Support, inspire and love each other!

Congratulations and good luck to all the -soon graduating- students!
Stay in the loop:
22 May 26th, 2014
Love each other!

BA1 Design as Emotional Experience
BA2 Design Process 2
BA3 Design Process 3
Kitchen cleaning: BA3
Workshop cleaning: BA3

Overheard at UID*
*Pieces of wise awesomeness bouncing around in the corridors of UID. Follow and tweet your overheards @overheardatuid

I don’t really know what to do now. It feels weird to go outside, should I just sit there in the sun?
“You always start with sort of a hammer”, #thesis
“You think you know these people coz you have lunch with them.”
“You know, weather… weather is a thing that you need to live with.” #greekwisdom
“Maps should be more maps” #youknowwhatImean

Short Films Wednesday
12:15 / HUMlab

Next week we’ll have our final screening! As exams and final projects are piling up a short break is needed more than ever!

For this last screening, we’ll watch 3 fantastic animations depicting our society then, now and tomorrow! We’ll have Oscar and Cannes nominees! We’ll bring lots of fika to boost up your energy!

See you on Wednesday, at 12:15, in HUMlab!

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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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Adam Henriksson IXd2

10 words or less about yourself:
Can usually be found behind a glowing object.

Something most people don’t know about you:
I never learnt to pronounce an alveolar thrill (rolling R).

An interesting fact from your country:
I’m addicted to nailpolish, I own over 40 bottles.

An interesting fact about your country/city:
I’m deathly afraid of birds and was attacked by three black ones last week.

The New Black in BOOKS/MAGAZINES:
Lately, I have mostly read books related to my thesis, such as The Filter Bubble (Eli Pariser) and Who Owns The Future? (Jaron Lanier). Also catching up on some modern classics like American Gods (Neil Gaiman).

The New Black in DESIGN:

The New Black in WEB:
Gladly promoting our friend and schoolmate Daniel’s YouTube channel, “Switch & Lever”, for well made workshop videos.: https://www.youtube.com/channel/UC_1kQO5yfFAnz5TH0UKmA/

Maja Björkqvist BA1

10 words or less about yourself:
I’m addicted to nailpolish, I own over 40 bottles.

Something most people don’t know about you:
I’m deathly afraid of birds and was attacked by three black ones last week.

An interesting fact about your country/city:
Sundsvall is the capital of Norrland.

The New Black in BOOKS/MAGAZINES:
I really like the magazine Form. It’s about design and architecture.

The New Black in RANDOMNESS:
I Whistle with your hands. It’s drives everyone crazy and it’s really fun!
Find Your Passion With These 8 Thought-Provoking Questions

What is your tennis ball?

This question, derived from a terrific commencement speech given at MIT last year by Dropbox founder Drew Houston, is a good place to start because it cuts to the chase. As Houston explained, “The most successful people are obsessed with solving an important problem, something that matters to them. They remind me of a dog chasing a tennis ball. To increase your chances of happiness and success, Houston said, you must “find your tennis ball—the thing that pulls you.” Sometimes, we may not be aware of what truly engages us until we examine our own activities and behaviors from a detached, inquisitive perspective. “You almost have to ask yourself, What do I find myself doing?” explains the author and happiness guru Gretchen Rubin. “What you spend time doing can also tell you what you should do. Because sometimes the things we do without thinking really are things we naturally enjoy or are good at.”

So pay attention to what pulls you. For instance, “when you’re in a bookstore,” says author Carol Adrienne, “what section of the store are you drawn to?” That will not only tell you what books you love—it may point to where your tennis ball can be found.

For a slightly different spin on the “tennis ball” concept, ask: What am I doing when I feel most beautiful? This is about identifying not only what draws you in, but what makes you shine. Jacqueline Novogratz, founder of the Acumen Fund, told me that in her globe-spanning travels she often asks people this question in different settings. She once posed the question to women living in a slum in Bombay. At first, “one woman said, ‘There’s nothing in our lives that’s beautiful,’” Novogratz says. “But eventually, a woman who worked as a gardener said, ‘All winter long I slog and slog, but when those flowers push through the ground, I feel beautiful.’”

Novogratz says it’s important to think about “that time and place where you feel most alive—whether it’s when you’re solving a problem, creating, connecting with someone, traveling.” Whatever it is, Novogratz says, identify it—and if possible, find a way to do more of it. (A different version of Novogratz’s “beautiful” question is suggested by consultant Keith Yamashita of SY Partners: “Who have you been, when you’ve been at your best?”)

What is something you believe that almost nobody agrees with you on?

One of the best ways to know what you’re good at is to find something that people disagree with and try to succeed by out-competing this, in Thiel’s view, amounts to “beating your head against the wall—rather than going through the open door that no one is looking at.”

What are your superpowers?

The idea behind this question from Yamashita is to “unpack the combination of personality traits and aptitudes you bring effortlessly to any situation.” The filmmaker Tiffany Shlain of The Moxie Institute also explores strengths and natural “superpowers” in her new web film “The Science of Character,” which suggests that if we can identify our inherent character strengths and build on them, we can lead happier, more successful lives. Having trouble listing your powers and strengths? Check out the “Profile of Table of Character Strengths” in Shlain’s film, or refer to Gallup executive Tom Rath’s popular “StrengthsFinder 2.0” program, with its menu of 34 traits. Once you’ve identified your own strengths, you’ll be in a better position to make the most of the things you already have going for you.

But if you can find a problem or challenge no one else is tackling, you can carve your own niche and create value. “You don’t want to be interchangeably competing with people,” Thiel says. Though we’re taught to do what others are doing and try to succeed by out-competing this, in Thiel’s view, amounts to “beating your head against the wall—rather than going through the open door that no one is looking at.”

Looking back on your career, 20 or 30 years from now, what do you want to have accomplished?

For a slightly different spin on the “tennis ball” concept, ask: What are you willing to try now? For many people, this is counter-intuitive. Herminia Ibarra, a professor at“Insead” and author of Working Identity: Unconventional Strategies for Reinventing Your Career, points out that there is a tendency to devote extensive time, research, and planning to figuring out the ideal path before taking any action. This may involve perusing self-help books, soliciting advice, and waiting for the epiphany that shows you your “true self”—at which point you can strike out confidently in a new direction.

But that’s all wrong, according to Ibarra. “To launch ourselves anew, we need to get out of our heads,” she says. “We need to act.” That means devising a series of trials and errors: Ibarra advises looking for temporary assignments, outside contracts, advisory work, and moonlighting to get experience or build skills in new industries; executive programs, sabbaticals, and extended vacations also can be valuable in providing opportunities to experiment. She concludes, “We learn who we are—in practice, not in theory—by testing reality.”

In the end, simplicity is best. What is your sentence?

A leader with a clear great man is a sentence”—meaning that a leader with a clear and strong purpose could be summed up in a single line (e.g., “Abraham Lincoln preserved the union and freed the slaves.”). Pink believes this concept can be useful to anyone, not just presidents. Your sentence might be, “He raised four kids who became happy, healthy adults.” Or “She invented a device that made people’s lives easier.” If your sentence is a goal not yet achieved, then you also must ask: How might I begin to live up to my own sentence?

Now Doctors Are Prescribing Walks In the Park to Get Us Off Our Butts

When Dr. Robert Zarr wants to help kids with obesity and diabetes in Washington D.C., he doesn’t just order in another set of pills. He looks up a database of green spaces and asks his patients if they’ve been outside recently. Then he writes a prescription—to a park.

Over the last three years, Zarr has been chief evangelist for Park Rx, a system that makes it easier for doctors to recommend outdoor activity, offering an alternative or supplement to drug treatments. With the help of the National Park Service, the D.C. Department of Parks and Recreation and other groups, Zarr mapped and rated 380 parks for their activities, cleanliness, safety, and accessibility to transit. Now when DC’s doctors look up a patient’s electronic record, they can see a database of greenery alongside other options. They can ask patients about their physical activity and what they like doing, then print out a page with details of a nearby park with a map and picture.

Since launching Park Rx last July, 30 doctors at Unity Health Care have signed up to the program, issuing about 350 prescriptions. Follow-up interviews show an average increase of 22 minutes of activity per week across 400 kids. “We wanted to know whether actually prescribing a park during a doctor’s visit would change behavior,” Zarr says. “And the answer was absolutely yes.”

The National Park Service came up with the original Park Rx concept. But it’s taken Zarr’s efforts to build the database and see it being used by colleagues. In an interview, he says he was inspired by a book by Richard Louv called Last Child in the Woods, which explores “nature-deficit disorder” and its effect on youth health.

Zarr doesn’t think prescribing parks is a radical step, though it may require a little getting used to. “Once you get over the conceptual hurdle of prescribing park, and you believe the science behind it.”

Zarr now hopes to develop a mobile app, and perhaps get the “have you been outside recently?” question included in patients’ pre-interviews alongside other vital signs queries.

Park Rx could even help cut the amount of drugs doctors prescribe, reducing kids’ exposure to chemicals. “If patients are losing weight and their blood pressure is going down, then theoretically you should be able to decrease the amount of medicine you prescribe.” Zarr says. “No doctor wants to prescribe medicine is there a safer alternative, which is spending time outside.”
# Multimedia Design and Technology Education Crossword No. 3

**Across**

1. A chisel used to chop mortices. (Two words, 7, 6)
7. A tool for marking lines parallel to an edge on flat steel bar. (Three words, 3, 3, 9)
8. Sculptures are sometimes made from this metal. (6)
10. A machine with a rotating abrasive disc. (6)
12. This tool is used to mark where a hole will be drilled. (Two words, 6, 5)
15. A very heavy metal. (4)
16. A mixture of metals. (5)
17. A saw used to cut tenon joints. (Two words, 5, 3)
19. A tool for gauging the height of things. (Two words, 5, 5)
20. A thermoplastic often used in D&T lessons. (7)
22. A very accurate measuring tool. (10)
23. A measuring tool. (Two words, 5, 4)
24. Timber from deciduous trees. (8)

**Down**

1. A tool for marking lines parallel to an edge on a piece of wood. (Two words, 7, 5)
2. A hand tool with a fine blade used for sawing curved shapes. (9)
3. An engineer's hammer. (Three words, 4, 4, 6)
4. A tool for holding work on a bench. (4)
5. A tool for gauging the depth of holes. (Two words, 5, 5)
6. A machine used for cutting large pieces of timber. (Two words, 8, 3)
8. This metal is often chrome plated. (5)
9. A machine with a very fine, reciprocating saw blade. (Two words, 4, 3)
11. This metal is often used for water pipes. (6)
13. A light metal. (9)
14. Timber from coniferous trees. (8)
18. A very rough file. (4)
21. A twist drill is made from this metal. (5)

Do not leave spaces between words, e.g. steel rule = steelrule