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Title: Aligning Personal Tracking with Everyday Life

Abstract: People are increasingly tracking aspects of themselves and their habits, such as fitness data with wearable devices like Fitbit and Apple Watch and finances or mood with mobile apps like Mint or Dailyo. In my group's work in Human-Computer Interaction, we understand, design, and evaluate how researchers and practitioners can better align personal tracking with the everyday realities of use. For example, through interviews with frequent users of mood tracking apps we surfaced a need for once-a-day tracking tools. In another project, we look at how tracked data can better help people find support and connect with one another on social media platforms like Snapchat. Together, my group's projects surface strategies for improving today's tracking tools to help people get more value and support from their data.