STAY IN THE LOOP  •  WEEKLY CHALLENGE  •  SWEDISH SAYING OF THE WEEK  •  EVENTS
THE WEEK THAT WAS  •  WEEKLY TED VIDEO  •  THE NEW BLACK  •  ARTICLES

HAPPY CANADIAN THANKSGIVING
STAY IN THE LOOP

APD1
CAID - Advanced level

APD2
Conceptual Product Solutions

TD1
Vehicle Design

TD2
Vehicle Interaction Workshop
w. Andreas Wegner, Iconmobile, Berlin

IxD1
Video prototyping for Guitar Museum Project
w. Niklas Wolkert, Veryday

IxD2
Vehicle Interaction Workshop
w. Andreas Wegner, Iconmobile, Berlin

BA1
Design Process - Portfolio

BA2
Hot Team

BA3
Hot Team

IxD3
Modelling techniques
hard foam sketching

Single subject courses
Tjänstesdesign (Service Design)
Strategisk design och produktutveckling
(Strategic Design and product development)

Tjänstesdesign external presentation for guests (in Swedish)
Monday November 4, 9.00-12.00 in the Auditorium

THE NEW BLACK

5 words or less about yourself:
Love, hugs, ice cream, unicorns, complicatedness

Something most people do not know about you:
I am terrified of blowing up balloons, I think they will just explode in my face!

An interesting fact/quote/experience from your country/city:
Ankara is the capital of Turkey, not Istanbul :)

Your favorite food:
Samphire – Deniz Börülcesi

The New Black in MOVIES:
How to train your dragon

The New Black in DESIGN:
Action for happiness
(www.actionforhappiness.com)

5 words or less about yourself:
Bikes, Food, Workshop, Outdoors, Making.

Something most people do not know about you:
I cycled from Munich to Lisbon and built a motor cycle in my bedroom.

An interesting fact/quote/experience from your country/city:
The English Garden in Munich is larger than NY’s Central Park.

Your favorite food:
Germknödel (google it!

The New Black in MOVIES:
Elysium. Concept-Art-porn and a bit different from usual Hollywood

The New Black in DESIGN:
Not going to tell...

WEEKLY CHALLENGE

WHAT ARE YOU GRATEFUL FOR?

What are you grateful for?
Write down 5 things that you are grateful for this week. Send it to Wozzop to inspire others or start a gratitude journal for yourself if you want!

Studies show that people who express gratitude regularly tend to feel more satisfied and optimistic with their lives. So, take the chance to bring happiness to your life right in the season of thanksgiving and express your gratitude.

Check out this video to get inspired:
http://www.youtube.com/watch?v=0Hv6vTKD6lg

SWEDISH SAYING OF THE WEEK

Den som alltid vet bäst lär sig aldrig något.
He who always knows best never learns

5 words or less about yourself:
Bikes, Food, Workshop, Outdoors, Making.

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WEEKLY TED VIDEO

http://www.ted.com/talks/jane_mcgonigal_the_game_that_can_give_you_10_extra_years_of_life.html

CREDITS

Thanks for your contributions.
Future articles & photos can be sent to wozzop@gmail.com by Thursday evenings.
We love hearing from you!!

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KITCHEN CLEANING: BA2

Visit the UID Facebook page!
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Tweet with UID with: #lifeatuid hashtag
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Check out the UID vimeo pages: vimeo.com/uid vimeo.com/ixdumea

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THE KEY TO GETTING MOTIVATED

GIVE UP

No matter how fulfilling your work, there’ll be days when you just can’t summon any enthusiasm for it. What makes the experience of undermotivation especially frustrating is that the solution seems as if it ought to be obvious: what you need, you tell yourself, is more motivation.

So you scour the web for motivational tips (visualize your goals! reconnect with your ‘core values’!). You remind yourself about the mountain bike you want to buy, or the family you’ve got to feed. Yet it’s rare that any of this works: instead, undermotivation digs in its heels, making progress harder than ever.

There’s a reason for this, though it’s one that a whole industry of motivational gurus has a strong incentive to conceal: trying to “get motivated” can often make matters worse. The real problem isn’t that you don’t feel like taking action. Rather, it’s the underlying assumption that you need to feel like taking action before you can act. Which explains the hidden pitfall of most “motivational” advice: it’s not about how to get things done, but about how to get in the mood for getting things done.

That wouldn’t matter if generating a feeling of enthusiasm were a simple matter of repeating affirmations in front of the mirror, or tapping an upbeat Anthony Robbins quotation to your monitor, and glancing at it occasionally. But as research by the Harvard psychologist Daniel Wegner and others has repeatedly demonstrated, our efforts to control our emotions through sheer force of will can end in self-sabotage: resolve to get “psyched” about some unappealing task, and it’s all too easy to end up fixating on the gap between the emotion you feel and the one you wish you were feeling. Visualizing your goals can backfire, as can repeating slogans to yourself. By internalizing the idea that you need to “get motivated”, you’ve inadvertently placed an additional hurdle between where you are and where you want to be.

Now you don’t merely have to accomplish certain tasks. You’ve set yourself the much harder task of feeling like doing them, too.

Trying to “get motivated” can often make matters worse. Fortunately, there’s a powerful alternative, crystallized by the psychology writer Julie Fast in a pithy eight-word phrase: “Don’t wait until you feel like doing something.” When you’re mired in negative emotions about work, resist the urge to try to stamp them out. Instead, get a little distance — step away from your desk, focus on your breath for a few seconds — and then just feel the negativity, without trying to banish it. Then take action alongside the emotion. Usually, the negative feelings will soon dissipate. Even if they don’t, you’ll be a step closer to a meaningful achievement.

This approach is one aspect of what’s known in Buddhism as “non-attachment”, and it’s no surprise that one of its foremost practitioners, the Japanese psychiatrist Shoma Morita, was heavily influenced by Zen. As James Hill, a contemporary practitioner of Morita Therapy, points out, many of our most significant achievements get done despite the absence of enthusiasm: “Is it accurate to assume that we must ‘overcome’ fear to jump off the high dive at the pool, or increase our confidence before we ask someone out on a date?” he asks. “If it was, most of us would still be waiting to do these things.”

Morita himself had some startling advice for those afflicted by procrastination and other woes: “Give up on yourself.” He meant that trying to stop being “a procrastinator” or “a lazy person” was a distracting waste of time; what mattered was action. “Go ahead and be the best imperfect person you can be,” he went on, “and get started on those things you want to accomplish before you die. Don’t worry about getting motivated. Just get going.

Oliver Burkeman

UMINOVA INNOVATION

FIND OUT MORE ABOUT BUSINESS THINKING AND ENTREPRENEURSHIP

Besides our office and incubator in Uminova Science Park (nearby IKSU Sport) we are also located at Umeå Arts Campus. Uminova Innovation helps you to test and develop your business idea and build a growing company. We provide important knowledge, network and a business coach who challenges you to think BIG. Completely free of charge.

Regardless if you have unsorted thoughts on a paper, an almost finished business plan or an existing company - contact us.

Call, send an e-mail or stop by at my office, just across “White Room” at Umeå institute of Design.

The office at Art Campus is staffed 1-2 days a week.

Barbro Renkel

Business coach @ Arts campus:

barbro.renkel@uminovainnovation.se

+46 70-555 97 23

www.uminovainnovation.se

EVENTS

LUNCH SEMINAR HOW TO DOWNLOAD E-BOOKS?

The Library at Art’s Campus invites to a Lunch Seminar about how to download Electronic books

Date: Wednesday, October 30
Time: 11:30 - 12:00
Place: The Library at Art’s Campus

Language: English

Pre-registration is required! There is room for 30 people.

Sign up at the library or send an e-mail to kc@ub.umu.se

Deadline to register: Tuesday, October 29, 3:00 PM

Welcome!

ICONMOBILE PRESENTATION

Open company presentation for all school

Thursday 16.15 - 17.15:

Iconmobile GmbH, Berlin

by Andreas Wegner, Head of Design

www.iconmobile.com

in Green Room
CULTURE ON CAMPUS

Apolonia is a gang that plays world music, etno style, circus inspired, completely freaky and fun, with all existing energy. Don’t miss it!

Date: Friday 1 November
Time: 12:10 – 12:50
Place: Ljusgården atrium, Teacher Education Building

It’s been two years since their last visit to Umeå University and Culture on Campus, so it’s finally time for Apolonia to return. This time, the folk and world music band from Malmö has a wider repertoire with their 2012 full-length album, Fria Fotter. Their debut album was received with jubilation by fans and critics, and no one expected less of their follow-up, with lyrics about topics such as racism, gender and exclusion but also euphoria and love.

HALLOWEEN!

Last chance for Early Bird Tickets sale:
Monday the 28th from 12.45 - 13.15 pm
80 Kr

Early Bird Tickets are for UID students only.

Regular Tickets sale:
Thursday the 31st from 12.45 - 13.15 pm
100 Kr

Regular tickets are for everyone.

Who is in charge of what?

Decoration
BA1 - Project hall, Areas connecting to auditorium
BA2 – Auditorium, Old library

Photo booth
IxD2

Cloakroom
TD1

Entrance
IxD1

Bar APD1

Sunday clean up*
BA3, IxD1

*Anyone can help cleaning up after the party. Pizza will be served as a reward! Meet up Sunday at 14 pm in the auditorium.

/The Party Group