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EDIT MODE PUBLISHED VIEW

[Section 500] [Contemplative Collaboration Space] [Daniel Choi, Avery Davis, Yike Guo, Yasmin Khanan, Yuelan Sheng]

Notes - 10/3
Vision Statement: Create a contemplative collaboration space that is inclusive of everyone, reduces stress of students and improves the wellbeing of students.
Flourishing of students
The values WWWH
Why: Needs, problems, opportunities
Needs: students are too stressed out. Developing such qualities as mindfulness, kindness, compassion, and equanimity is of great value, so it is necessary to build such a place in order to reduce stress and connect people.
Problem: How do we make a space useful for different groups of people to utilize where they could interact with each other easier
Opportunities:
Where: The Dell, work with Dr. Germano, propose a room inside his proposed space
Who: Stakeholder, relevant social groups
UVA students + charlottesville community members, professors and other people who use the parking lot, UVA visitors,
How: Proposal, Hypothesis, research questions
Proposal
Hypothesis
Research Question: How do we make a space useful for different groups of people to utilize where they could interact with each other easier?

Notes
- Design - Value (who are the community members)
- Community members = UVA students
- Reach out to people who are affected by building
- Look at students/school that are going to use the space
- Impact on faculty and neighborhood
- Interview people who are impacted/influenced by the building
- Potential values
- Improving well-being of students
- Happiness
- Stress - sleep
- Inclusive and open to everyone
- Closer to nature
- Where is the funding from? - Email Dr. Germano
- Will building host big events? Will it affect traffic?
- Perhaps parking will be in Bookstore
- Traffic already bad at times
- Take note of infrastructure outside?
- Easy to get coffee/restaurant
- Influenced by building
- People losing parking spots - students or faculty
- Not sure where it will be moved
- Affects Curry and Physics building
- Basketball court - Used by both UVA and community - Moved to Mem gym area
- Incorporate our perspectives into digital storytelling

Vision

Contemplative collaboration can be approached from both the student as an individual and the team as a whole. In the first place, contemplative practice can make a student a better collaborator, in the way that it encourages students to listen more, to be more confident to express their own opinions, and to be more open to embracing diversity. On the other hand, doing contemplative practices together as a group helps build a stronger team, and can help further enhance the connections between team members.

Create a space for contemplation and collaboration that is inclusive of everyone, reduces stress of students and improves the wellbeing of students. We want to learn the needs of the students and help them as they study at UVa. We would also like to focus on catering to the different needs of students' as well as creating a space that does not enforce contemplation but rather provides the right setting for it. Contemplative collaboration is important as students at UVa are too stressed out under high-pace academic life.

The number of UVa students seeking appointments at the university's office of Counseling and Psychological Services, also known as CAPS, rose 25 percent in the past year, said Dr. Chris Holstege, executive director of student health. That's following a steady 19 percent increase over the past 10 years, with appointments outpacing student growth[1].

With such serious mental health stress issue placed on a large number of students at UVA, developing such qualities as mindfulness, kindness, compassion, and equanimity is of great help in relieving anxiety and other mental stress. Therefore, it is necessary to build such a place in order to reduce stress and connect people. We are primarily focusing on the physical design of the building, including the smart lighting where more natural light from outside is preferable, the interior design of rooms with different functions (i.e. yoga and mindfulness practice classrooms, immersed-learning room), etc.

The whole project is focused on the direction of realizing student flourishing. In order to achieve this, we are interviewing students and related stakeholders both from the global classroom and the local setting.

Research Questions and Division of Labor

1. What is contemplative collaboration? How is it different from other forms of collaborations? (Yasmin Khanan)
2. How will this change student's life at UVa?
3. How does contemplative work in collaboration?
4. How can technology play a role in collaboration? (Yuelan Sheng)
5. Differences and similarities between contemplative collaboration spaces design at Tsinghua and UVa (Yike Guo)
6. How can place-making be utilized to help facilitate collaboration? (Avery Davis)

Background and Literature Review

Why: Needs, problems, opportunities
Needs: students are too stressed out. Developing such qualities as mindfulness, kindness, compassion, and equanimity is of great value, so it is necessary to build such a place in order to reduce stress and connect people.
Problem: How do we make a space useful for different groups of people to utilize where they could interact with each other easier
Opportunities:
Where: The Dell, work with Dr. Germano, propose a room inside his proposed space
Who: Stakeholder, relevant social groups
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- The published literature you have found which help document what we currently about the topic (which might be contradictory or ill defined) and what scholarship exists that helped refine your research questions or research strategy (think concepts and methods). *This will help you in the group project and in the creation of your individual research portfolio.*

1.
Drouin, M., Reining, L., Flanagan, M., Carpenter, M., & Toscos, T. (2018). COLLEGE STUDENTS IN DISTRESS: CAN SOCIAL MEDIA BE A SOURCE OF SOCIAL SUPPORT? *College Student Journal*, *52*(4).
College students are in stressful stages. Mental health issues are common among students. A research of 33512 students from 51 institutions showed that 60% of the students felt overwhelming anxiety and 38.2 of the students felt too depressed to do anything. Social media can be a good source of support since college students prefer to ask for help for their peers, mainly using social. However, students can actually become more stressful using social media, especially those who are already highly depressed or anxious.

2.
Frison, E., & Eggermont, S. (2015). Exploring the Relationships Between Different Types of Facebook Use, Perceived Online Social Support, and Adolescents' Depressed Mood. *Social Science Computer Review*, *34*(2), 153–171. doi: 10.1177/0894439314567449.
From the research Frison and Eggermont did, they found that social media, such as Facebook can create negative effects on students' psychological conditions because of the feeling of loneliness and frustrations by seeing others' lives.

3.
Brunborg, G. S., & Andreas, J. B. (2019). Increase in time spent on social media is associated with modest increase in depression, conduct problems, and episodic heavy drinking. *Journal of Adolescence*, *74*, 201–209. doi: 10.1016/j.adolescence.2019.06.013
Social media
From the sample of 763 people, the research showed that the more time spent on social media, the more likely the person is going to have increase in depression, conduct problems and episodic heavy drinking.

4.
How Gamification Can Be Used in Counseling. (2019, October 3). Retrieved from https://onlinedegrees.bradley.edu/blog/how-gamification-can-be-used-in-counseling/.
Gaming can be beneficial for psychological health. The article introduces the history and role of gamification, and showed that games actually have potentially beneficial effects in therapy.

Jones, Scholes, Laura, Johnson, Daniel, Mary, ... Carras. (2014, March 10). Gaming well: links between videogames and flourishing mental health. Retrieved from https://www.frontiersin.org/articles/10.3389/fpsyg.2014.00260/full.
The article begins by listing some of the traditional views on gaming, which are mostly negative and it is true that without proper control of how much time played and what kind of games played may be harmful for gamers. However, the article also mentions some of the untraditional opinions that actually consider proper gaming as a beneficial factor for people's mental health.

5. **Stress: An Epidemic Among College Students**

8 in 10 college students experience frequent stress.

Causes:
Students isolate themselves out of fear of rejection.
Studying for assessment

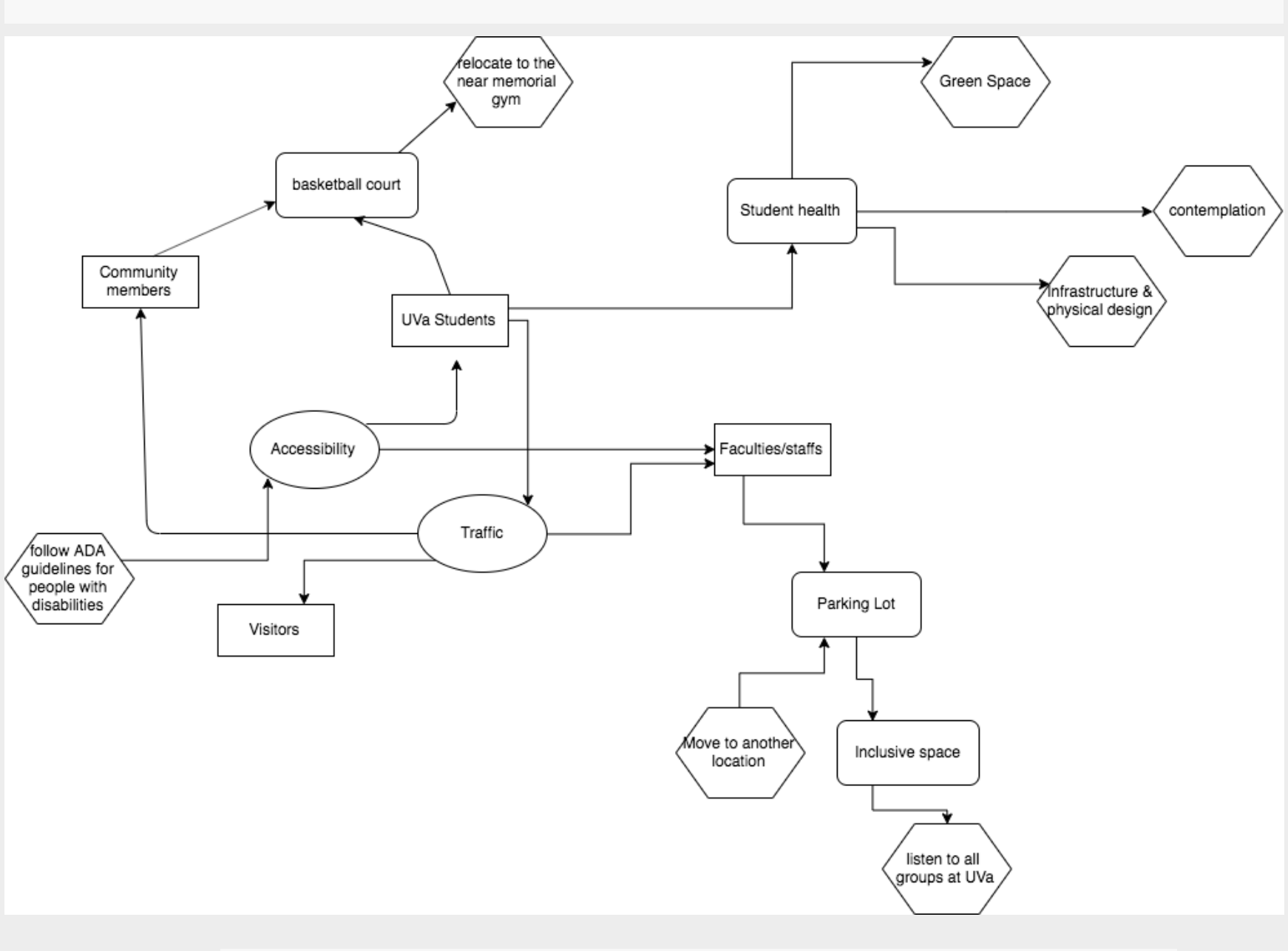
6.
Lukas, W., Smolka, M., Giorgino, V., & McCown, D. (n.d.). "From contemplative science to contemplative society". Retrieved from https://www.cmc-ia.org/icm2018amsterdam/wp-content/uploads/2017/03/Wed-3.30_N.-Singh-From-contemplative-science-to-contemplative-society.pdf
From a talk given in Amsterdam in 2018 one of the presenters, Wolfgang Lukas, spoke about contemplative collaboration a vision that was inspired by CERN (European Organization for Nuclear Research). Lukas focused on the fact that many times in research societies the environment can be very competitive and there is little to no collaboration. There is a proposal to change from such a community to a more collaborative one. Beyond CERN the goal of Contemplative Science is to use the resources that contemplative practices give in terms of the individual, interpersonal as well as systemic levels. Lukas mentions a study to see how CERN's collaboration model could be paired with contemplative-collaboration practices (i.e. mindfulness, compassion meditation, Bohm Dialogue, Council and many other forms (Lukas, Smolka, Giorgino, & McCown).

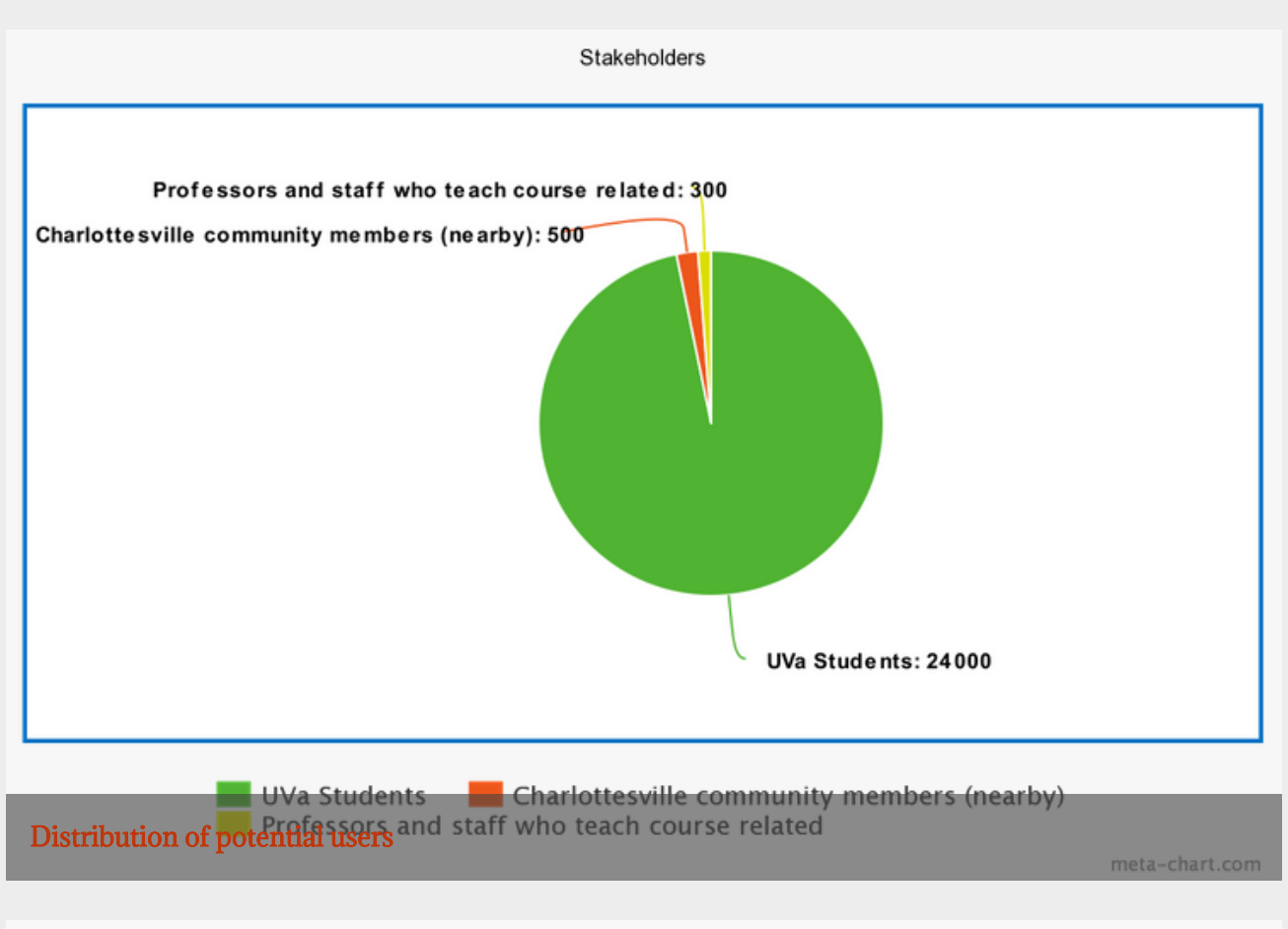
7.
Bohm, D. (2014). *On dialogue*. London: Routledge. Retrieved from http://sprott.physics.wisc.edu/Chaos-Complexity/dialogue.pdf
Bohmian Dialogue: Bohm states that a person's opinions are often considered their truths even though many times they are based on their own assumptions. When these opinions get challenged people respond defensively in a reactive manner which is *not* dialogue. People also tend to fall into different roles; either a dominant one or a weak one. These roles work together in a way but is also does not create dialogue. In a group of 20-40 people you get microculture so that there is enough diversity to be inclusive of most groups this creates a collectively shared meaning. Bohm stresses that collective thought is more important than individual thought; language is collective as is thought and each has their own contribution. Creating sustained dialogue can create a coherent movement of not only thought but communication as well. It is important to stress that the coherency is also at a tacit level. Bohm defines 'tacit' as "that which is unspoken, which cannot be described - like the tacit knowledge required to ride a bicycle". Tacit is common and shared amongst the group.
Suggests that in dialogue there be no leader nor an agenda. Start off in the group by talking about dialogue and what it is and the best position is to sit in a circle as no one is given favoritism. Nowadays a lot of dialogue focuses on negotiation regarding assumptions. Dialogue should neither allow you to carry out your assumptions nor hide them; seeing what is on other people's minds without judgement or disbelief. Collective thought is achieved when assumptions are shared and receive no hostility.

8.
Pisano, G. (2009). Which kind of collaboration is right for you? *Strategic Direction*, *25*(4). Retrieved from https://hbr.org/2008/12/which-kind-of-collaboration-is-right-for-you
Collaborative architecture can be different in terms of how open membership is (open vs closed) and governance (hierarchy vs flat). According to this article there are "four basic modes of collaboration: a closed and hierarchical network (an *elite circle*), an open and hierarchical network (an *innovation mall*), an open and flat network (an *innovation community*), and a closed and flat network (a *consortium*)".
Closed modes smaller than open ones; know in which domain you are and the solution so that you can choose the best people to collaborate with. Open attracts many different types of people so you have multiple solutions; don't have a domain or solution yet. Open modes are not as good as closed ones in figuring out who is best suited to solving an issue depending on what field you are in.
In hierarchy there is authority while in flat decisions are made together by the collaborators.
Hierarchical structures are good if your group has the ability and knowledge to define problems and create solutions. Flat structures are good when there is not one group that has all of the knowledge necessary.
Choose collaboration frameworks by considering trade-offs of one over the other.

9.
Duerr, M. (2004). Creating the Contemplative Organization: Lessons from the Field. Retrieved from http://www.contemplativemind.org/admin/wp-content/uploads/2012/09/contorgs.pdf
When contemplative practice is introduced into the workplace then conflict can arise as underlying conflicts can come to the surface. When such interpersonal relations surface it makes people think about how to address those problems. Usually addressing this conflict and focusing on the impact after creates trust and gives way to collaboration that would not be possible had those underlying tensions lingered.

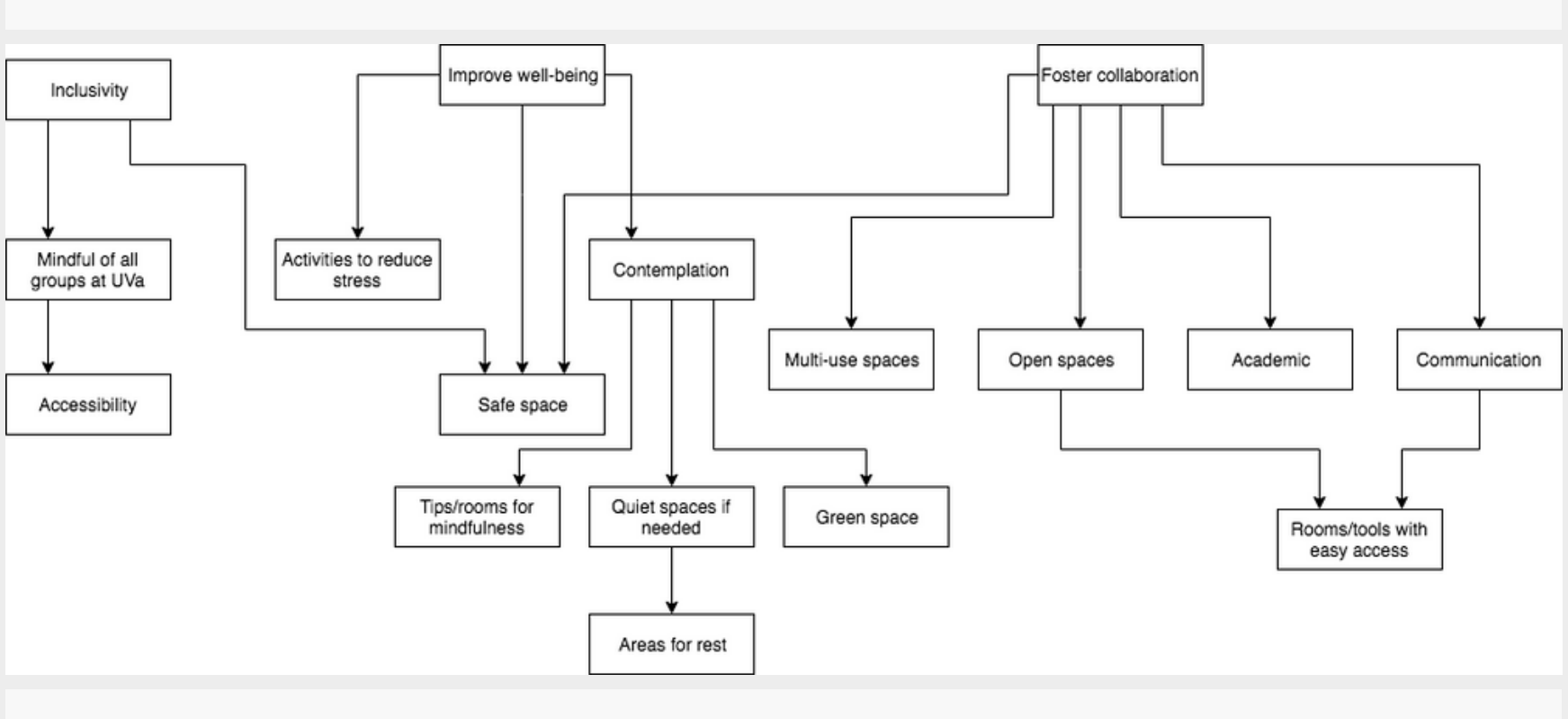
Stakeholder Diagram and Analysis





Right now the problem is being defined by staff and from talking to Dr. Germano most of the people he has consulted have been professors and such. Students have not been consulted on what they want in the space as much even though based off of populations they are the majority stakeholder involved in this Contemplative Collaboration building.

Value Mapping and Hierarchies



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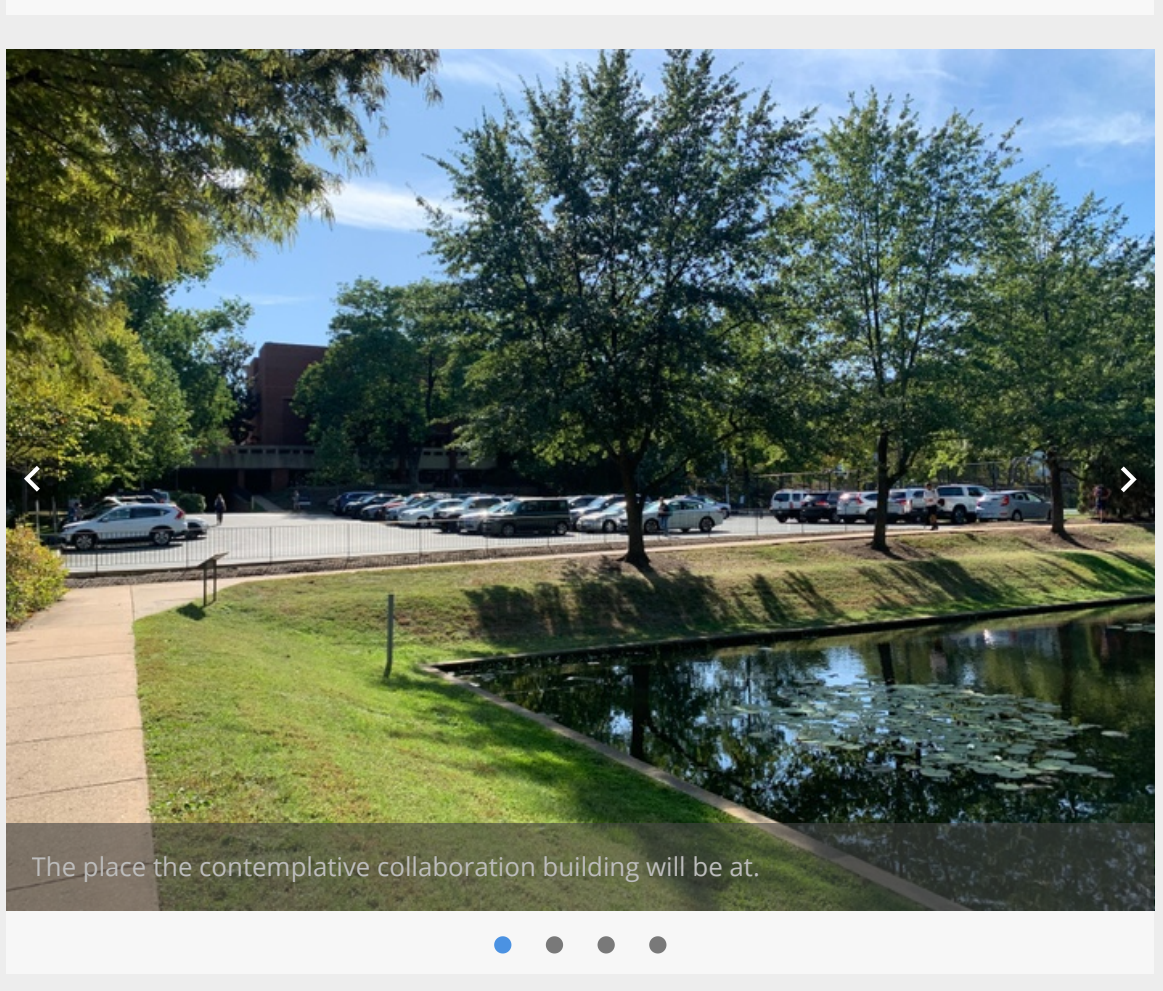
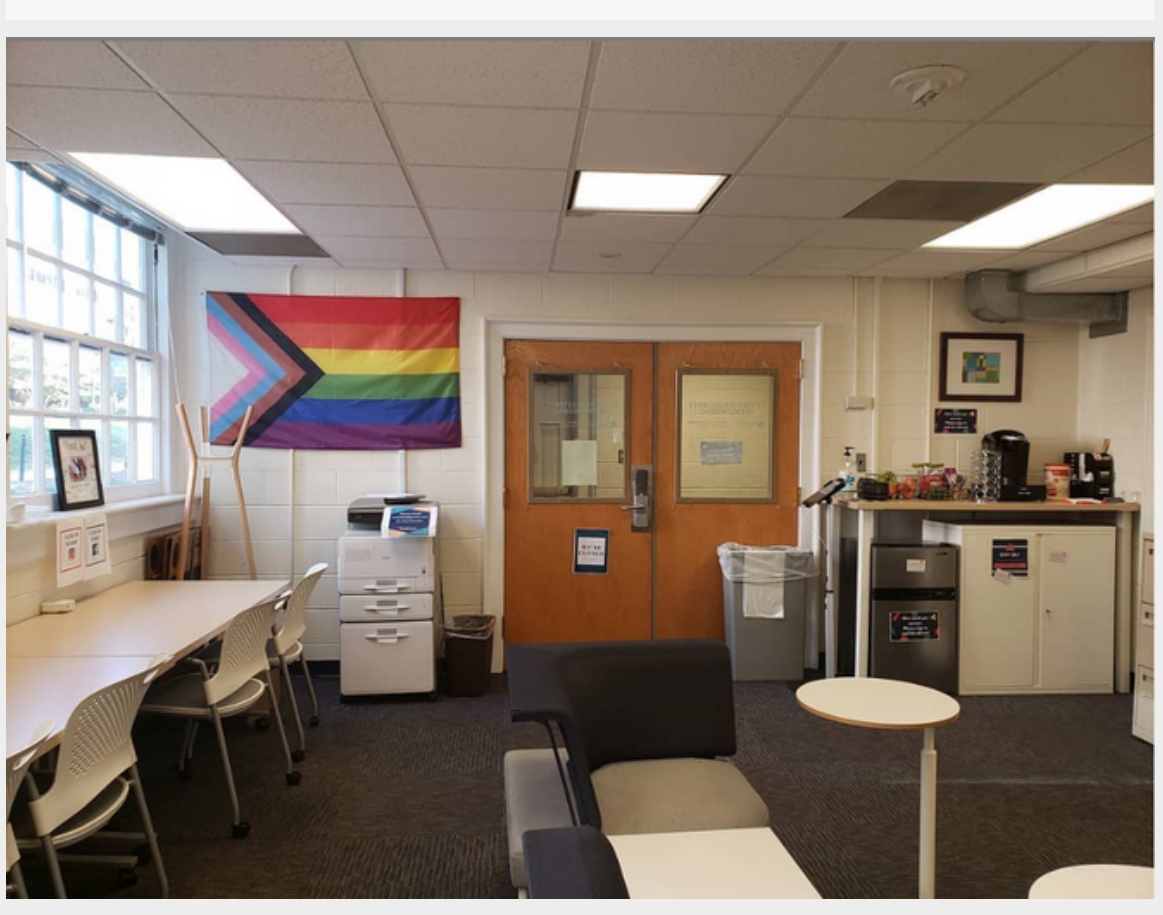
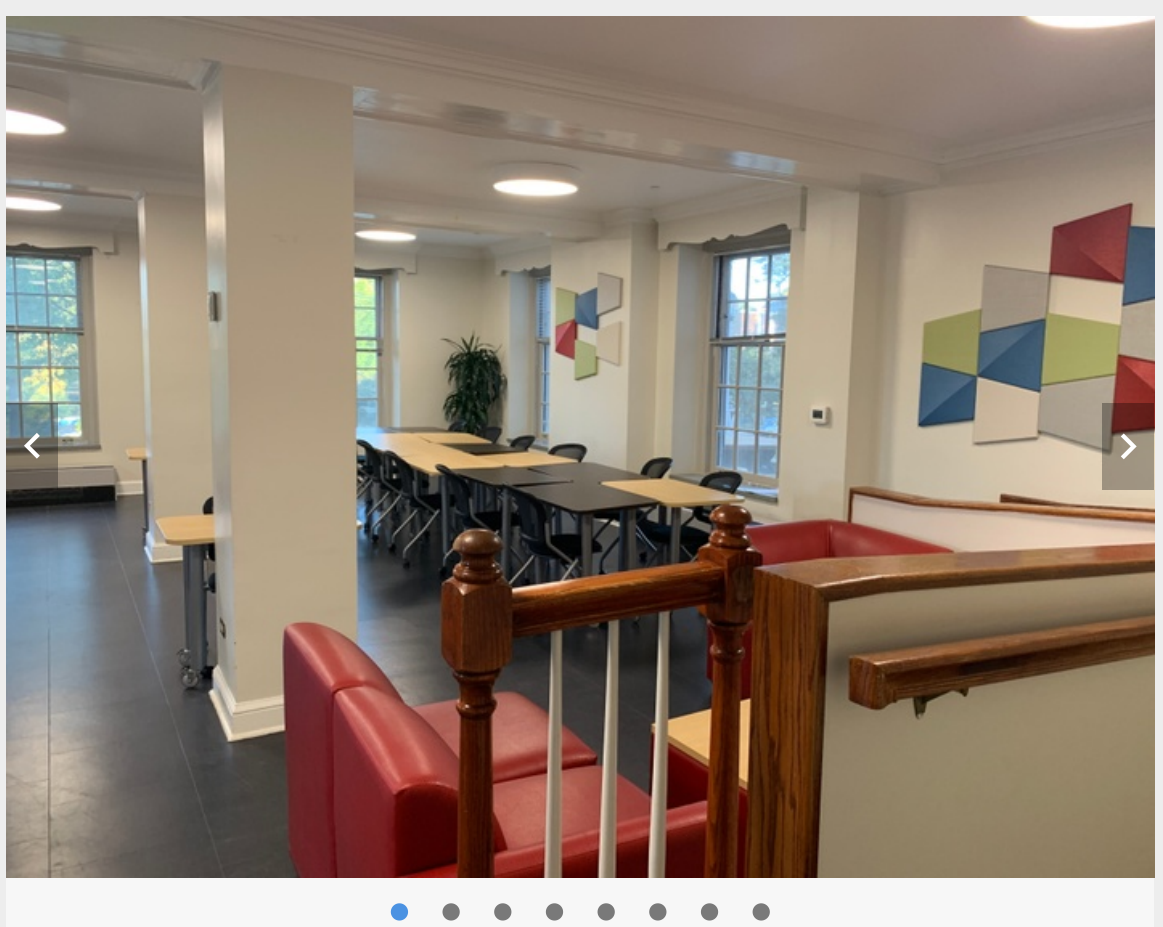
Quizon, D. (2016, March 15). UVa students seeking mental health aid in record numbers. Retrieved from https://www.richmond.com/news/virginia/uva-students-seeking-mental-health-aid-in-record-numbers/article_e353c6de-5d23-5e36-a6a6-c2677d040db2.html.

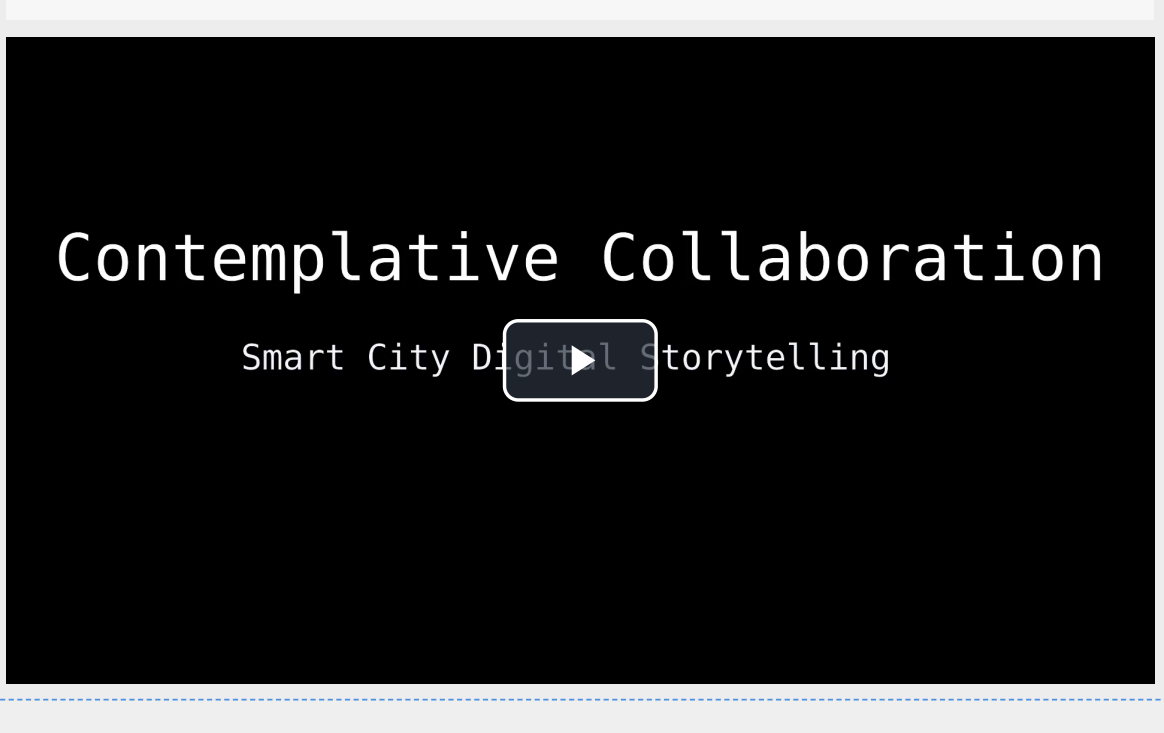
Currently, UVa School of Architecture is collaborating with Contemplative Science Center and the Center for Design and Health in exploration of what positive effects in mental, physical, emotional and social stages of students can be brought by built and natural environment with proper design in different contexts, thus fostering contemplative awareness.



The place the contemplative collaboration building will be at.







Contemplative Collaboration
Smart City Digital Storytelling