ASU Global Security Initiative
Arizona State University

Center for Human, Artificial Intelligence, and Robot Teaming

CHART Speaker Series

Join us for a presentation by

Dr. Mary Czerwinski
Partner Research Manager of the Human Understanding and Empathy Group (HUE), at Microsoft Research

Using Technology for Health, Wellbeing and Empathy

Tuesday, Mar. 23, 2021

11:00am – 12:00 pm AZ Talk
12:00 – 12:30 pm AZ Guided Q&A

Zoom Registration Information
Register in advance for this meeting:
https://asu.zoom.us/meeting/register/tZ0vdeGhrTMtHdEjRLeTVvV_uOK7RirBesKv

Abstract:
How can we create technologies to help us reflect on and change our behavior (if needed) and improve our health and overall well-being both at work and at home? In this talk, I will briefly describe the last several years of work our research team has been doing in this area. We have developed wearable technology to help families manage tense situations with their children, mobile phone-based applications for handling stress and depression, as well as automatic sensing systems for tracking well-being over time. Our latest productivity agents can help you with planning, focus and can recommend good times to take a break at work. The overarching goal of all of this research is to develop intelligent systems and agents that work with the user so that they can maximize their goals and improve their well-being over time.

Bio:
Dr. Czerwinski's latest research focuses primarily on behavior change and intervention design, health and wellness for individuals and productivity at work. Her research background is in visual attention and multitasking. She holds a Ph.D. in Cognitive Psychology from Indiana University in Bloomington. Mary received the ACM SIGCHI Lifetime Service Award, was inducted into the CHI Academy and received the Distinguished Alumni award from Indiana University's College of Arts and Sciences. Mary is a Fellow of the ACM and the American Psychological Science Association. More information about Dr. Czerwinski can be found at her website: https://www.microsoft.com/en-us/research/people/marycz/.