Examples of Day 1 Blog Posts

TEAM DUCTUS 10, DAY 1 SUMMARY

Team Ductus 10 began by brainstorming about the topic and discussing how we could make an impact. We started off with team building exercises where we learned one another’s strengths and weaknesses. We found out that some of us have different learning styles and we can use our strengths and expertise from our three different majors to come up with unique ideas.

After the team building meeting, we each went to different workshops. One of us went to the Human-Centered Design lecture and learned how products can impact human behavior and health. Another went to the Integral Sustainable Approaches to the Challenges of Displaced Populations lecture and learned about triple bottom line sustainability. We were told that it could be helpful to imagine ourselves as a refugee or displaced person and determine what our needs would be.

Later, we met up again to discuss what we had learned. We talked about the current weather patterns we are experiencing and thought about what would be helpful for them. We started sharing our own personal stories and experiences, like how one of us lives in an area with nuclear power plants where the health department distributes potassium iodide tablets in case of emergency. This got us thinking about what we could distribute to people in all
regions of the United States before natural disasters occur. We ended by developing the idea for a natural disaster preparedness/survival kit that we could distribute to people that would include useful products for them.
We had a really great time coming up with lots of possibilities, but ultimately we decided that we couldn’t move forward without doing more research, so we decided to adjourn for the evening to research independently and meet again in the morning. We’re confident that we will be able to come up with something great!

**DAY 1: CREO 6**

After some technical difficulties with logging in, we are finally able to write our first blog post!!!

The first day was an interesting one for Creo 6, as we discovered that even though we all attend PhilaU, we study a wide range of majors and come from all over the world. We brainstormed quite a few ideas, some of which were vastly different from each other, ran with each one until we hit a roadblock, then went back to the drawing board. This is a process that some of our group members are extremely familiar with from our design courses and we were glad that the others were able to equally participate in brainstorming.

At one point, we discussed the possibility of creating wearable devices to measure vitals and other body functions. A couple of us attended the talk about Telehealth and learned that there are actually full body suits that can measure essentially everything through electrodes and sensors in the fabric. While this was very interesting, we elected to go a different route with our project because it was difficult to think of a product that had not already been invented. At this point, we switched gears back to one of our original ideas: combating obesity by instilling healthy habits in children and adolescents in the form of hands-on farm to table meals. We discussed the possibility of implementing programs into schools, which is when we made the realization that it would be more difficult for children in the inner cities, such as Philadelphia, to get access to the amount of green space necessary for this project to be a success. There is always the possibility of installing a green roof, but this is typically very expensive and schools that are already struggling financially would not be able to afford it. . Our goal is to design a product or system to provide a cheaper alternative for fresh food growth in Center City Philadelphia and similar areas across the country.
Day one of Nexus Maximus was definitely exciting because we found who we were going to be working so closely with for three days. We have an OT student, ID student, and an Interior design student as well as Architecture students working together. We approached the subject of personal health in a mental health perspective and decided to create a room with an interface to encourage relaxation and tranquility. We intend on researching audio, tactility, light, and even types of spaces to come up with a customizable space which can benefit everyone. We expect that this could be used at places with high stress levels and also for rehabilitation as well as hospitals. One of the workshops we went to clearly defined what it meant to be a team full of differences that lead to strength in every direction as compared to a team of the same qualifications. Another workshop illustrated the process to solving a problem and one thing we learned from it was that the first step which most people skip is inventory that is analyzing the problem at hand and your resources.
The members of our group are Anna Kipp, Tania Garcia, Elena Krupicka, Anna Nicola, and Luke Yeagle. When we first met up, we exchanged contact information and divided up the sessions that we would each go to over the course of the day. During the day, the different members of our group attended 5 different sessions to get a broad idea of major health issues that the world faces right now. A couple of different issues that we learned about at the sessions were the effect of climate change on health, such as with CO2 emissions leading to asthma. Another issue was with people from rural areas not having access to tele-health resources. Then we reviewed the scenarios and project brief before brainstorming possible ideas. One of the areas that we thought deserved focus was the lack of communication between different health professionals and their patients. An approach we thought of is creating a way for patients to communicate more directly with health professionals outside of doctors offices. We are gathering a lot of our information from personal experience with health professionals, and the problems that we have faced when dealing with said professionals. We plan on meeting up again tomorrow to finalize an idea and begin working on our presentation for Monday.
Aspiring to be on the “cutting edge of technology”, Novo 4 came into Nexus Maximus ready to take on the task of assisting refugees. We started the day by meeting each other and going through introductions, then we participated in a team building exercise that involved us working together to stack 10 cups in a pyramid formation and to create free-standing tee for either a golf-ball or softball as high as possible. Our team succeeded in both activities but learned that communication within the team and time management are important factors that need to be considered when working on a project together. Then we spent a lot of the remainder of the day going to workshops that were run by the professors. Some of the topics that were covered in the workshops included sustainability, economics of refugees, migration of refugees, connecting refugees using the internet, genetics, human center design, and refugee health. After going to the workshops, we came back together and started to brainstorm ideas of refugee problems that we wanted to try and solve. Our first idea that we came up with, and the one that we decided to run with, was assisting refugees in getting hired by creating a website that would link employers that are willing to hire refugees with refugees that are seeking a job. This is a crucial problem that needs to be addressed because one of the goals of refugees is to live independently in a country and to be able to provide for their families. We came up with a general idea for the website and options that we wanted to include. When meeting with our adviser about our concept, he raised some concerns about language barriers that will exist when employers are trying to hire refugees and suggested that we present this hurdle when we present our final idea on Monday. Overall, it was a successful first day and we have a general idea of what we want to accomplish for the final project.