Policy Changes in Design Education

A Collective Mental Health Dossier

Elective: Mental Health by Design

Course Leader – Dr Anuradha Chatterjee,
Professor and Dean School of Design and Innovation



Peer Marking

⇒

① Assessment should be done in 30, 50, 20 method:

30% – peer evaluation - team members should evaluate each other based on the work assigned & then later submitted.

50% – Teacher's assessment for individual team member.

20% – Teacher's assessment of the group as a whole.

PEER MARKING

1. Implementing peer assessment systems in a group setup for long time group projects.

2. In a group setup, the assessment criteria from the professor's end must be done for the individual and the group as a whole.

3. Allowing students to provide anonymous peer evaluations, to reduce anxiety associated with giving and recieving feedback

② Peer Network - Create a peer network where students can discuss & seek guidance & help each other.

PRESENTATIONS

Implement a review or a screening process on presentations for constructive and helpful feedback from peers.

Group work

→ Grading criteria to emphasize the quality of work over the quantity, reducing the pressure on students.

→ Mentorship from seniors or alumni to guide groups through project.



CLASSROOM DESIGN POLICIES

→ PLACE COMPARTMENTS TO STORE MATERIALS OR ASSIGNMENTS UNDER THE WORK DESK.

→ DESIGN AND ALLOCATE APPROPRIATELY SIZED LOCKERS FOR DESIGN STUDENTS TO STORE ALL THEIR MATERIALS SECURELY.

→ THE PLACEMENT OF GLASS WALLS CAUSE INEVITABLE UNNECESSARY POINTS OF DISTRACTION TO STUDENTS IN CLASS.

COURSE COMMUNICATION AND LANGUAGE

→ INCORPORATING CONSISTENCY INTO READING SCHEDULES FOR CLASSES AT A DESIGNATED TIME EVERY WEEK

→ CHOOSING EFFICIENT COMMUNICATION PLATFORMS WHEN DISTRIBUTING INFORMATION THAT INVOLVES ATTENDING URGENT EVENTS OR CLASSES.

→ EXPANDING NUMBER OF ASSIGNED STAFF MEMBERS TO ASSIST STUDENTS IN THE FACE OF UNPRECEDENTED PROBLEMS.

→ ESTABLISH MULTIPLE POINTS OF CONTACT FOR ANY PROBLEM RAISED BY STUDENTS

POLICY CHANGES ★

→ INCORPORATE SCHEDULED BREAKS EVERY 30-40 MINUTES WHICH INVOLVES PHYSICAL EXERCISES.

→ THE SUBMISSION OF ASSIGNMENTS SHOULD BE LINKED TO THE ATTENDANCE FOR CLASS FOR WHICH THE WORK WAS ASSIGNED

→ RIGID ~~ATTENDANCE~~ ALTERNATIVE TO SCHEDULE EXTRA CLASSES FOR STUDENTS WHO FAIL TO ATTEND ONE OR MORE ONLINE CLASSES.

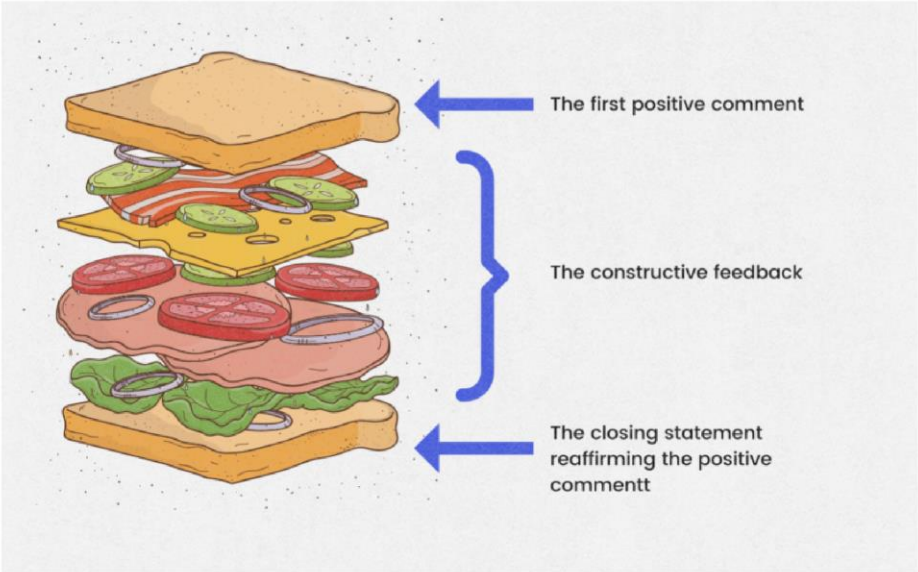
DESIGN OF ONLINE LEARNING PLATFORMS



F E E D B A C K

SANDWICH FEEDBACK :

Positive comment, constructive critique, end with encouragement. Balances praise and improvement, fostering growth and motivation.



M A R K I N G

INDIVIDUALIZED :
Implement one-on-one meeting between evaluator and student to discuss feedback and address individual learning needs rather than a Jury.



MARKING CRITERIA

CONTEXTUAL RELEVANCE AND RESEARCH:
Emphasize the importance of thorough research and how well the design addresses the specific needs and context of the target audience or environment.



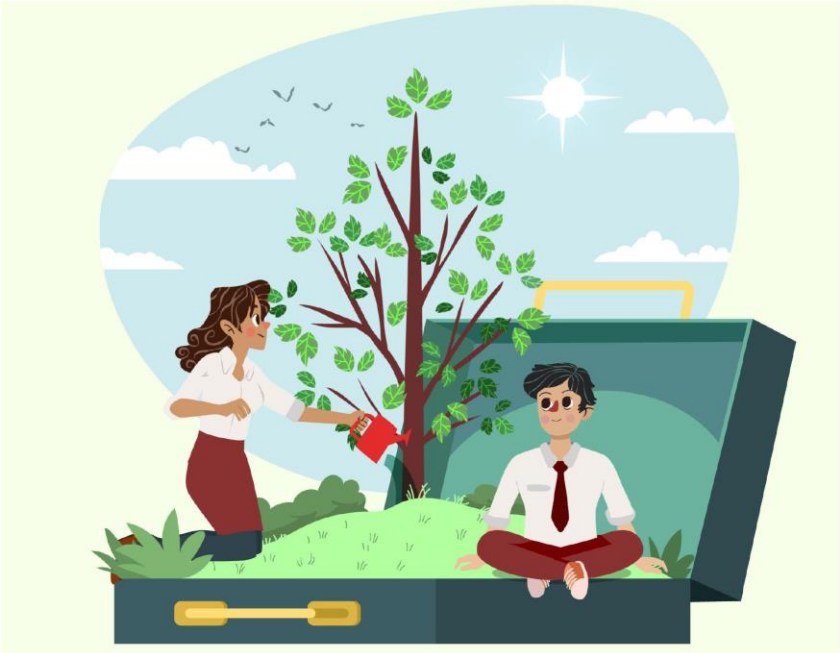
ASSIGNMENTS

CROSS-DISCIPLINARY ASSIGNMENTS:
Introduce assignments that require collaboration with students from other design disciplines, encouraging a holistic approach to problem-solving.



DESIGN CULTURE

SUSTAINABLE DESIGN CHALLENGES :
Create annual design challenges focused on sustainability, encouraging students to develop innovative solutions for environmental issues.





REVIEW FORMATS :-



↳ 2nd HALF OF THE DAY CAN BE REVIEW SESSIONS

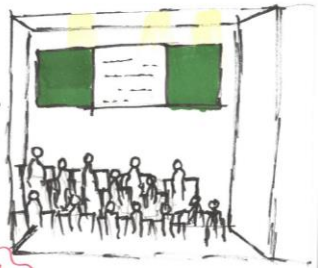
↳ FOR ANY SUBJECTS/MAJORS

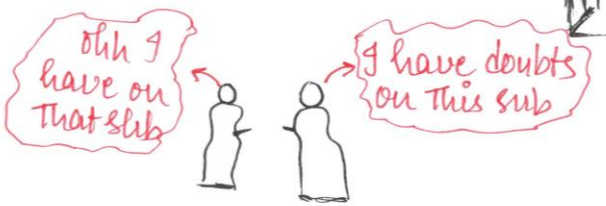
↳ POINTS SHOULD BE GIVEN — ~~to~~ FOR WHO TALKS.

↳ POINTS CAN BE GIVEN LIKE

↳ eg:- 3points = cancelling 3 mistakes

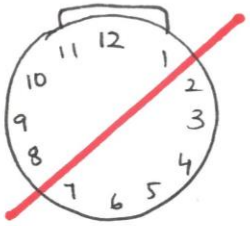
↳ ATTENDENCE





CONDUCTING CLASSES:

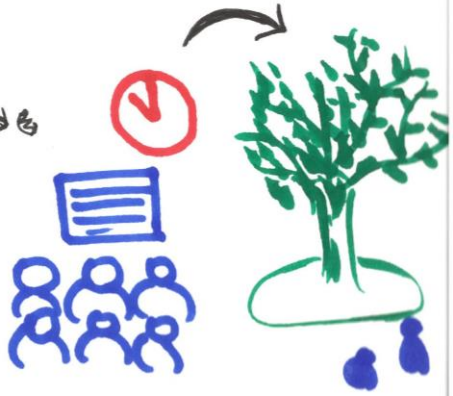
- STUDENTS ARE ALLOWED TO TAKE BREAKS WHENEVER THEY FEEL THEY HAVE BURNOUTS WHILE WORKING ON ASSIGNMENT.



- Activities APART FROM ACADEMICS TO IMPROVE MENTAL HEALTH LIKE MEDITATION, FUN EDUCATIONAL GAMES ATLEAST ONCE / TWICE A WEEK

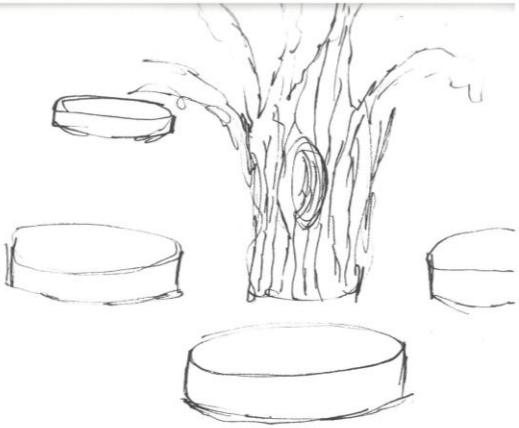


- CLASSES CAN BE CONDUCTED IN THE INITIAL HOURS, TO WORK STUDENTS CAN EITHER CHOOSE STUDIO OR OUTDOORS INSTEAD OF CLASSROOMS.



CLASSROOM ARRANGEMENT

Taking classes outdoor helps students well being and improves creative mind sets. Plus encourages +ve learning.



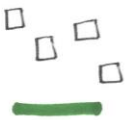
DAY1



DAY2



DAY3

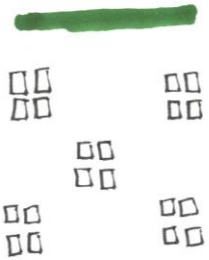


DAY4



Playing around with the desk everyweek and arranging it - in a creative way - helps mind work and learn organising

Seating in groups can provide students personal space as well as group discussion



HIDDEN CURRICULUM:



ON-TIME SUBMISSION -1 CREDIT

SUBMITTING ON TIME IS A COMMON PROBLEM.

I THINK STUDENTS SHOULD BE REWARDED FOR ON-TIME SUBMISSIONS. STUDENTS SHOULD GET ONE CREDIT PER SEMESTER IF THEY SUBMIT EVERYTHING ON TIME. (40/50 on-time submissions and they get a credit). So minimum 90%

REVIEW FORMATS:



GUEST REVIEWS

Once a month, Guest Reviews can take place.

Professionals from industry can be invited to review projects students are working on, especially 3rd and 4th year students



• **Design culture:**

Atharva · D · Shetty

When designed under standards, the buildings can play a important role on mental health and well-being for the occupants of the building. This being said, both the higher education institutes and designers agree that the university cannot succeed without addressing the mental health of staff, students and faculty. This can also help students with disabilities in order to reduce the need for academic accomodation, prevent awkward situations, relieve some of the pressure received by faculty workers, etc.

- **Marking**

1) Avoid very heavily weighted test (i.e exams having 30-35% of their final grade)

2) Instead of having one or two heavily-weighted assessments, Provide low-stake assessment with feedback so students

3) Provide strict marking after the student finally gets the hold of it.

Late submission:

1) Recognize the students may have multiple responsibilities on- and off-campus, and provide challenges that will reduce student's stress.

2) Co-ordinating the timing for mid-terms & assignments with instructors of other required or core courses in your program

3) Consider the tone of your syllabus and course as phrases such as "all student must" and "failure to follow these instructions" may cause students to feel unwelcoming and inflexible.

- **Class Timing:**

Numerous studies have demonstrated the impact of physical wellbeing on student learning and performance. Having reserves of energy, concentration and stamina can help students ensure ability to learn at an optimal level and performance in stretching academic assessments. Regular physical rest and breaks have been shown to positively impact cognitive function making learning, problem solving and creative activity more possible.

Assignments:

1) A description of the purpose & expectations of the assignment should be written.

2) Directing students to resources that can help with developing research and writing skills.

3) Setting deadlines for the assignment, not during weekends, midnight or holidays.

4) Avoiding Open-ended deadlines

Classroom Design:

1) Needs: An adult learner model can recognise that sometimes students have adult obligation, such that they don't get embarrassed when arriving late/leaving early.

Solution: Configuring the classroom which the entry/exit is in the backside of the room

2) Needs: Recognising people that may/may not have disabilities have difficulty Concentrating.

Solution: for longer classes provide breaks and changing the Pace regularly during classes.



Policy changes:

• late submission

I believe there shouldn't be a threat to the marks a student scores just because they are submitting an assignment later than the expected date because otherwise it makes students want to pull all nighters to finish in some cases even degrading the quality of work just to get it done in time .

• unsaid expectations/ hidden curriculums

Sometimes the professor expects industry level work from someone who is still learning but the student doesn't know that and doesn't know where they went wrong even since they've probably spent hours on it and it leaves them questioning many things, which isn't the kind of stress a student should have to go through.

•Design culture

The idea of this whole design culture for students being "sleep is for the weak" or you must pull all nighters or I work better at night creatively, seems very toxic to me because students adapt this lifestyle then end up paying for it later with their health and loose working hours as well, so assignments instead of being more in number and students just 'manufacturing' them for the sake of submissions, should be more thoughtful which makes us sensetive to the fine nuances of making a design. We should want to do an assignment instead of having to do it.

•Attendence

I believe design education in total should have very minimum attendance requirement because, once given an assignment suppose for a week , the student can work on it on their own and get required feedback personally but the fact that they have to sit in class and finish it over the week or during studio time mandatorily doesn't make sense as it might not be the best working space for everyone

•Face to Face vs online classes

I believe design education should have a mix of both, so for example sometimes maybe the professor just wants to explain a presentation or they want us to do a presentation, they can just hold an online class for it then assign us tasks based on that instead of students having to carry all the required stationery to college and then sitting in classroom and working which they could've done for their homes as well.



No. of classes :-

Diversify course offerings :- ensuring students have access to wide range of classes in areas such as graphic design, industrial design, fashion design.

Portfolio-based Assessment :- encourage the adoption of portfolio-based assessment rather than solely relying on exams & grades this approach allows students to showcase their practical design skills & creativity.

Mentorship Programs :- develop policies to establish mentorship programs where experienced designers & professionals in the field can provide guidance & support to students, enhancing their learning experience beyond the classroom.

Attendance :-

Blended learning :- This could enable students to access lectures & assignments remotely when necessary, reducing the need for physical attendance while still promoting active participation.

Attendance credits :- This credit could be earned through participation in class discussions, group projects, & other engagement activities, giving students an incentive to attend regularly.

Peer Assessment :- This encourage teamwork & ensure that students who may have missed a class are still held accountable for their contributions...

Class timings

Flexible scheduling :- Offer a mix of morning, afternoon & evening classes to allow students to choose times that suit their productivity & personal commitments.

Hybrid learning :- That promotes hybrid learning models, combining in-person & online classes.

Survey & feedback mechanisms :- Regular survey & feedback mechanisms to gauge student preferences for class timings. use this data to make informed decisions on scheduling and adjust class hours accordingly.

Face to face versus online classes :-

flexible learning options :- this allows students to choose between face to face and online classes based on their preference & circumstances.

high-quality resources :- ensure that online classes offer the same level of high quality resources and materials as face to face classes like interactive virtual design studios, access to design software

mental health & wellbeing support :- Recognize the unique challenges that may arise in online learning such as isolation & screen fatigue. so provide mental health resources to students in both settings promoting overall well being.



1) Feedback

The most important word in any trainees vocabulary is

1) feedback
2) Marking
3) Marking Criteria
4) Assignment.

- focus on feedback that encourages students to think through their learning.
- Divide the time between collective, group, pair & individual feedback.
- Identify something that was done well and something that needs improvement & provide specific suggestions for how to improve.
- In any class the teachers should not be partial towards certain students the way they speak to their favourite student is different compared to other students this should not happen with any student because every student is here to learn and to be treated equally and give equal amount of attention everyone [Equal importants to all the students]

* Assignment

- Extensions and special Considerations [When there is bunch of more work]

* Marking.

- While marking final assignments it should be criticized by more than one faculty.
- Marking should be meaningful, manageable and motivating.



DESIGN OF ONLINE LEARNING PLATFORM

CUSTOMISABLE ONLINE MODULES

Modular learning models provide students the opportunity to do multiple courses (also different from their major) online and learn at their own pace, to accumulate credits slowly over multiple semesters.

DESIGN OF ONLINE LEARNING PLATFORM

HYBRID LEARNING OPTIONS

A combination of face-to-face and online classes must be provided to allow students to have flexibility to choose their mode of instruction that suits them the best, allowing improved adaptation to individual needs.

ATTENDANCE

MENTAL HEALTH DAYS

Students must be allowed to take a limited number of mental health days every semester without reduction in attendance.

with some specific accomodations like extended test taking time, quiet workspaces, note taking assistance and regular check-ins.

COURSE COMMUNICATION AND LANGUAGE

MULTIPLE METHODS OF COMMUNICATION

Students must be allowed to choose their preferred mode of completion of assignments when appropriate.

CLEAR GUIDELINES & NO UNSAID EXPECTATIONS

Course outlines and assignment descriptions must not be ambiguous, and ~~must be~~ grading criteria must be transparent to the students.

PERSONALIZED LEARNING PLANS

Every student must have an academic advisor. All neurodivergent students must be provided with personalized learning plans



GROUP WORK

Giving equal opportunities to present the project will bring a sense of confidence in the team members.

GROUP WORK

Checking individual contribution gives a sense of participation and everyone's efforts are recognized which provides a sense of encouragement and motivation to contribute more.

GROUP WORK

Consider everyone's pitch of ideas. Take ideas from people who are not confident about their ideas in private. It may be because of their low confidence or other reasons that they are unable to communicate.

GROUP WORK

Work must be divided equally among the team. It is prefered to divide it based on their strengths and weekness.

ATTENDENCE

Students should have reasonable leave days for personal / family emergencies.

ATTENDENCE

Verify the medical reports submitted. If there are no reports, then contact their parents for confirmation.

ATTENDENCE

Consider even 1-2 day leaves as sick leaves, since cold, cough, etc. are sometimes short.

ATTENDENCE

The minimum attendence percentage should be brought down to 70-75%. Having too high attendence percentages can burden students.

CONDUCTING CLASSES

It's a fact that a human can focus on something for only 45 mins. After that, most people strain their bodies to focus and end up learning less. It's prefferred to take breaks from time to time.

CONDUCTING CLASSES

Similar subjects shouldn't be conducted simultaneously. For example, having two coding classes (in diff langs) together can reduce productivity and instead increase confusion on the concepts.

CONDUCTING CLASSES

Practical classes are better than theory classes after lunch breaks. Due to hands-on work in practical classes, it helps students stay mentally and physically active.

CONDUCTING CLASSES

Changing subjects or taking a break can help regain focus. physical Exercise marginally improves focus.



STUDIO TIME



STUDENTS SHOULD BE ALLOCATED A PERMANANT STUDIO SPACE OR SHOULD BE GIVEN AN OPTION TO SET UP A SPACE AT HOME. THESE SPACES SHOULD PROMOTE STUDENT PRODUCTIVITY / BE A COMFORTABLE SPACE. STUDENTS SHOULD BE PROVIDEDED ATTENDANCE FOR WORKING IN THEIR STUDIO SPACES

DESIGN CULTURE + LATE SUBMISSIONS

Design school should be conducted in ~~a~~ a way where weekends should be free for personal exploration. Assignments should be graded on a five day weekly basis and measures should be taken to prevent spillover during the weekends.

In case of late submissions, ~~or~~ these weekends should be utilised to catch up to the syllabuses and if a student has been repeatedly giving in late submissions, ~~They should be Counsellors should~~ Counselling sessions should be held to understand the root of the problem and give solutions to the student to help them in the best way possible.

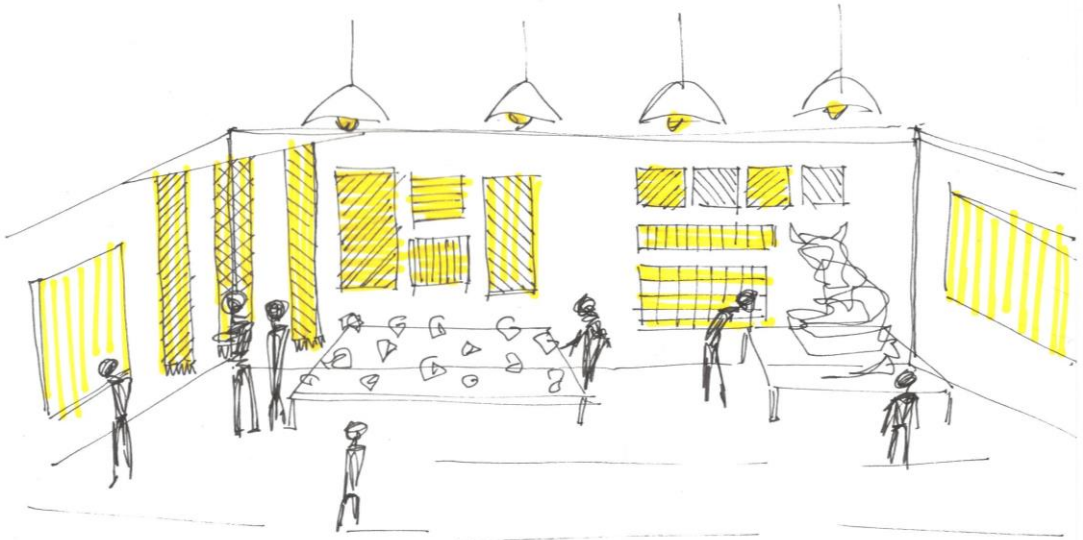
With weekends being exploratory time, a few hours ~~on~~ Monday should be allocated for students to communicate and bond. ~~over~~ In the monday session, students can share amongst each other what they learnt / did / enjoyed over the weekend.

CONDUCTING CLASSES

There should be flexibility regarding weekly timetables. The current timetables are rigid and are routine based.
Some subjects are ~~taught~~ absorbed better when they are continuous. Keeping one subject at one particular day of the week may be unproductive at times as there will be a large break before the next class.

Students should be given the opportunity to get involved in what is being taught. Learning one topic / doing a project continuously for a week or two straight will be more productive than "once in a week" classes that continue for many weeks.

ASSIGNMENTS



ALL TEACHINGS TAUGHT DURING A SEMESTER SHOULD END WITH A CUMULATIVE AND CONCLUSIVE EXHIBITION/FEST WHERE PEOPLE FROM THE REST OF THE UNIVERSITY SHOULD BE ALLOWED TO ATTEND. THESE EXHI EXHIBITIONS WILL MAKE STUDENTS FEEL PROUD OF WHAT THEY HAVE ACHIEVED THROUGHOUT THE SEM AND WILL GIVE THEM AN OPPURTUNITY TO APPLY ALL THAT THEY HAVE LEARNT IN ONE GRAND EVENT.



CLASSROOM DESIGN & ARRANGEMENT

LIGHTING IN CLASSROOM

class rooms on a good weather day, should be lit at least 80% with natural light.



ENGAGING FURNITURE

Classroom seating arrangement should be in such away that the students are within 4 meters of radius to the faculty

Eg:- semi circular or countoured seating



CLASSROOM / SCHOOL WALLS:

Small paintings or brightly coloured classroom can enhance moods hence they should be implimeted in all class rooms.



ACOUSTIC PANELS:

Acoustic panels should be used in all classrooms And. 70% of the walls should be covered. As children tend to be noisy and it's their natur but the sound can be controlled by use of Acoustic panels.



Flexible deadlines :-

Giving students the choice to turn in their work any time within a specifically mentioned time peeriod, rather than on a specific day.

Introducing a system which provides students with more options when it comes to choosing the course deliverables. This promotes and inculcates a sense of responsibility and accountability among students.

Classes conducting :-

- More classes based on interaction, discussion and conversation.

Work being reviewed / critiqued by more than one person, in order to ensure objectivity, and ensure that personal opinions and biases don't come in the way.

Improving and expanding the available resources, which are currently limited in comparison to the students demands.



Feedback

→ Feed back on clarity concepts is essential for growth & development when students evaluate their work.

→ Identify the key concepts that should be addressed

→ give descriptive feedback where possible

→ focus on feedback that encourages students to think

Marking

→ To encourage a positive self image & increase independence in learning

→ Ensure fairness in assessment of student work

→ Straight marking

Assignment

-> Need more time when there is more work

-> understanding brief

Marking Criteria

→ Skill, Perfection, Practice

→ encourage if anything goes wrong

