

## **First Time Use of the Learning Toolkit - Empty States**

- No prior notes, goals, to-do items and GPIL modifications
- User gradually starts to interact with the toolkit:
  - >> Entering feelings, goals, notes, to-do items
  - >> Modifying GPIL Preferences
  - >> Tracking progress and preference changes





## Welcome to My Lifelong Learning Lab


Finding a job or applying for a new program <sup>✦</sup>are not easy tasks. My Lifelong Learning Lab helps you self-reflect on your progress to identify what works, what doesn't and what you need during this process.

With providing simple and quick information, you can track your progress, set goals, create to-do lists, and ultimately better plan how to achieve your goals the way you prefer.

[Open My Lifelong Learning Lab](#)

 **MY NOTES**







**Thursday - May 25th** 


Explore my GPII Preferences. 

Right now, I feel ...


I want to set a goal to ...

Any other thoughts/notes/comments ...

month  week  day  Today  day  week  month

 **MY GOALS**

No Goal is added yet.

 **MY TIMELINE** **MY CALENDAR**

All Incomplete Completed

May 25

No data source is currently being tracked

My Data Sources

**MY NOTES**

**Thursday - May 25th**

Explore my GPII Preferences. ⓘ

Right now, I feel ...

I want to set a goal to ...

Any other thoughts/notes/comments ...

month week day Today day week month

**MY GOALS**

No Goal is added yet.

**MY TIMELINE** **MY CALENDAR**

All Incomplete Completed | Day Week Month Year

Thursday - May 25th

**MY NOTES**

**Thursday - May 25th**

Explore my GPII Preferences. ⓘ

Right now, I feel ...

I want to set a goal to ...

Any other thoughts/notes/comments ...

month ◀◀ week ◀◀ day ◀ Today ▶ day ▶▶ week ▶▶ month

**MY GOALS**

No Goal is added yet.

**MY TIMELINE** | **MY CALENDAR**

All Incomplete Completed | Day **Week** Month Year

◀ **May 21-27 2016** ▶

Sunday	21
Monday	22
Tuesday	23
Wednesday	24
Thursday	25
Friday	26
Saturday	27

**MY NOTES**

**Thursday - May 25th**

Explore my GPII Preferences. ⓘ

Right now, I feel ...

I want to set a goal to ...

Any other thoughts/notes/comments ...

month week day Today day week month

**MY GOALS**

No Goal is added yet.

**MY TIMELINE** **MY CALENDAR**

All Incomplete Completed | Day Week **Month** Year

May 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	01	02	03

**MY NOTES**

**Thursday - May 25th**

Explore my GPII Preferences. ⓘ

Right now, I feel ...

I want to set a goal to ...

Any other thoughts/notes/comments ...

month week day Today day week month

**MY GOALS**


No Goal is added yet.

**MY TIMELINE** **MY CALENDAR**


All Incomplete Completed | Day Week Month Year

2016

<p>January</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>	<p>February</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>	<p>March</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>	<p>April</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>
<p>May</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>	<p>June</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>	<p>July</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>	<p>August</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>
<p>September</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>	<p>October</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>	<p>November</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>	<p>December</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>

 **MY NOTES**







**Thursday - May 25th**

Explore my GPII Preferences. 

Right now, I feel ...

I want to set a goal to ...

Any other thoughts/notes/comments ...


month  week  day  Today  day  week  month

**MY DATA SOURCES**

[Add Data Source](#)

You are currently not tracking any data sources.

Once you change your GPII Preferences, you are able to track your progress in different areas.

 **MY TIMELINE** **MY CA**

All Incomplete Completed

May 25

No data source is currently being tracked

My Data Sources



MY NOTES

**Thursday - May 25th**

Explore my GPII Preferences. ⓘ

Right now, I feel ...

I want to set a goal to ...

Any other thoughts/notes/comments ...

month week day Today day week month

MY GPII PREFERENCES

GPII Preferences

You have not changed any of your GPII Preferences yet.

Open your GPII preferences to start exploring how adjusting these preferences can impact your on-screen experience.

MY TIMELINE

All Incomplete Completed

May 25

No data source is currently being tracked

My Data Sources

**MY NOTES**

**Thursday - May 25th**

Explore my GPII Preferences. *(i)*

Right now, I feel ...

Tired *Add Comments*

I want to set a goal to ...

Any other thoughts/notes/comments ...

month week day Today day week month

**MY GOALS**

No Goal is added yet.

**MY TIMELINE** **MY CALENDAR**

All Incomplete Completed


May 25

No data source is currently being tracked

My Data Sources

### MY NOTES

**Thursday - May 25th**

Explore my GPII Preferences. 

Right now, I feel ...

Tired - I didn't have enough sleep last night and woke up early this morning.

I want to set a goal to ...

Any other thoughts/notes/comments ...

month ◀◀ week ◀◀ day ◀ Today ▶ day ▶▶ week ▶▶ month

### MY GOALS

No Goal is added yet.

### MY TIMELINE


MY CALENDAR


All Incomplete Completed


May 25

No data source is currently being tracked

My Data Sources

 **MY NOTES**


**Thursday - May 25th** 

Explore my GPII Preferences. 

Right now, I feel ...

Tired - I didn't have enough sleep last night and woke up early this morning.







I want to set a goal to ...


Apply for a part-time welding program  *Add date*


To achieve this goal I need to:

\*


Any other thoughts/notes/comments ...

month  week  day  Today  day  week  month


 **MY GOALS**

 Apply for a part-time welding program.

Edit Done

 **MY TIMELINE** **MY CALENDAR**

All Incomplete Completed

 May 25

No data source is currently being tracked

My Data Sources

**MY NOTES**

**Thursday - May 25th**

Explore my GPII Preferences. *i*

Right now, I feel ...

Tired - I didn't have enough sleep last night and woke up early this morning.

I want to set a goal to ...

Apply for a part-time welding program *★ Add date*

To achieve this goal I need to:

\* Get my highschool transcripts *▶ Add date*

Any other thoughts/notes/comments ...

month ◀◀ week ◀◀ day ◀ Today ▶ day ▶▶ week ▶▶ month

**MY GOALS**

*★ ▶ 1*

Apply for a part-time welding program.

Edit Done

**MY TIMELINE** **MY CALENDAR**

All Incomplete Completed

May 25

No data source is currently being tracked

My Data Sources

**MY NOTES**

**Thursday - May 25th**

Explore my GPII Preferences. *i*

Right now, I feel ...

Tired - I didn't have enough sleep last night and woke up early this morning.

I want to set a goal to ...

Apply for a part-time welding program *★ Add date*

To achieve this goal I need to:

- \* Get my highschool transcripts *▶ Add date*

Any other thoughts/notes/comments ...

month ◀◀ week ◀◀ day ◀ Today ▶ day ▶▶ week ▶▶ month

When do I want to complete this goal?

10 June 2016

I have already completed this goal.

**MY GOALS**

*★ ▶ 1*

Apply for a part-time welding program.

Edit Done

**MY TIMELINE** **MY CALENDAR**

All Incomplete Completed

May 25 June 10

No data source is currently being tracked

My Data Sources

**MY NOTES**

**Thursday - May 25th**

Explore my GPII Preferences. *i*

Right now, I feel ...

Tired - I didn't have enough sleep last night and woke up early this morning.

I want to set a goal to ...

Apply for a part-time welding program *★ Change date*

To achieve this goal I need to:

\* Get my highschool transcripts *▶ Add date*

Any other thoughts/notes/comments ...

month ◀◀ week ◀◀ day ◀ Today ▶ day ▶▶ week ▶▶ month

When do I want to complete this item?

29 May 2016

I have already completed this item.

**MY GOALS**

*★ ▶ 1*

Apply for a part-time welding program.

Edit Done

**MY TIMELINE** **MY CALENDAR**

All Incomplete Completed

May 25 May 29 June 10

No data source is currently being tracked


My Data Sources

*User enables Speak Text in GPII*



**MY NOTES**


**Thursday - May 25th**

Explore my GPII Preferences. 


Right now, I feel ...

Tired - I didn't have enough sleep last night and woke up early this morning.



I want to set a goal to ...

Apply for a part-time welding program  *Change date*







To achieve this goal I need to:

\* Get my highschool transcripts  *Change date*



I enabled Speak Text GPII Preference.

Does the Speak Text help me?  

Any other thoughts/notes/comments ...

month  week  day  Today  day  week  month

**MY GOALS**

  1

Apply for a part-time welding program.

Edit Done

**MY TIMELINE** **MY CALENDAR**

All Incomplete Completed

Timeline showing events:


- May 25: GPII (Note icon)
- May 29: (Play icon)
- June 10: (Star icon)

No data source is currently being tracked

My Data Sources

**MY NOTES**


**Thursday - May 25th**

Explore my GPII Preferences. 


Right now, I feel ...

Tired - I didn't have enough sleep last night and woke up early this morning.



I want to set a goal to ...

Apply for a part-time welding program  *Change date*

To achieve this goal I need to:

\* Get my highschool transcripts  *Change date*







I enabled Speak Text GPII Preference.

Does the Speak Text help me?  



Speak Text helps me with my:

Mood  Focus  Navigation  Typing Other things like:

Any other thoughts/notes/comments ...

month  week  day  Today  day  week  month

**MY GOALS**

  1

Apply for a part-time welding program.

Edit Done

**MY TIMELINE** **MY CALENDAR**

All Incomplete Completed

Timeline showing events:


- May 25: GPII (Note icon)
- May 29: (Play icon)
- June 10: (Star icon)

No data source is currently being tracked

My Data Sources

**MY NOTES**


**Thursday - May 25th**

Explore my GPII Preferences. 


Right now, I feel ...

Tired - I didn't have enough sleep last night and woke up early this morning.



I want to set a goal to ...

Apply for a part-time welding program  [Change date](#)

To achieve this goal I need to:



\* Get my highschool transcripts  [Change date](#)



I enabled Speak Text GPII Preference.







Does the Speak Text help me?  

Speak Text helps me with my:



Mood  Focus  Navigation  Typing Other things like:

I want to track my typing speed  

I want to track my navigation speed  

month  week  day  Today  day  week  month

**MY GOALS**

  1

Apply for a part-time welding program.

Edit Done

**MY TIMELINE** **MY CALENDAR**

All Incomplete Completed

GPII

May 25 May 29 June 10

No data source is currently being tracked

My Data Sources

**MY NOTES**

**Thursday - May 25th**

Explore my GPII Preferences. ⓘ

Right now, I feel ...

Tired - I didn't have enough sleep last night and woke up early this morning.

I want to set a goal to ...

Apply for a part-time welding program ⭐ [Change date](#)

To achieve this goal I need to:

\* Get my highschool transcripts ▶ [Change date](#)

I enabled Speak Text GPII Preference.

Does the Speak Text help me? 👍 👎

Speak Text helps me with my:

Mood  Focus  Navigation  Typing Other things like:

I want to track my typing speed 👍 👎

I want to track my navigation speed 👍 👎

month ◀◀ week ◀◀ day ◀ Today ▶ day ▶▶ week ▶▶ month

**MY GOALS**

⭐ ▶ 1

Apply for a part-time welding program.

Edit Done

**MY TIMELINE** **MY CALENDAR**

All Incomplete Completed

GPII

May 25 May 29 June 10

Navigation Speed

Speed

Typing Speed

Speed

My Data Sources

**MY NOTES**

**Thursday - May 25th**

Explore my GPII Preferences. ⓘ

Right now, I feel ...

Tired - I didn't have enough sleep last night and woke up early this morning.

I want to set a goal to ...

Apply for a part-time welding program ⭐ [Change date](#)

To achieve this goal I need to:

\* Get my highschool transcripts ⏪ [Change date](#)

I enabled Speak Text GPII Preference.

Does the Speak Text help me? 👍 👎

Speak Text helps me with my:

Mood  Focus  Navigation  Typing Other things like:

I want to track my typing speed 👍 👎

I want to track my navigation speed 👍 👎

month ◀◀ week ◀◀ day ◀ Today ▶▶ day ▶▶ week ▶▶ month

**MY DATA SOURCES**

I am currently tracking: [Add Data Source](#)

**Typing Speed**

Display Progress on "My Timeline"

Enabled tracking on my May 25th note [Open Note](#)

Stop tracking

**Navigation Speed**

Display Progress on "My Timeline"

Enabled tracking on my May 25th note [Open Note](#)

Stop tracking

**MY TIMELINE** **MY CA**

All Incomplete Completed

Navigation Speed

Speed

Typing Speed

Speed

My Data Sources


GPII

May 25

May 29

**MY NOTES**


**Thursday - May 25th**

Explore my GPII Preferences. 


Right now, I feel ...

Tired - I didn't have enough sleep last night and woke up early this morning.



I want to set a goal to ...

Apply for a part-time welding program  [Change date](#)

To achieve this goal I need to:



\* Get my highschool transcripts  [Change date](#)



I enabled Speak Text GPII Preference.







Does the Speak Text help me?  

Speak Text helps me with my:

Mood  Focus  Navigation  Typing Other things like:

I want to track my typing speed  

I want to track my navigation speed  

month  week  day  Today  day  week  month


**MY GPII PREFERENCES**

My Modified GPII Preferences: [GPII Preferences](#)

**Speak Text**

Enabled Screen Reader

Display GPII changes for this preference on "My Timeline"

Last modified on my May 25th note  [Open Note](#)

**MY TIMELINE** **MY CA**

All Incomplete Completed

**GPII**

May 25 May 29

Navigation Speed

Speed

Typing Speed

Speed

My Data Sources

## **User has been actively using the learning toolkit**

- User has made several notes
- User has set several goals, and to-do items
- User has changes some of the GPII preferences
- User is tracking

### MY NOTES

**Thursday - June 10th**

Right now, I feel ...

I want to set a goal to ...

Any other thoughts/notes/comments ...

★ Apply for a part-time welding program is due today. Goal created on my May 25th note.

month week day Today day week month

### MY GOALS

- ★ 1 Apply for a part-time welding program. Edit Done
- ★ Get my lift truck driving license. Edit Done

### MY TIMELINE MY CALENDAR

All Incomplete Completed

Navigation Speed  
Speed Typing Speed

My Data Sources




**MY NOTES**

**Thursday - June 10th**

Right now, I feel ...

Sleepy and tired [Add Comments](#)


I want to set a goal to ...

Apply for machine operator position. 

To achieve this goal I need to:



\*

Any other thoughts/notes/comments ...

 Apply for a part-time welding program is due today. Goal created on my May 25th note.


month <<< week << day < Today > day >> week >>> month

**MY GOALS**

  1


Apply for a part-time welding program.

Edit Done



Get my lift truck driving license.

Edit Done



Apply for machine operator position.

Edit Done

**MY TIMELINE** **MY CALENDAR**

All Incomplete Completed

On this note:  
 I was feeling tired.  
 Created a goal with 1 to-do item.  
 Enabled Speak Text in my GPII Preferences.  
 Allowed for tracking of my typing speed and navigation speed.

Navigation Speed  
 Typing Speed

My Data Sources

### MY NOTES

**Thursday - June 10th**

Right now, I feel ...

Sleepy and tired [Add Comments](#)

I want to set a goal to ...

Apply for machine operator position. ★

To achieve this goal I need to:

\*

Any other thoughts/notes/comments ...

★ Apply for a part-time welding program is due today. Goal created on my May 25th note.

month ◀◀ week ◀◀ day ◀ Today ▶▶ day ▶▶ week ▶▶ month

### MY GOALS

- ★ 1 Apply for a part-time welding program. Edit Done
- ★ Get my lift truck driving license. Edit Done
- ★ Apply for machine operator position. Edit Done

### MY TIMELINE MY CALENDAR

All Incomplete Completed

Navigation Speed

Speed

Typing Speed

Speed

My Data Sources

May 25

June 20

June 25

To-Do Item: Completed on May 29th.  
Get my highschool transcripts  
A to-do item for: apply for part-time the welding program.

### MY NOTES

**Thursday - June 10th**

Right now, I feel ...

Sleepy and tired [Add Comments](#)

I want to set a goal to ...

Apply for machine operator position. ★

To achieve this goal I need to:

\*

Any other thoughts/notes/comments ...

★ Apply for a part-time welding program is due today. Goal created on my May 25th note.

month week day Today day week month

### MY GOALS

- ★ 1 Apply for a part-time welding program. Edit Done
- ★ Get my lift truck driving license. Edit Done
- ★ Apply for machine operator position. Edit Done

### MY TIMELINE MY CALENDAR

All Incomplete Completed

To-Do Item: past due.  
Get a reference from my old supervisor to apply for the part-time welding program.

May 25 May 29 31 08 10 June 20 June 25

Navigation Speed  
Typing Speed

My Data Sources

### MY NOTES

**Thursday - June 10th**

Right now, I feel ...

Sleepy and tired [Add Comments](#)

I want to set a goal to ...

Apply for machine operator position. ★

To achieve this goal I need to:

\*

Any other thoughts/notes/comments ...

★ Apply for a part-time welding program is due today. Goal created on my May 25th note.

month week day Today day week month

### MY GOALS

- ★ 1 Apply for a part-time welding program. Edit Done
- ★ Get my lift truck driving license. Edit Done
- ★ Apply for machine operator position. Edit Done

### MY TIMELINE MY CALENDAR

All Incomplete Completed

Timeline events:

- May 25: GPII (document icon)
- May 29: GPII (flag icon)
- May 31: GPII (document icon)
- June 08: GPII (document icon)
- June 25: Goal: Due Today (star icon)

Goal: Due Today  
Apply for part-time machine operator position.  
Remaining to-do item: Get reference from my old supervisor for this goal.

Navigation Speed  
Typing Speed

My Data Sources

### MY NOTES

**Thursday - June 10th**

Right now, I feel ...

Sleepy and tired [Add Comments](#)

I want to set a goal to ...

Apply for machine operator position. ★

To achieve this goal I need to:

\*

Any other thoughts/notes/comments ...

★ Apply for a part-time welding program is due today. Goal created on my May 25th note.

month week day Today day week month

### MY GOALS

- ★ Apply for a part-time welding program. Edit Done
- ★ Get my lift truck driving license. Edit Done
- ★ Apply for machine operator position. Edit Done

### MY TIMELINE MY CALENDAR

All Incomplete Completed

May 29 May 31 June 08 June 10 June 20

**To-Do Item: Due in June 25**  
Take a tour at the college.  
A to-do item for: Complete the welding program's application checklist.

Navigation Speed  
Typing Speed

My Data Sources

### MY NOTES

**Thursday - June 10th**

Right now, I feel ...

Sleepy and tired [Add Comments](#)

I want to set a goal to ...

Apply for machine operator position. ★

To achieve this goal I need to:

\*

Any other thoughts/notes/comments ...

★ Apply for a part-time welding program is due today. Goal created on my May 25th note.

month ◀◀ week ◀◀ day ◀ Today ▶ day ▶▶ week ▶▶ month

### MY GOALS

- ★ 1 Apply for a part-time welding program. Edit Done
- ★ Get my lift truck driving license. Edit Done
- ★ Apply for machine operator position. Edit Done

### MY TIMELINE MY CALENDAR

All Incomplete Completed

Timeline events:

- May 25: GPII
- May 29: GPII
- May 31: GPII
- June 08: GPII
- June 10: GPII (highlighted)
- June 20: GPII
- June 25: GPII

Performance metrics:

- Navigation Speed
- Typing Speed

**In the morning, I typed 50 words per minute (10% slower than the last time)**

My Data Sources

### MY NOTES

**Thursday - June 10th**

Right now, I feel ...

Sleepy and tired [Add Comments](#)

I want to set a goal to ...

Apply for machine operator position. ★

To achieve this goal I need to:

Any other thoughts/notes/comments ...

★ Apply for a part-time welding program is due today. Goal created on my May 25th note.

month ◀◀ week ◀◀ day ◀ Today ▶ day ▶▶ week ▶▶ month

### MY GOALS

- ★ 1 Apply for a part-time welding program. Edit Done
- ★ Get my lift truck driving license. Edit Done
- ★ Apply for machine operator position. Edit Done

### MY TIMELINE MY CALENDAR

All Incomplete Completed

Timeline events:

- May 25: GPII
- May 29: GPII
- May 31: GPII
- June 08: GPII
- June 10: GPII (Peak)
- June 20: GPII
- June 25: GPII

Performance metrics:

- Navigation Speed
- Typing Speed

Callout: I have had my best navigation speed in this date. I spent 20% less time navigating browser pages. My Data Sources

**MY NOTES**

**Thursday - May 25th**

Explore my GPII Preferences. ⓘ

Right now, I feel ...

Tired - I didn't have enough sleep last night and woke up early this morning.

I want to set a goal to ...

Apply for a part-time welding program ★ [Change date](#)

To achieve this goal I need to:

\* Get my highschool transcripts ▶ [Change date](#)

I enabled Speak Text GPII Preference.

Does the Speak Text help me? 👍 👎

Speak Text helps me with my:

Mood  Focus  Navigation  Typing Other things like:

I want to track my typing speed 👍 👎

I want to track my navigation speed 👍 👎

month ◀◀ week ◀◀ day ◀ Today ▶ day ▶▶ week ▶▶ month

**MY GOALS**

★ ▶ 1

Apply for a part-time welding program.

Edit Done

★

Get my lift truck driving license.

Edit Done

★ 2

Apply for machine operator position.

Edit Done

**MY TIMELINE** **MY CALENDAR**

All Incomplete Completed

The timeline shows several GPII events: May 25 (document icon), May 29 (play icon), May 31 (document icon), June 08 (document icon), June 10 (star icon), June 20 (play icon), and June 25 (play icon). Below the timeline, two line graphs track 'Navigation Speed' and 'Typing Speed' over time, with data points marked by small squares. A 'My Data Sources' label is at the bottom.



*User modifies line-spacing in GPII*

### MY NOTES

**Thursday - June 10th**

Right now, I feel ...

Sleepy and tired [Add Comments](#)

I want to set a goal to ...

Apply for machine operator position. ★

To achieve this goal I need to:

\*

I increased line spacing 3 times.

Does this new line spacing help me? 👍 👎

Any other thoughts/notes/comments ...

★ Apply for a part-time welding program is due today. Goal created on my May 25th note.

month ◀◀ week ◀◀ day ◀ Today ▶ day ▶▶ week ▶▶ month

### MY GOALS

- ★ 1 Apply for a part-time welding program. Edit Done
- ★ Get my lift truck driving license. Edit Done
- ★ Apply for machine operator position. Edit Done

### MY TIMELINE MY CALENDAR

All Incomplete Completed

Navigation Speed

Typing Speed

My Data Sources

*User Resets all preferences in GPII*

### MY NOTES

**Thursday - June 10th**

Right now, I feel ...

Sleepy and tired [Add Comments](#)

I want to set a goal to ...

Apply for machine operator position. ★

To achieve this goal I need to:

\*

I increased line spacing 3 times.

Does this new line spacing help me? 👍 👎

I reset all my modified GPII preferences back to their original state.

Any other thoughts/notes/comments ...

★ Apply for a part-time welding program is due today. Goal created on my May 25th note.

month ◀◀ week ◀◀ day ◀ Today ▶▶ day ▶▶ week ▶▶ month

### MY GOALS

- ★ 1 Apply for a part-time welding program. Edit Done
- ★ Get my lift truck driving license. Edit Done
- ★ Apply for machine operator position. Edit Done

### MY TIMELINE MY CALENDAR

All Incomplete Completed

The timeline shows several GPII events: May 25 (document icon), May 29 (play icon), May 31 (document icon), June 08 (document icon), June 10 (star icon), June 20 (play icon), and June 25 (play icon). Below the timeline, two data series are plotted: 'Navigation Speed' and 'Typing Speed'. Both series show a peak around June 10th. The 'My Data Sources' label is at the bottom.

### MY NOTES

**Thursday - June 10th**

Right now, I feel ...

Sleepy and tired [Add Comments](#)

I want to set a goal to ...

Apply for machine operator position. ★

To achieve this goal I need to:

\*

I increased line spacing 3 times.

Does this new line spacing help me? 👍 👎

I reset all my modified GPII preferences back to their original state.

Any other thoughts/notes/comments ...

★ Apply for a part-time welding program is due today. Goal created on my May 25th note.

month ◀◀ week ◀◀ day ◀ Today ▶ day ▶▶ week ▶▶ month

### MY GOALS

- Apply for a part-time welding program.
   
 Completed
- Get my lift truck driving license.
   
 Edit Done
- Apply for machine operator position.
   
 Edit Done

### MY TIMELINE MY CALENDAR

All Incomplete Completed

The timeline shows several GPII events: a document icon on May 25, a play icon on May 29, a document icon on May 31, a document icon on June 08, and a star icon on June 10. Below the timeline, two data series are plotted: 'Navigation Speed' and 'Typing Speed'. Both series show a peak around June 08 and a dip around June 10. The 'My Data Sources' label is at the bottom.

**MY NOTES**

**Thursday - June 10th**

Right now, I feel ...

Sleepy and tired [Add Comments](#)

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\*

I increased line spacing 3 ti

Does this new line spacing

I reset all my modified GPII

Any other thoughts/notes/c

★ Apply for a part-time welding

month ◀◀ week ◀◀

**MY GOALS**

Apply for a part-time welding program. **Completed**

Get my lift truck driving license. **Edit Done**

Apply for machine operator position. **Edit Done**

**Edit Goal:**

Apply for machine operator position.

**Edit dates for this goal:**

29 June 2016  Completed Goal

**Add to-do items for this goal:**

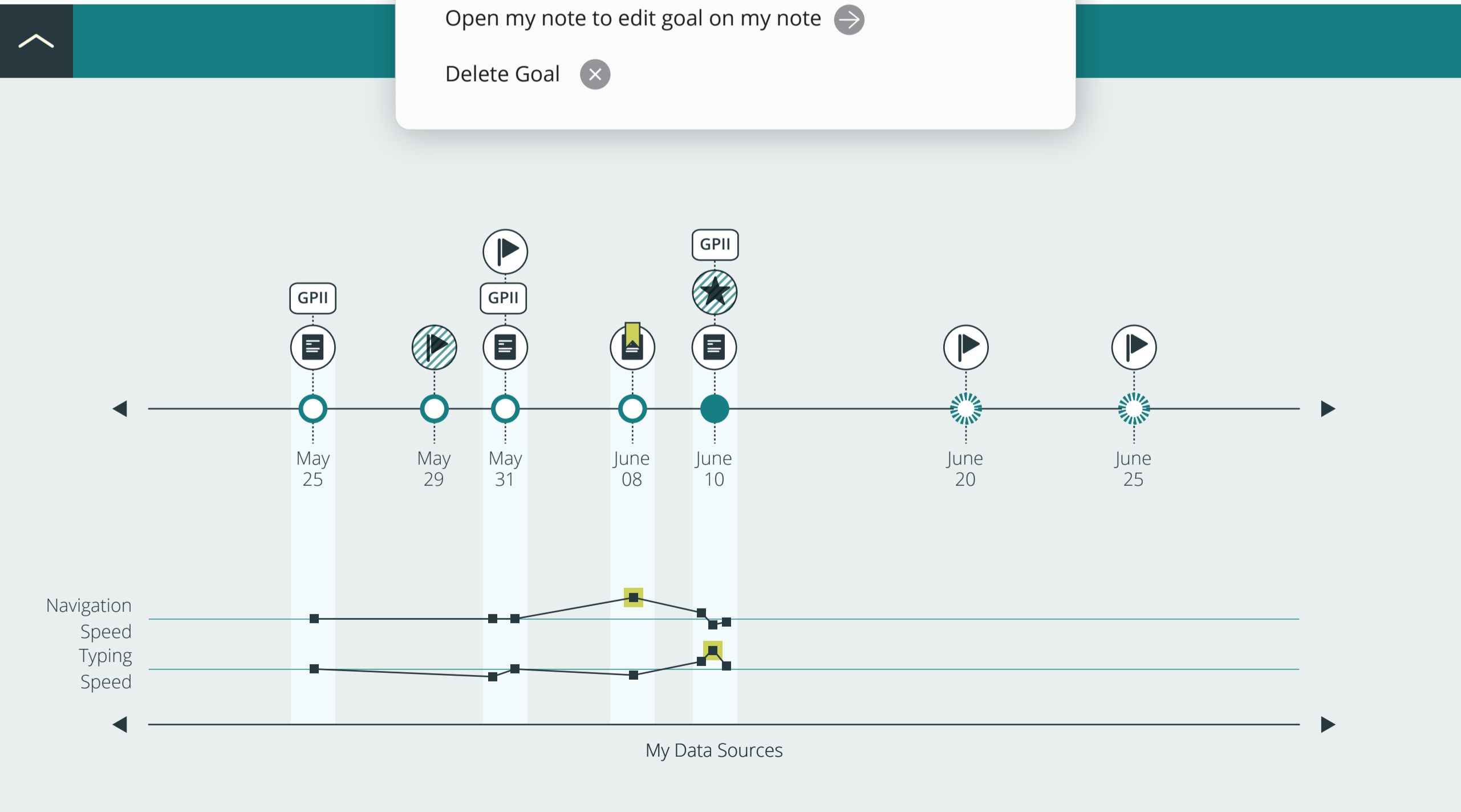
to-do item

day month year  Completed To-Do Item

+ Add to-do item

Open my note to edit goal on my note →

Delete Goal ✕



### MY NOTES

**Thursday - June 10th**

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I reset all my modified GPII preferences back to their original state.

Any other thoughts/notes/comments ...

★ Apply for a part-time welding program is due today. Goal created on my May 25th note.

### MY GOALS

When do I want to complete this item?

I have already completed this item.

Delete To-Do item ✕

▶ 1

Apply for a part-time welding program.

✓ Completed

Edit Done

★

Get my lift truck driving license.

Edit Done

★

Apply for machine operator position.

Edit Done

month ◀◀ week ◀◀ day ◀ Today ▶ day ▶▶ week ▶▶ month

### MY TIMELINE

### MY CALENDAR

All Incomplete Completed

My Data Sources

**MY NOTES**

**Thursday - June 10th**

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Does this new line spacing

I reset all my modified GPI

Any other thoughts/notes/

★ Apply for a part-time welding

month ◀◀ week ◀◀

**Internal Data Sources**

- Navigation Speed
- Typing Speed
- Scanning Speed
- Length of active sessions
- Length of active sessions

**External Data Sources**

- Location →
- Time of Day →
- Weather →
- Calendar →

**MY DATA SOURCES**

I am currently tracking:

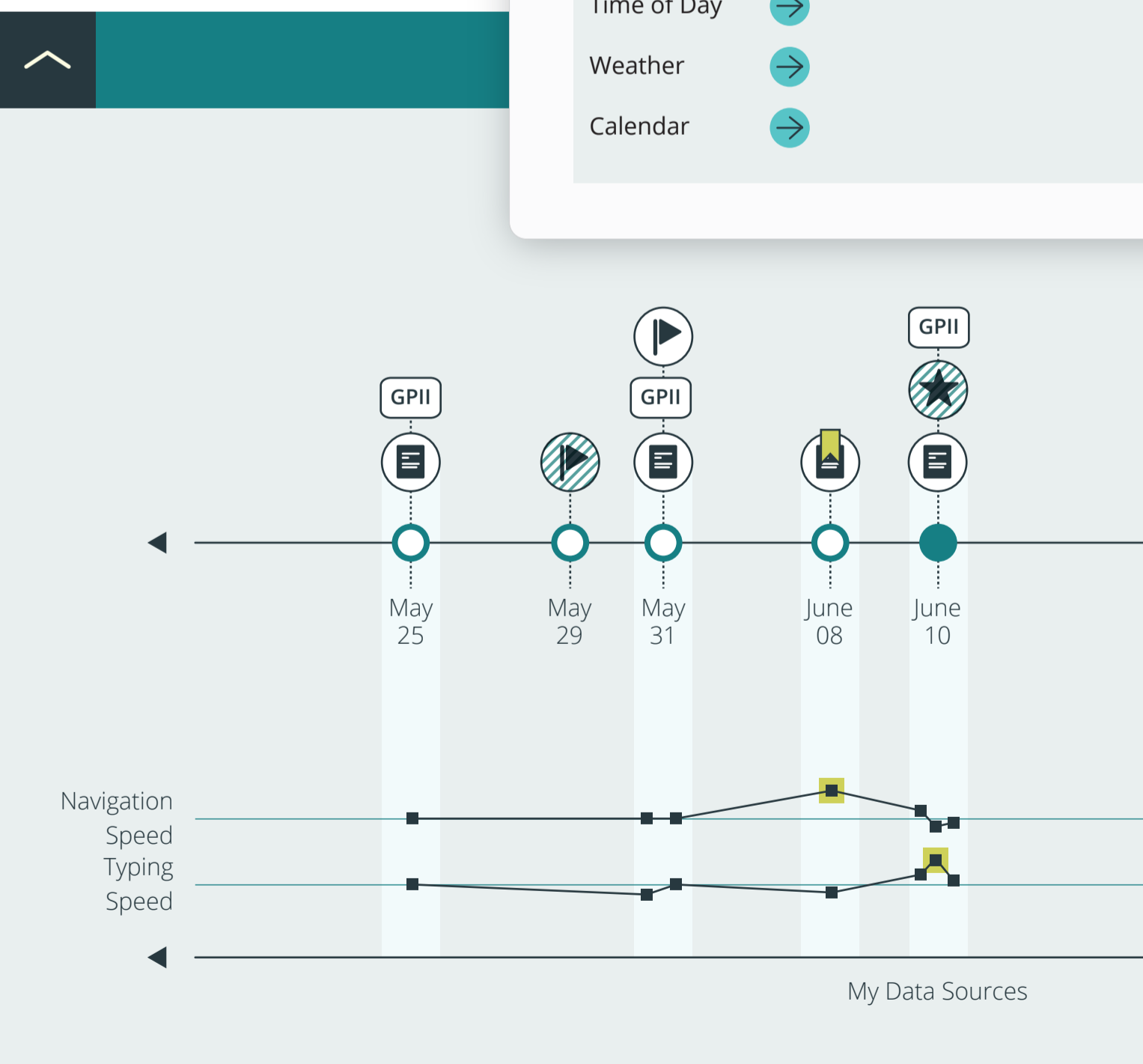
[Add Data Source](#)

**Typing Speed**

- Display Progress on "My Timeline"
- Enabled tracking on my May 25th note → [Open Note](#)
- Stop tracking

**Navigation Speed**

- Display Progress on "My Timeline"
- Enabled tracking on my May 25th note → [Open Note](#)
- Stop tracking






**MY NOTES**

**Thursday - June 10th**

Right now, I feel ...

Sleepy and tired [Add Comments](#)



I want to set a goal to ...

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Does this new line spacing help me?  

I reset all my modified GPII preferences back to their original state.

Any other thoughts/notes/comments ...

---

 Apply for a part-time welding program is due today. Goal created on my May 25th note

month ◀◀ week ◀◀ day ◀ Today ▶ day ▶▶ week ▶▶ month

**MY DATA SOURCES**

I am currently tracking: [Add Data Source](#)

**Scanning Speed**

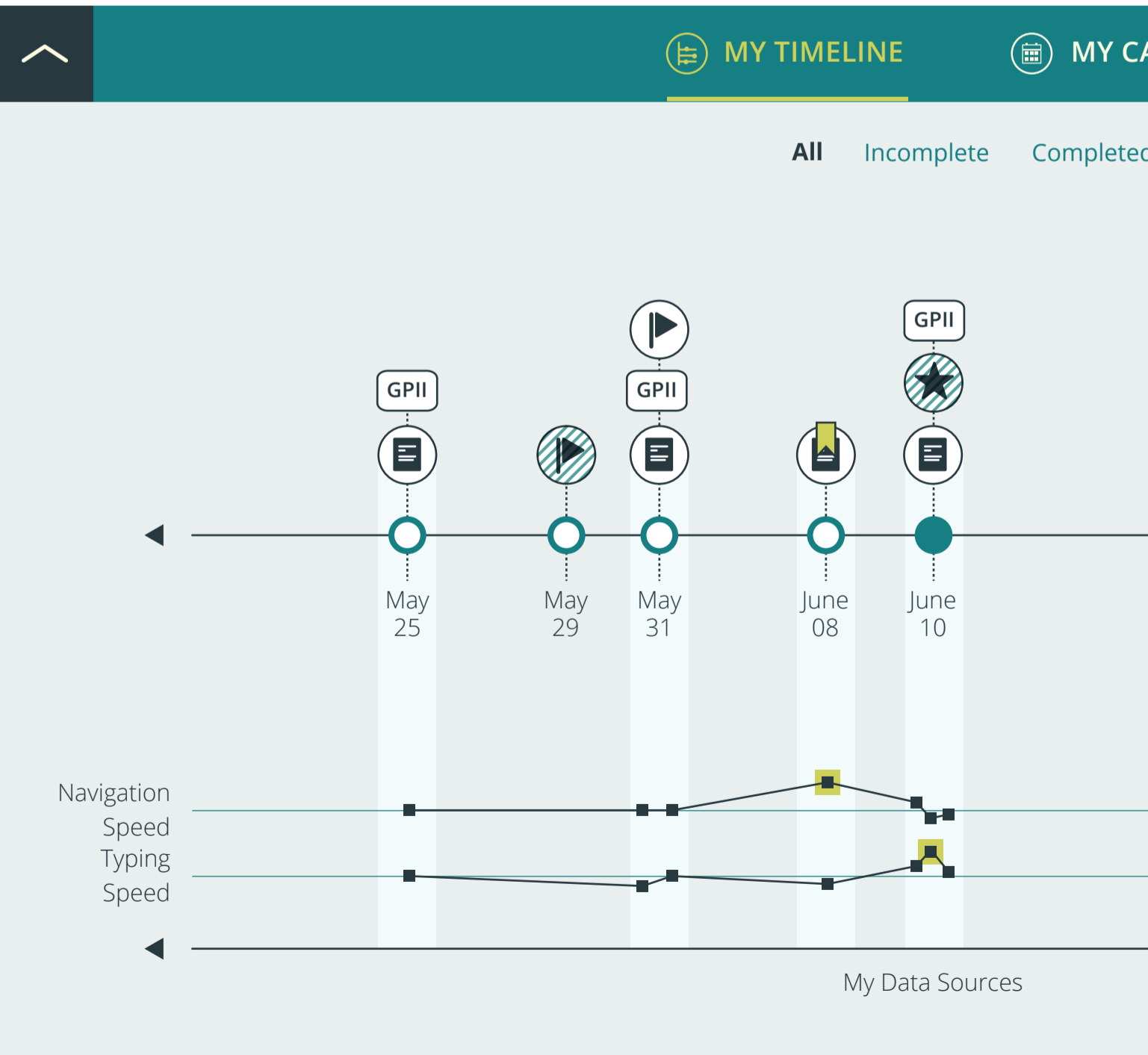
- Display Progress on "My Timeline"
- Enabled tracking on my June 10th note [Open Note](#)
- Stop tracking

**Typing Speed**

- Display Progress on "My Timeline"
- Enabled tracking on my May 25th note [Open Note](#)
- Stop tracking

**Navigation Speed**

- Display Progress on "My Timeline"
- Enabled tracking on my May 25th note [Open Note](#)
- Stop tracking



### MY NOTES

**Thursday - June 10th**

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### MY GOALS

- Apply for a part-time welding program. **Completed**
- Get my lift truck driving license. [Edit](#) [Done](#)
- Apply for machine operator position. [Edit](#) [Done](#)

### MY TIMELINE

All Incomplete Completed

Timeline events:

- May 25: GPII (document icon)
- May 29: GPII (play icon)
- May 31: GPII (document icon)
- June 08: GPII (document icon)
- June 10: GPII (star icon)
- June 20: GPII (play icon)
- June 25: GPII (play icon)

Data Sources:

- Scanning Speed
- Navigation Speed
- Typing Speed

My Data Sources

**MY NOTES**

**Thursday - June 10th**

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Apply for machine operator position. [Edit](#) [Done](#)

**MY TIMELINE** **MY CALENDAR**

All Incomplete Completed | Day Week Month Year

**Thursday - June 10th**

- Made a note
- GPII Increased Line Spacing to 3 times
- GPII Reset all modified GPII Preferences

Reset all modified GPII Preferences:

- Speak Text
- Line Spacing
- Text Size

**MY NOTES**

**Thursday - June 10th**

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**MY TIMELINE** **MY CALENDAR**

All Incomplete Completed | Day **Week** Month Year

◀ June 06-12 2016 ▶

Sunday	06	
Monday	07	
Tuesday	08	
Wednesday	09	
Thursday	10	
Friday	11	
Saturday	12	

Reset all modified GPII Preferences:

- Speak Text
- Line Spacing
- Text Size

**MY NOTES**

**Thursday - June 10th**

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month ◀◀ week ◀◀ day ◀ Today ▶ day ▶▶ week ▶▶ month

**MY GOALS**

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Get my lift truck driving license. **Edit Done**

Apply for machine operator position. **Edit Done**

**MY TIMELINE** **MY CALENDAR**

All Incomplete Completed | Day Week **Month** Year

◀ **May 2016** ▶

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	01	02	03

Increased line spacing 3 times.  
Reset all modified GPII Preferences:  
• Speak Text  
• Line Spacing  
• Text Size

### MY NOTES

**Thursday - June 10th**

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month ◀◀ week ◀◀ day ◀ Today ▶▶ day ▶▶ week ▶▶ month

### MY GOALS

Apply for a part-time welding program. **Completed**

Get my lift truck driving license. [Edit](#) [Done](#)

Apply for machine operator position. [Edit](#) [Done](#)

### MY TIMELINE | MY CALENDAR

All Incomplete Completed | Day Week Month Year

◀ 2016 ▶

<p>January</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>	<p>February</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>	<p>March</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>	<p>April</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>
<p>May</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>	<p>June</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22</p> <p>26 27 28 29</p>	<p>July</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p>	<p>August</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>
<p>September</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>	<p>October</p> <p>1</p> <p>5 6 7 8</p> <p>12 13 14 15</p> <p>19 20 21 22</p> <p>26 27 28 29</p>	<p>November</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>	<p>December</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>

On my note for this day:

- Felt sleepy and tired
- Increased line spacing 3 times.
- Reset all modified GPII Preferences:
  - Speak Text
  - Line Spacing
  - Text Size
- Started tracking scanning speed