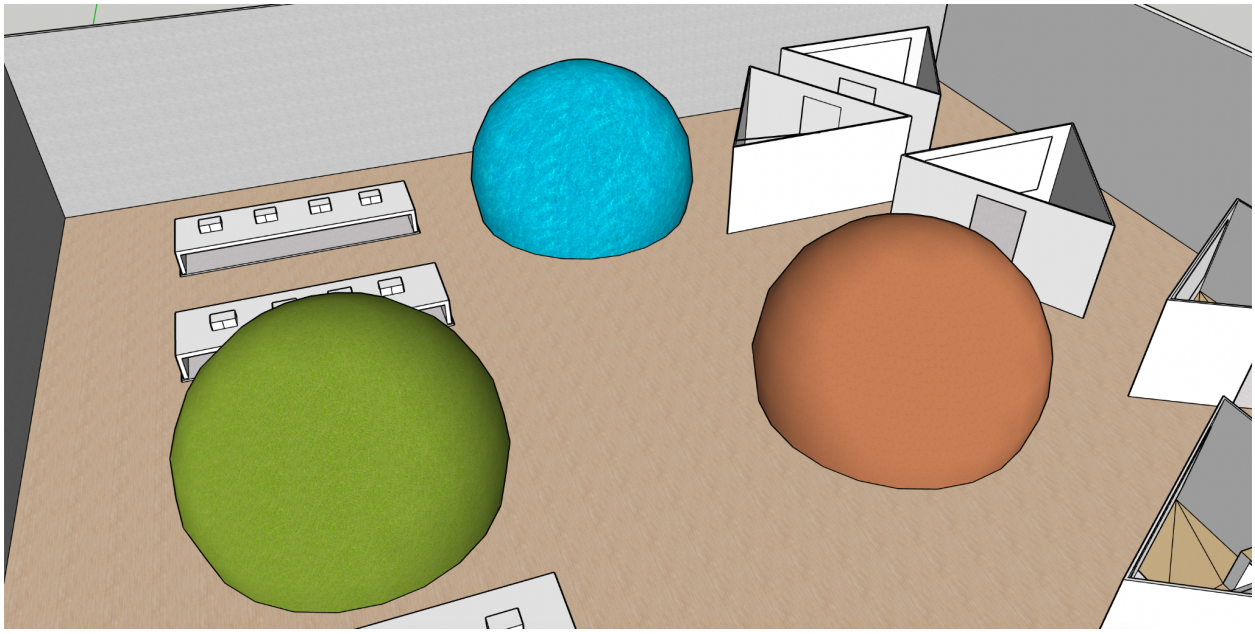
Minds Oasis

Design Domain: Education
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CONCEPT

Minds Oasis envisions a workplace for students that goes beyond conventional libraries and study spaces, as its purpose is to promote a harmonious balance between learning and well-being. Our space guides students to reshape their studying behaviors more mindfully, prioritizing their mental and physical health.
The designed features will help students engage in physical activities while studying, offer a place to meditate, and teach efficient studying methods.

3 MAIN FEATURES:

- Zen Huts: spaces for student meditation, relaxation, and mindful rediscovery.
- Phone boxes: lights up after a selected time, reminding students to take a break.
- Active Workstations: treadmill/cycling desks for physically active learning session

KEY BENEFITS

- Promoting physical well-being during breaks or studying sessions
- Encouraging taking breaks & learning effective studying methodologies
- Promoting mental well-being, mindfulness, and relaxation moments between studying sessions

PROBLEM STATEMENT

Lack of efficient study methodology and mindfulness towards mental well-being can contribute to unhealthy study habits that can lead to never-ending unproductive study sessions, causing significant mental and physical health issues like psychological distress, burnout, eyesight damage, and lousy posture.

COMPOSITE CHARACTER PROFILE

The Good Work-Life Balance Seeker is a college student who strives for excellence but faces challenges as she lacks proper study methods. The pressure to succeed often leads to prolonged study sessions characterized by frustration and unproductiveness. She values her mental/physical well-being but cannot find time for it.

POV STATEMENT

The Good Work-Life Balance Seeker needs to find a workplace that promotes mental and physical well-being, where she can meditate while learning effective studying methods because she feels overwhelmed by her workload as she does not know how to manage it.

PROTOTYPING & TESTING INSIGHTS/RESULTS STATEMENT

Our first prototypes were hand sketches designed to help users visualize our imagined features. The feedback we received helped us better understand which features were essential to students and which were just add-ons, leading us to narrow the feature selection down. For our final prototypes, we used Revit and SketchUp.

SUSTAINABILITY STATEMENT

We designed our space keeping in mind the human-centric perspective throughout the process, as the whole concept behind Minds Oasis revolves around guiding users' studying habits toward more mindful, sustainable, and healthier behaviors that promote holistic well-being.

OUR FEATURES IN MORE DETAIL

- Phone Box, it will allow students to put away their phones for a set amount of time to avoid distractions while they study. All they have to do is put their phone inside the phone box, set a timer for when they want to take a break, and set a passcode to keep their phone secure. The phone box includes an emergency button to get the phone if needed and features wireless charging to charge your phone while studying. When the timer is up, a light will glow, nudging users to take a break from studying.

- Active Workstations that inspire movement while studying. Each Active Workstation is an enclosed workspace in a triangle shape, allowing multiple desks to be connected and easily moved around with built-in wheels. Each workstation features a sliding door with soundproof acoustic panels that will stop noise from leaving the workstation and blinders indicating if a workstation is being used. Inside each workstation, students will find either a treadmill or a bike desk to encourage physical exercise while studying, allowing students to relieve stress and be more productive.

- Zen Huts, which offer relaxation and reflection for students when they need a break. Our Zen Huts have three main themes: garden, beach, and self-guided meditation. The garden and beach themes will allow students to take social breaks in a relaxing environment, while the self-guided meditation will allow students to reflect on their day with personal questions throughout the walk. These features promote effective and sustainable studying, thus preventing the long-term negative effects of burnout among students.

OUR HAND DRAWN SKETCH

