# Mindless or Mindful Technology?

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## Abstract

We are increasingly living in our digital bubbles. Even when physically together – as families and friends in our living rooms, outdoors and public places – we have our eyes glued to our own phones, tablets and laptops. The new generation of 'all about me' health and fitness gadgets, that is becoming more mainstream, is making it worse. Do we really need smart shoes that tell us when we are being lazy and glasses that tell us what we can and cannot eat? Is this what we want from technology – ever more forms of digital narcissism, virtual nagging and data addiction? In contrast, I argue for a radical rethink of our relationship with future digital technologies. One that inspires us, through shared devices, tools and data, to be more creative, playful and thoughtful of each other and our surrounding environments.

## Categories and Subject Descriptors

H.5.2 User Interfaces

## Keywords

Mindful technology; vision; creative technology, HCI

## Short Bio

Yvonne Rogers is a Professor of Interaction Design, the director of UCLIC and a deputy head of the Computer Science department at UCL. Her research interests are in the areas of ubiquitous computing, interaction design and human-computer interaction. A central theme is how to design interactive technologies that can enhance life by augmenting and extending everyday, learning and work activities. This involves informing, building and evaluating novel user experiences through creating and assembling a diversity of pervasive technologies.

Yvonne is also the PI at UCL for the Intel Collaborative Research Institute on Sustainable Connected Cities (ICRI Cities) which was launched in October 2012 as a joint collaboration with Imperial College.

She was awarded a prestigious EPSRC dream fellowship rethinking the relationship between ageing, computing and creativity. She is a visiting professor at the Open University and Indiana University. She has spent sabbaticals at Stanford, Apple, Queensland University, University of Cape Town, University of Melbourne, QUT and UC San Diego.

Central to her work is a critical stance towards how visions, theories and frameworks shape the fields of HCI, cognitive science and Ubicomp. She has been instrumental in promulgating new theories (e.g., external cognition), alternative methodologies (e.g., in the wild studies) and far-reaching research agendas (e.g., "Being Human: HCI in 2020" manifesto). She has also published a monograph (2012) called "HCI Theory: Classical, Modern and Contemporary."

From 2006-2011, Yvonne was professor of HCI in the Computing Department at the OU, where she set up the Pervasive Interaction Lab. From 2003-2006, she was a professor in Informatics at Indiana University. Prior to this, she spent 11 years at the former School of Cognitive and Computing Sciences at Sussex University.

Yvonne was one of the principal investigators on the UK Equator Project (2000-2007) where she pioneered ubiquitous learning. She has published widely, beginning with her PhD work on graphical interfaces to her recent work on public visualisations and behavioural change. She is one of the authors of the definitive textbook on Interaction Design and HCI now in its 3rd edition that has sold over 150,000 copies worldwide and has been translated into 6 languages. She is a Fellow of the British Computer Society and the ACM's CHI Academy: "an honorary group of individuals who have made substantial contributions to the field of human-computer interaction. These are the principal leaders of the field, whose efforts have shaped the disciplines and/or industry, and led the research and/or innovation in human-computer interaction."