

Project Impact Report

DUE Tuesday, September 1

Project Title: Conquering Akrasia

Project Leader(s): Ellee Nakamura and Nandi Hildebrand

Numbers Reached From your project:

- Direct Impact: around 43 people
 - Briefly list what qualifies as a direct impact participant for your project:
 - Members of zoom meeting held to inform people of dangers of technology and social media

- Indirect Impact: 50,050 people
 - Briefly list what qualifies as an indirect impact participant for your project:
 - Readers of the Stu Newspaper in Laguna Beach
 - Following on Akrasia social media

of Volunteers: 1 # of Lessons: 1 Total Instructional Hours: 2

Social Impact:

Describe how your project positively impacted members of the community who are underserved or lacking access. *max. 200 words*

The creation of our app serves as a tool to allow people to better organize their lives, therefore becoming more productive and disciplined and forming healthier relationships with their devices. We have additionally affected our community by holding a Zoom meeting informing our friends and family of the dangers of social media. During this meeting we raised awareness of the issue of technology addiction, explaining how normal it is to feel addicted to your device. We also taught them tips on how to avoid some of the dangers social media presents.

One of our main points was that social media is not all bad. We're not trying to shame people out of it. In fact, by using our own Instagram account, Conquer Akrasia, we created challenges for our followers that would provide them with ways they could stay off their phone and gear their time towards concentrating on important responsibilities. Our biggest impact made on our community however, is an article published in the Stu Newspaper reaching over 50,000

readers about our app and how we want our app to help people and encourage them to make small changes in their lifestyle for the better.

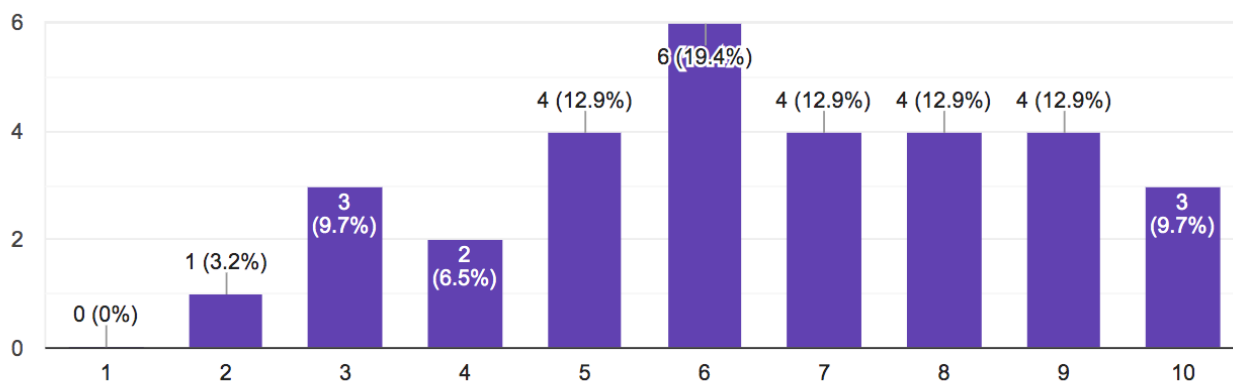
Survey Statistics:

Create an infographic to highlight your best data from this project.

You may use additional pages for this part of the report.

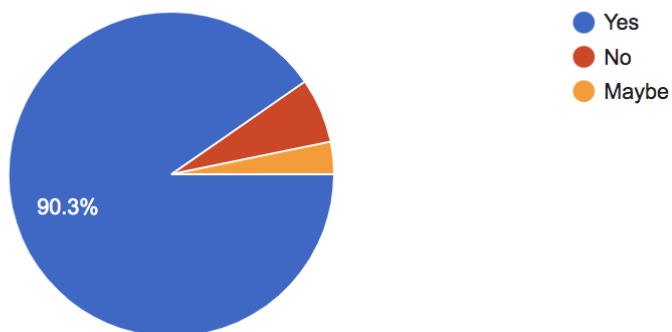
On a scale of 1-10 how much did you implement our lesson into your daily life. (10 being a lot, 1 being not at all)

31 responses



Would you download our app?

31 responses



Did you enjoy "speed friending"?

31 responses

