Experiential Design – Rethinking relations between people, objects and environments

- **Paper / Proposal Title:**
  Future Memories: Developing A Prompt Delivery System to Promote Savoring

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- **Abstract (300 words):**
  Employing savoring strategies in one’s daily life has been shown to predict happiness and general wellbeing. This case study details the development and preliminary testing of a game system and physical prototype intended to promote the positive psychology principle of “savoring” among Generation Z users. Employing laser-cut wooden chips inscribed with the cryptic prompts such as “secret dance” and “turn it around,” the open-ended instructions require only that the user integrate the prompt into their day with at least one purposeful, or spontaneous act. For the product prototype, the prompt chips are housed within a standing 3D-printed cylinder and are dispensed from a gravity-fed cavity near the base of the product. A remote-controlled LED light shines upward from the top of the cylinder to remind the user to engage with the product. In conjunction with the physical prototype development, the prompts’ impact on user emotions was examined using a card-and-envelope system. A 5-day user study was conducted with a convenience sample of 6 undergraduate students (3f, 3m). Pre-post self-report measures included the Photographic Affect Meter (PAM), Product Emotion Measurement Tool (PrEmo), and the Positive Affective and Negative Affective Scales (PANAS). While the self-report results were inconclusive, the user study as a whole suggests the prompts may afford design-mediated opportunities for several savoring strategies; specifically, the prompts provide opportunity for Positive Mental Time Travel, Capitalization, and Being Present. A post-study video reflection revealed a number of psychological benefits from
interaction with the game, including the salience of personal choice. Our paper focuses on how the goal of user savoring was incorporated into the design process and how testing was conducted. We believe this to be a valuable approach that may guide others who are interested in designing for- and testing nuanced constructs within positive psychology.

- Author(s) Biography (200 words each):

Jeremy D. Faulk is an M.S. student in the Department of Design + Environmental Analysis (D+EA). He is interested in design-mediated wellbeing and creativity. Jeremy is a musician, writer, and performer and has experience as a research intern at NASA studying design-mediated stress countermeasures during manned spaceflight.

Clara Dewey is a rising senior studying Mechanical Engineering and D+EA. Her interests lie in bridging engineering, user-centered design, and sustainability to create impactful solutions. She has conducted research on sustainable product ideation at Stanford’s DesignX lab and, through her work on the Cornell Baja Racing team, has developed an expertise in high-performance composites.

Oluwanifemi (Nif) Oluwadairo is a junior studying Mechanical Engineering. He is interested in user-centered design that improves quality of life for others. Oluwanifemi seeks to improve designs by understanding best practices in engineering and ergonomics. He has experience as the ergonomics engineer on Cornell’s Formula SAE racing team.

Carlos Araujo de Aguiar, founded in three main bodies of knowledge - HCI, Environmental Psychology and Architectural Robotics - Carlos’ research explores how distributed, responsive systems can foster social interaction and place attachment in human inhabitants. In addition, Carlos is also contributing to the development of the home+ project enabling aging in place, such that his broader aim is to make a more capacious living environment for older people both inside and outside their homes.

Jay (JungKyoon) Yoon, PhD, is an assistant professor in the Department of D+EA where he leads the Meta Design & Technology Lab. Jay investigates how products can be systematically designed to enrich users’ momentary as well as long-term experiences by means of emotions.