

Show & Tell QS '18

To Teach QS, First Know Thyself

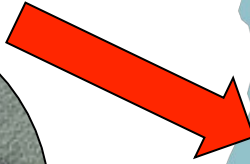
WHO WE ARE



Michael Lim
Math
Teacher



Alex Truong
12th Grader



THE PROBLEM

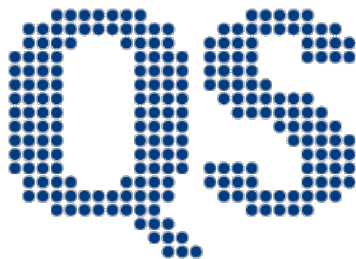


Real-World
Relevance

VS

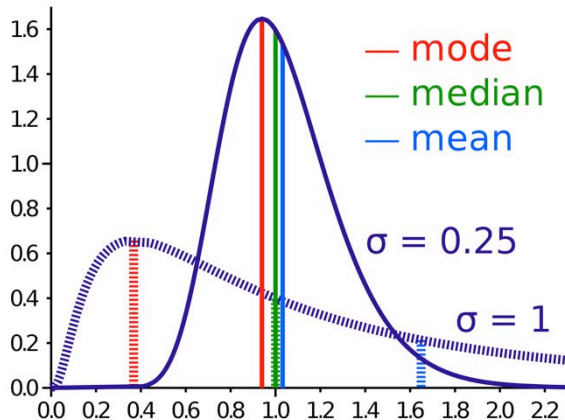
AP[®]
CollegeBoard
Advanced Placement
Program

THE SOLUTION

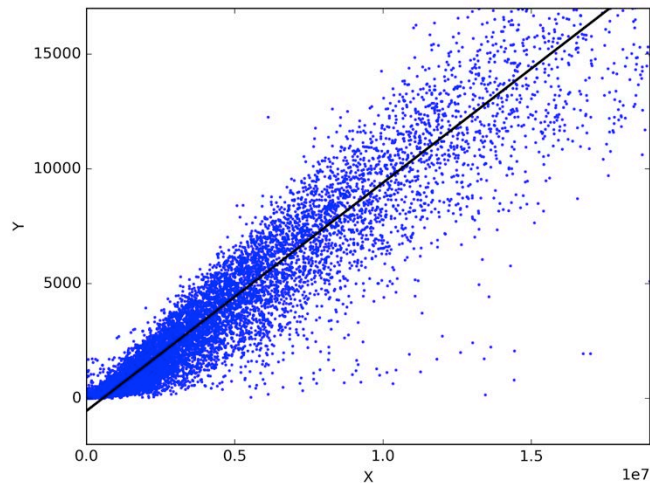


Seniors
Quantified Self
self knowledge through numbers

UNIVARIATE ANALYSIS



MULTIVARIATE ANALYSIS



BEING
GUINEA PIGS



RescueTime



myfitnesspal



Sleep Cycle

UNIVARIATE INSIGHTS

Over the past week, you logged:

95h 47m

↑ 12 more hours than the previous week

Your productivity score:

29%

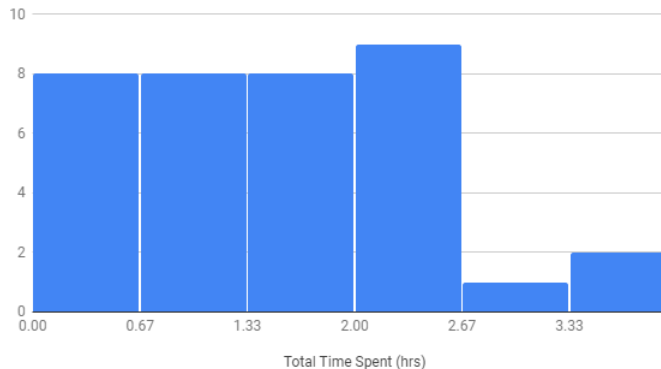
↑ 7.4% increase from the previous week



Very distracting time!

Very productive time!

Histogram of Time Spent (hrs) on Fortnite (n=36)



Time Spent on Fortnite (n=36)



Top applications and websites:

21h 56m [youtube.com](#)

14h 53m [reddit.com](#)

14h 20m discord

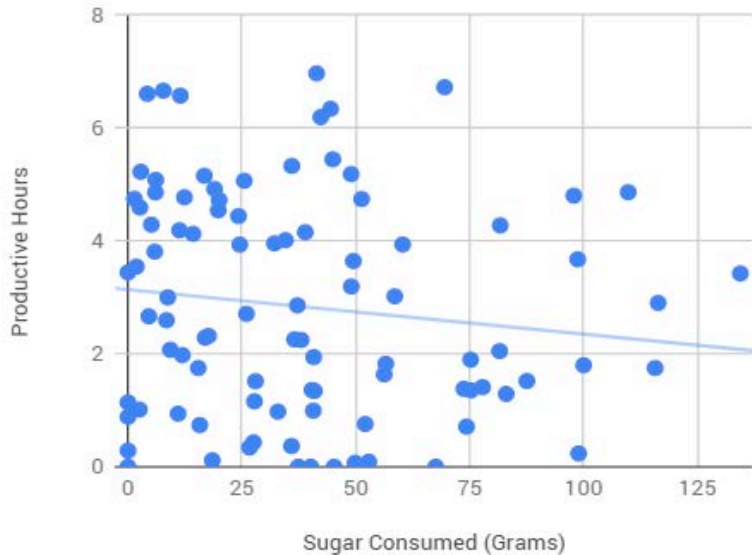
5h 46m fortniteclient-win64-ship...

5h 7m Google Documents

MULTIVARIATE INSIGHTS

A	B	C	D	E	F	G
	Productive Hou	SUGAR	NET CARBS	SODIUM	Working Out	Sleep Hours
16-Jun	0.340277778	26.67	56.36	898.74	0	0.65
17-Jun	1.898055556	75.18	180.44	6004.3	1.183333333	3.333333333
18-Jun	1.515833333	27.98	61.67	2246.3	1.333333333	6.633333333
19-Jun	0.738333333	15.76	118.16	1176.4	1.05	5.716666667
20-Jun	1.798055556	99.99	254.1	3973.7	1.5	7.15
21-Jun	4.442777778	24.25	47.65	3262.7	0.7	5.9
22-Jun	0.939722222	11	54.38	1004.4	0.683333333	7.933333333

Productive Hours vs. Sugar Consumed



Baseline Productivity:
3.14 Hours/Day

1 gram of sugar consumed =
25.2 lost seconds of Productivity

$R^2: 0.016$

MULTIVARIATE INSIGHTS



				<i>P-value</i>
Intercept				8 4.75E-06
SUGAR				2 0.790009
NET CARBS				4 0.095546
SODIUM				6 0.720997
hours worki				1 0.028828
sleep hours	-0.037291216	0.124262516	-0.3001	0.764817

NOW IT'S
THEIR
TURN!



NETFLIX



WHAT WE'VE LEARNED

ABOUT OUR HABITS

- 1. Sugar consumption is typically bimodal*
- 2. Youtube's algorithms are hazardous to teenagers*

ABOUT LIFE

- 1. What gets measured, gets managed*
- 2. Kids don't hate math, they hate IMPERSONAL math*
- 3. New habits are IMPOSSIBLE to sustain alone*

CONTACT INFO

Help Renovate Our Classroom Learning Environment!

Donate: tinyurl.com/qsdesks



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