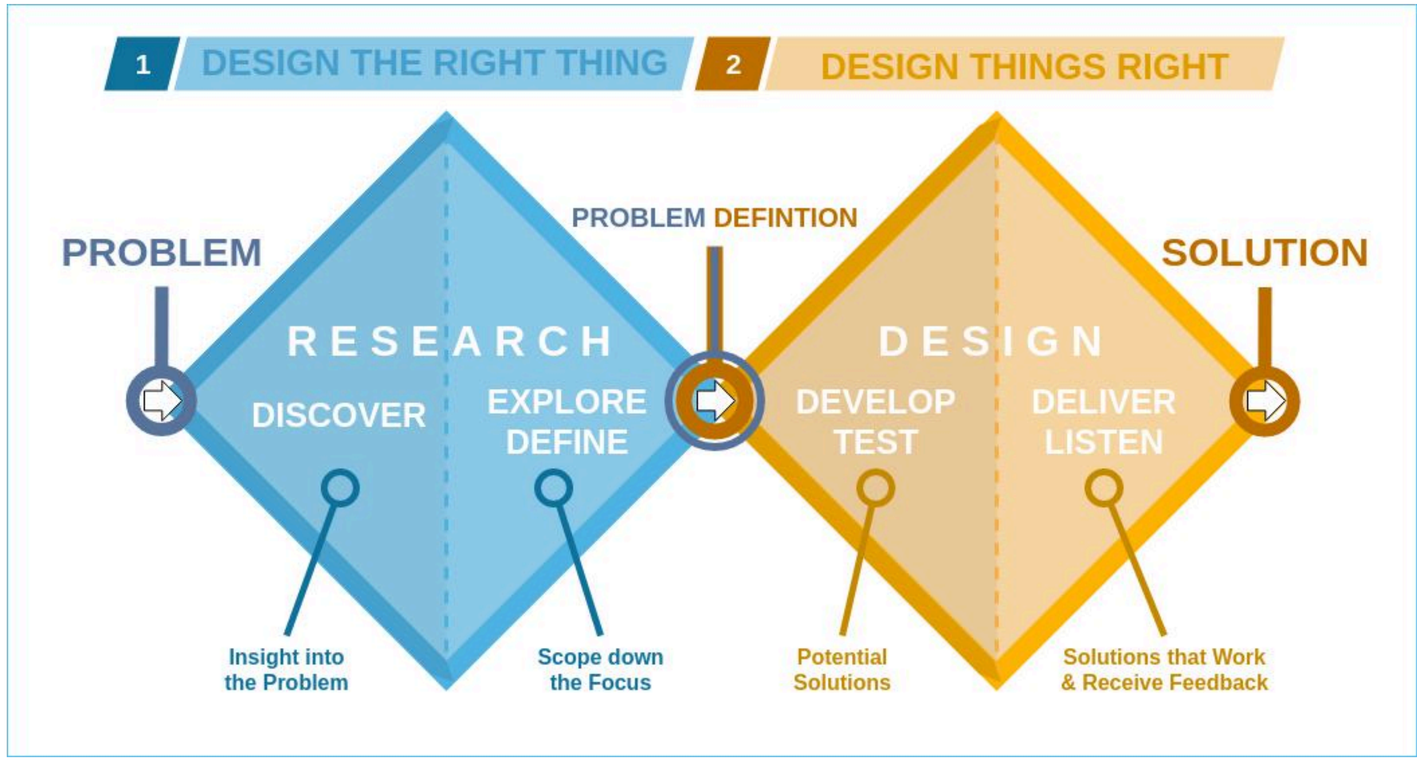
Turning everyday academic stress into a design problem

My Daily Double Diamond Design Thinking — Project 1

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Project Overview
What this project explores

Using the Double Diamond methodology

Reframing a daily task as a design problem

Moving from observation → definition → ideation → solution

The challenge

Managing assignments and deadlines across multiple platforms

Why this matters

Missed details and last-minute stress affect both performance and well-being

Discover: Activities

Activities used
- Affinity Mapping
- Journey Mapping

What I focused on
- My own habits when receiving and managing assignment information
- Emotional responses (stress, uncertainty, overload)
- Patterns rather than isolated moments

Key insight
- The problem wasn’t effort or motivation — it was fragmented information



DISCOVER — Affinity Mapping

Content pulled from your PDF (assignment tracking challenge).

Ideate & group

- Assignment info is spread across multiple platforms.
- Instructions update without clear notification.
- I check platforms inconsistently.
- I rely too much on short-term memory.
- Stress increases as deadlines approach.
- Long-term planning rarely happens unless prompted.

Themes

- Information fragmentation
- Cognitive overload
- Lack of prioritization
- Deadlines + details split across tools.
- Too much to track, missed information.
- Urgent work crowds out planning.

Group mapping

- Fragmentation → missed details
- Missed details → deadline stress
- Stress → reactive habits

Reflect

Mapping my experience helped me see the entire system, not isolated mistakes. The pattern comes from fragmented information sources and reactive habits (PDF).

DISCOVER — Map Your Journey



Reflect

The observation activity showed my habits were reactive rather than proactive. It shifted my perspective from self-blame to structural causes (PDF).



Discover: Reflection

What I learned

I rely heavily on short-term memory

I check platforms inconsistently

Stress increases closer to deadlines due to uncertainty

Impact

Shifted my thinking from “I need to be more disciplined”
→ “The system I’m using is flawed”

Act

This reframing helped ground the rest of the project.

Define: Activities

Activities used
- Five Why's
- How Might We statements

Root problem identified
Lack of a centralized, reliable system for tracking assignments and instructions

Final problem framing
- The issue is information management, not time management



DEFINE — Five Why's

Problem: I feel stressed
and sometimes miss details
about assignments/deadlines.

Why?

Because info is spread across
multiple platforms.

Why?

Because updates/instructions
aren't always clearly signaled.

Why?

Because I don't have one
reliable overview system.

Why?

Because planning is reactive
and relies on memory.

Root cause:
No centralized, consistent
assignment-tracking workflow
to support proactive planning.

Reflect

Defining required separating symptoms from causes. Stress looked like the main issue, but the root cause was information management (PDF).

DEFINE — How Might We

Step 1: Amp up the good

How might we make tracking assignments feel calm and in control?

How might we help students feel confident they didn't miss important details?

Step 2: Extreme / opposite

How might we eliminate platform switching when tracking deadlines?

How might we create a weekly planning system that takes under two minutes?

Step 3: Flip assumptions

How might we create one reliable source of truth for all assignments?

How might we help students prioritize work using clear labels?

Reflect

Reflection:
Reframing the problem as information management shifted ideas away from motivation and toward systems and clarity.



Define: Reflection

Challenges

Separating symptoms (stress, procrastination) from causes

Avoiding overly personal or emotional framing

Breakthrough

- Realizing that multiple platforms create cognitive overload
- This clarified what a “good” solution should actually do:
- Reduce uncertainty
- Support proactive planning

Develop: Activities

Activities used
- Crazy 8s
- Solution Sketch

Crazy 8s outcome
- Generated a wide range of ideas quickly
- Early ideas were obvious; later ones pushed extremes
- Helped identify which concepts were realistic vs speculative

Chosen direction
- Centralized assignment dashboard



DEVELOP — Solution Sketch

Instructions

Selected concept:

Sketch how the system works in 3–4 steps.

Label features that reduce confusion and stress.

Sketch Area

Step 1:
Collect deadlines and instructions from all platforms.

Step 2:
Weekly view shows everything due with full instructions.

Step 3:
Priority labels reduce cognitive overload and stress.

Step 4:
Reminders and next actions support proactive planning.

Reflect

Reflection:

Early ideas were too complex. Iteration helped strip the solution down to its most useful elements.

Testing showed that simplicity mattered more than features.

How to use this template

Goal: Generate many ideas fast.
Do not aim for perfection.

1) Establish the goal
• Write the problem you're solving and what success looks like.

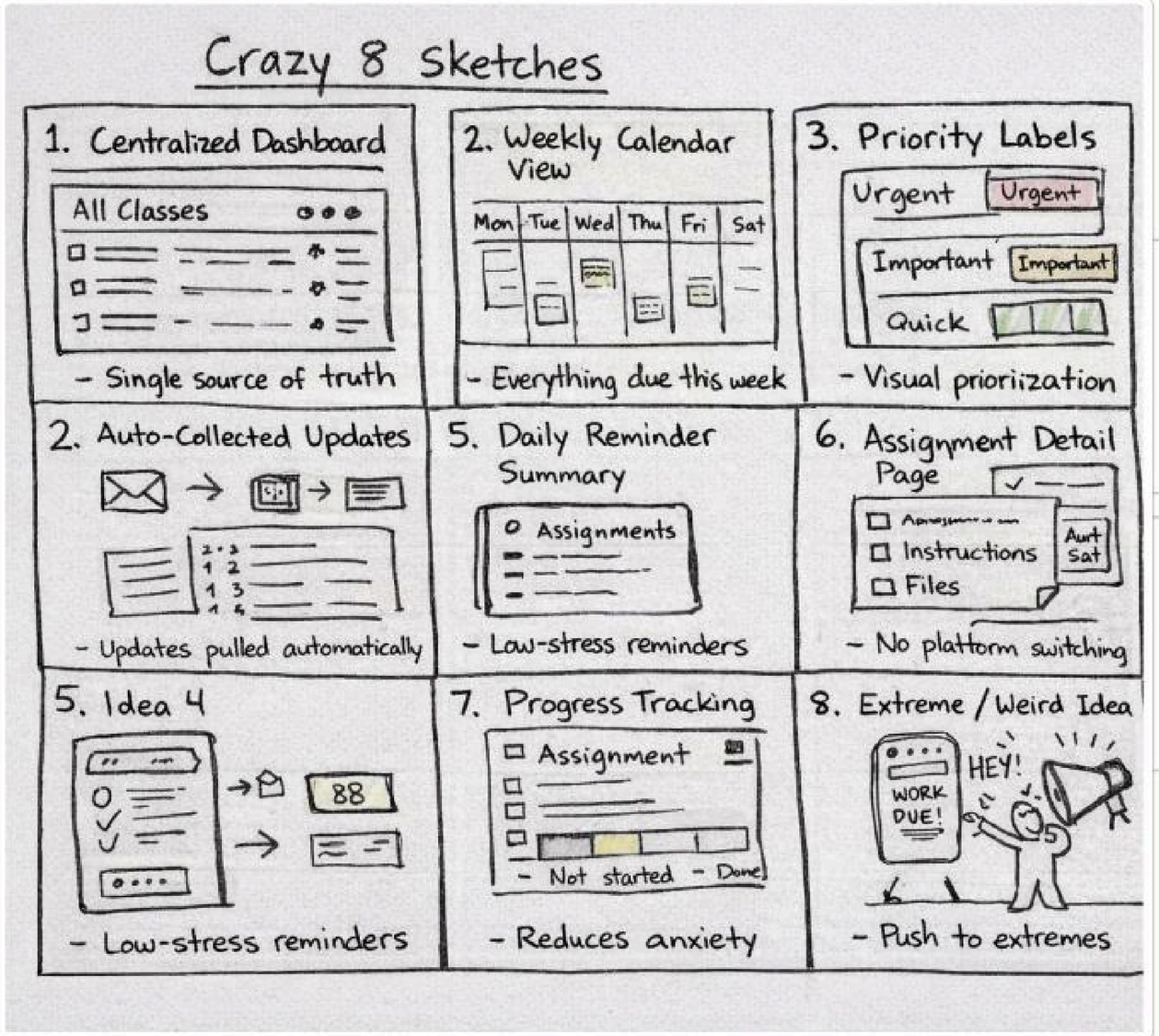
2) Sketch out ideas
• Set a timer for 8 minutes.
• Draw 8 ideas, 1 per box.
• Use simple shapes + labels.

3) Share + choose
• Circle your top 1–2 ideas.
• Note why they're strongest.
• Get quick feedback if possible.

Tip: You can repeat Crazy 8s for another round if needed.

Brainstorming tips

• Start with obvious ideas
• Then push to weird ideas
• Combine two ideas into one
• Change the scale (tiny/huge)
• Change the user (new student)
• Remove a step completely
• Make it physical instead of digital
• Make it collaborative



Reflect

Write in full sentences (no stickies).

Q1: When did you start running out of ideas? What did you do to generate more ideas?

Q2: Which idea feels most promising and why?

Q3: Which idea was hardest to imagine? Why?

Q4: What's your next step for the chosen idea?

During the Crazy 8s exercise, I found that the first few ideas came easily and were fairly obvious extensions of my earlier thinking. Around ideas five and six, I began to slow down and noticed myself overthinking and judging ideas before putting them down. To push past this, I intentionally lowered my standards and focused on generating anything, even ideas that felt unrealistic or impractical. This shift helped me regain momentum and complete all eight sketches.

The idea that stood out most was the centralized assignment dashboard with a weekly overview and priority labels. It felt promising because it directly addressed the root problem of fragmented information while remaining realistic and easy to imagine in daily use. Some of the later ideas were harder to visualize because they relied on more speculative technology or drastic behavior changes, which made them less convincing. Overall, this exercise reinforced the value of rapid ideation and showed how quantity can lead to more grounded and useful concepts.

Develop: Reflection

What worked

Speed forced me to stop judging ideas too early

Quantity led to clarity

What didn't

- Extreme ideas were harder to visualize and less practical

Key takeaway

- Simple, focused systems are more effective than complex features



Deliver: Final Concept

Proposed solution
A centralized assignment dashboard that:

- Collects all deadlines and instructions in one place
- Shows a clear weekly overview
- Uses priority labels (urgent / important / quick)
- Reduces platform switching and cognitive load

Value

- Less stress
- Fewer missed details
- More confidence in planning



Closing

What this project demonstrated
- How design thinking can re frame everyday problems
- The importance of understanding systems before proposing solutions
- How reflection strengthens design decisions

Next steps
- Test the concept with other students
- Refine features based on different workflows

