



AIR Space

0.1 Release Notes

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0.1– AIR Space Release Notes

Overview

- Dynamic Scales and Multiple-Choice Elements Appear Locked on Output
- The word Skill removed from underneath each skill icon
- “Have you done your check-in” prompt hidden after sign-up
- Switched the ‘In Progress’ and ‘Ready to Reflect’ locations on the Journey Page
- Condensed the Terms of Use into one screen
- FRQ “Strength” Interpretation is Easier to Attain
- Implemented Locked Scales and MC into Think Fit Content
- Improved multiple-choice response display
- Updated Points System for Practice/Learning Activities

Detail

DYNAMIC SCALES AND MULTIPLE-CHOICE ELEMENTS APPEAR LOCKED ON OUTPUT

- Previously, dynamic multiple-choice scale elements appeared as editable versions when outputted in skill content. This has been fixed – now they appear locked and uneditable when displayed.

THE WORD SKILL REMOVED FROM UNDERNEATH EACH SKILL ICON

- Remove “Skill” label from skills on the Mental Muscle.

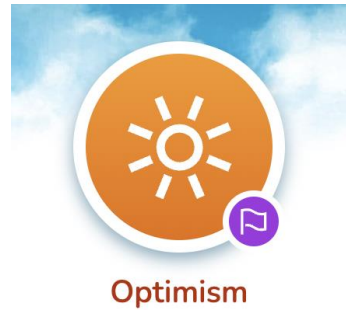
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Before



After



“HAVE YOU DONE YOUR CHECK-IN TODAY” PROMPT HIDDEN AFTER SIGN-UP

- Once the user has completed signing up for AIR Space, the prompt for daily check-ins has been hidden.

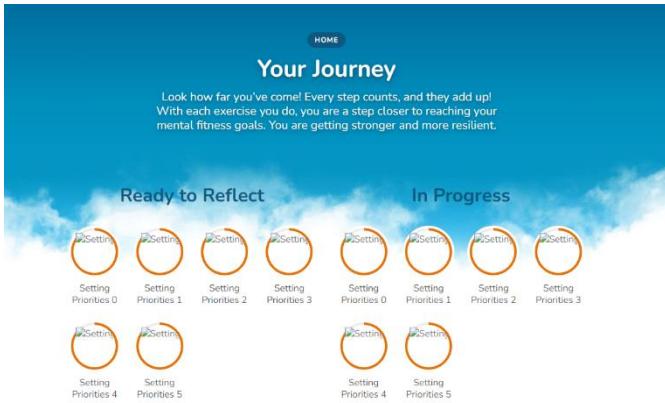
SWITCHED THE ‘IN PROGRESS’ AND ‘READY TO REFLECT’ LOCATIONS ON THE JOURNEY PAGE

- We have switched the Journey page interface around to have ‘In Progress’ on the left side, and ‘Ready to Reflect’ on the right side. We feel as this flow is more accurate and makes the most sense for the user.

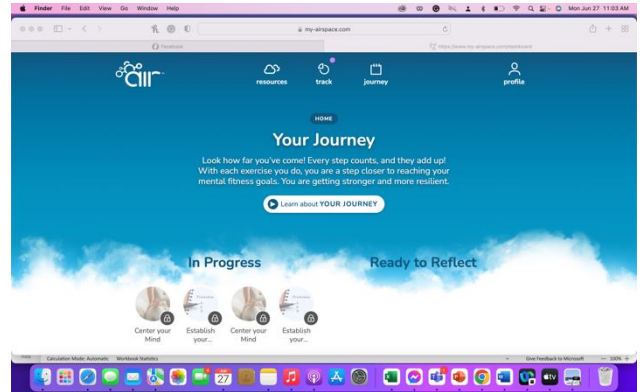
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Before

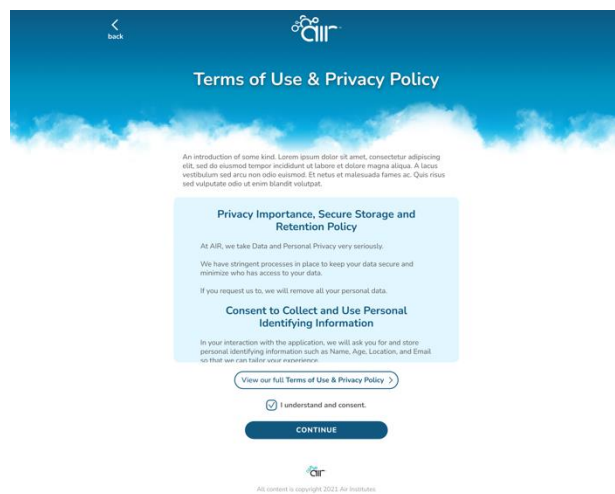


After



CONDENSED THE TERMS OF USE INTO ONE SCREEN

- Our terms of use policy has been condensed down to one screen.



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FRQ “STRENGTH” INTERPRETATION IS EASIER TO ATTAIN

- Fixed error in scoring of assessment questionnaire.

IMPLEMENTED LOCKED SCALES AND MC INTO THINK FIT CONTENT

- Updated Think Fit skill content to take advantage of locked Scales and MC.
- Included various updates to Regulation, Mindfulness, Decisiveness, and Planning.

IMPROVED MULTIPLE-CHOICE RESPONSE DISPLAY

- We have improved the display regarding multiple choice answers to include hints/helpful information.

The image shows two examples of multiple-choice questions from an assessment. The first question is "Are these goals specific enough?" with two options: "No – too vague!" (unselected) and "Yes – it's clear what I need to do!" (selected). A hint box next to the selected option reads: "Your goals should clearly state what, why, where, and who is involved!". The second question is "If you looked back on your life now, would you be happy with how you you've spent your time?" with two options: "Yes" (unselected) and "No" (selected). A hint box next to the selected option reads: "No judgement! Planning is a learned skill!".

Are these goals specific enough?

No – too vague!

Yes – it's clear what I need to do!

Your goals should clearly state what, why, where, and who is involved!

If you looked back on your life now, would you be happy with how you you've spent your time?

Yes

No

No judgement! Planning is a learned skill!

UPDATED POINTS SYSTEM FOR PRACTICE/LEARNING ACTIVITIES

- Addressing point amounts for practicing activities and learning activities.
 - Practicing activities will result in 10 points, while learning activities will result in 5 points.

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