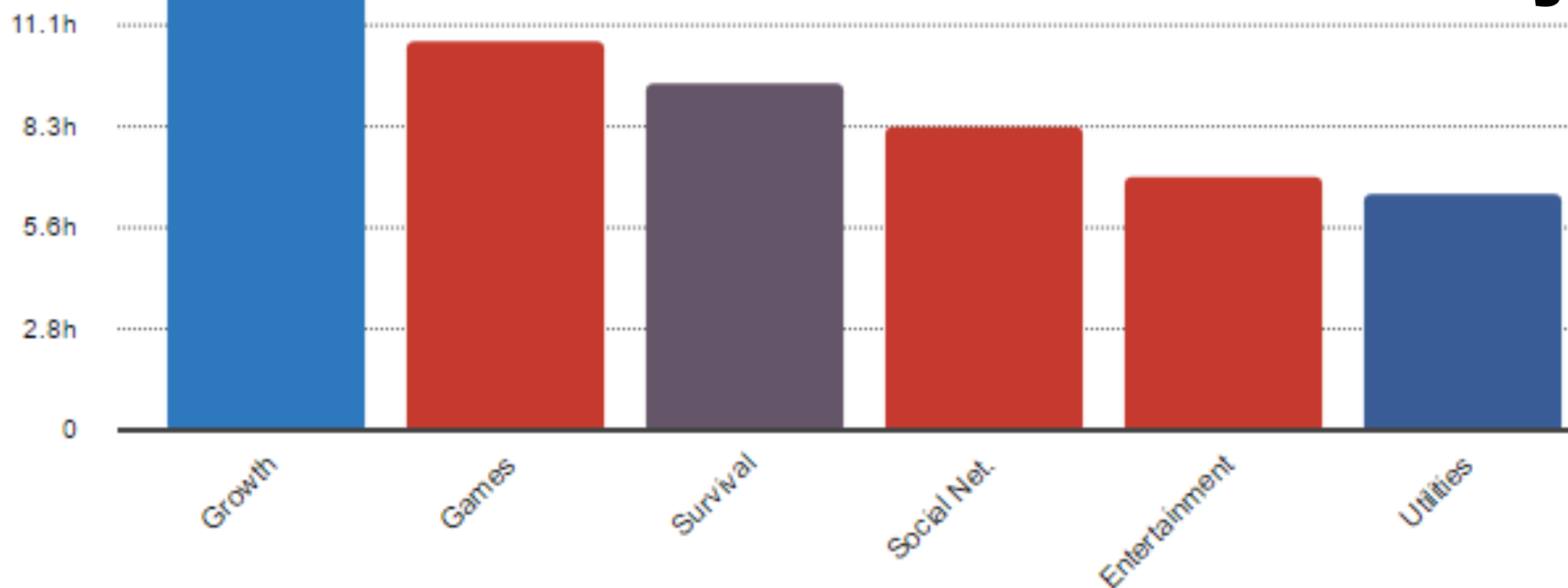
Growth

- Reading books
- Creative writing
- Planning Year 12 & 13 lessons
- Coding
- Political campaigning

April



May





If you're interested in how I set it all up...

