

Assignment Challenge: Create a design project based on something that is often overlooked

Leverage mindfulness-based strategies to observe, explore, and connect with an object, experience, place, person, etc that is often overlooked in daily life. Designers are often tasked with being problem-solvers; in this project you will shift your awareness to being a “problem-finder” – or – simply an observer.

PART 01:

This will be a writing exercise in which you will call upon your five senses to observe an environment. You can choose any space you wish with the only parameter being that you'll need to feel stimulated and committed to a deeper investigation of the experience. Take yourself to that space/environment and then spend the next 12 minutes observing. Spend roughly 2 minutes paying attention to what that sensory system allows. So you may pay attention to everything in your environment using your sense of touch for two minutes, then your sense of smell for two minutes, then your sense of sight for two minutes, etc... Use a timer if this helps your process. At the end of ten-ish minutes, allow your mind and your attention to run free for the last two minutes, to notice and take in whatever it naturally wants to. There is no need to put any parameters or rules on this part. Just let it flow. At the end of this practice, write about your experience. This writing exercise doesn't have to be a cohesive story or have a thesis or point. Just write. Write as long as you feel you need to in order to capture your experience in an authentic way; aim for at least 20 minutes. Remember, the mindfulness principles of non-judgment, one-mindedness, and present-focus.

SCHEDULE:

08/29)

20 word statement recitations, mindfulness exercise + lecture, launch assignment

HOMEWORK: Complete writing assignment, bring to class printed on 8.5 X 11 in any format ready to discuss.

08/31)

Discuss writing, brainstorming session in class after discussion, launch part 02

HOMEWORK: TBD