

# Emerging trends

Phoenix Webb (2310140) Individual reflective journal

I am Phoenix Webb, a student of Computer Games Design. My group is called 'FIVE GUYS'. Our problem to address is obesity in the United Kingdom. Our idea is to tackle this issue using an emerging trend we have identified: a virtual reality software that provides users with a virtual companion to motivate, guide, and assist them. This software offers valuable information on how to achieve specific goals, such as weight loss or muscle gain, as well as helps in creating a healthy diet.

This is not the first group project I have undertaken. During my previous studies in Spain, I participated in several group projects, with a notable one being a 3D short film that we had to develop over the course of an entire academic year. Through this experience, I learned that effective communication among team members is paramount in group work. With clear communication, everything becomes smoother and faster. It is also crucial to establish each member's tasks at the outset to avoid duplication of efforts or unnecessary work later on.

In the case of "FIVE GUYS," Discord and our Tuesday classes have been our primary communication tools throughout most of the process. We met once in person outside of official hours to clarify the problem we chose to address. We have not encountered communication issues, as Discord offers a variety of features such as group calls, screen sharing, file sharing, etc.

My experience working in a team has been positive, despite my limited proficiency in English. My teammates have demonstrated understanding and support by providing explanations in greater detail when I have encountered difficulties in comprehension due to the language barrier. This attitude has facilitated effective communication and a collaborative atmosphere within the team. This is greatly appreciated, and they have made me feel comfortable at all times.

I am quite satisfied with all the team members. From the beginning, we have all put in equal effort, ensuring that no one works more or less than others. I believe that Tom, Cian, and I have shown more initiative in leading and creating the slides, while Josh and Alex made fewer decisions and focused on their assigned tasks.

In the last month, Josh has been much more absent due to personal reasons, which I understand and do not criticize.

- Alex Jenkins: 3.8

- Cian West: 4.5
- Joshua Piecko: 3.6
- Tom Cahill: 4.5
- Phoenix Webb: 4.5

My role has been researcher. When creating the idea, we all gave some ideas and I combined several of them to create the final one. I have focused on explaining how the proposed solution addresses the identified challenge through some reasons such as accessibility, motivation and commitment, nutritional education, and variety and customization. Explaining and developing the reason behind each reason.

On the other hand, I have had to explain why this solution is an emerging trend to give context and make our solution more meaningful. I have given several reasons such as Innovative Technology, Changing Consumer Behavior, Personalization and Engagement.

Some important limitations that I have investigated are, Access to technology: Not all people have access to virtual reality devices or the necessary technology to use our software. And user experience: The user experience in virtual reality can vary depending on the quality of the hardware, the user interface, and the comfort of the virtual environment. Another important factor is technological dependence: If our software becomes a crucial part of users' health plans, they may develop excessive dependence on technology to maintain their healthy habits.

As a student, I find the idea of developing virtual reality software to address obesity in the United Kingdom very exciting and relevant. It's an opportunity to apply technology in a creative and meaningful way for the benefit of public health. I believe this project will not only be academically rewarding but also has the potential to make a positive impact on people's lives.