

## Self-reflection project 2

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In this self-reflection about project 2, Bachelor year 2 and semester 1, I am writing about my experiences and learnings during this project. It's about the goals I had for me to develop myself, what kind of expectations I had for this semester project, what happened and especially what I learned from it.

At the beginning of our project, we started with a new ideation technique, learned from our coach. Existing of writing down nouns and verbs. With these nouns and verbs in combinations, you had to think of ideas around our topic, running woman. By using this, for me new ideation technique I was able to think of a lot of ideas and more out of the box ideas. It worked well for me and I will use this method in the next projects.

Sketching the ideas made me think in more depth how it would look. Making the sketch properly, using for example fine liner helped me in developing my sketching skills and maintaining the skills I already had. I experienced that having a sketch with your explanation summary is really helpful, especially when the summary is written. The sketch makes it clearer. I learned to immediately sketch ideas instead of writing or only thinking. Using sketches in my next projects will help me explain my ideas better to my group mates as well as to the coach.

Exploring the best ideas further with cardboard and easy to use materials. Something I hadn't done before. I learned how to implement cardboard modelling during the ideation iteration and that by using it during your idea pitch to your team members, your idea way easier will be understood. Especially when we tried to make one of our best ideas, we saw as a group that we had totally different perspectives on that one idea. Exploring ideas with these easy to use materials showed me if the ideas where feasible and could look great. In the next project, I will use this method again, because I experienced that materials like cardboard are very easy to use, but you can explain already much better your idea to others than with words or sketches.

For the mid-term demo day, we wanted to make photographs of our two best prototypes and a kind of promotion video. I had written down in my PDP that I wanted to develop my skills in photography and Adobe premiere pro. I made the photos of the prototypes and I found it very much fun to do and I liked to see the results. For the video, I even brought a turning plateau to keep the camera still and only turn the prototype. I think that worked cool in the video. By watching YouTube tutorials about how I can do some cool effects in the Premiere Pro video I learned new skills that I can use for next movie deliverables. For the final demo-day deliverables, I made again the photos and video shots. I learned how you can make a professional photo for your poster, what probs you should include, how the lighting should be and which angle is best to take the photo from. By uploading the photo's I took immediately I was able to get feedback right away this helped to make the best final photo for the poster. I like doing the photographs and video's very much and I want to use this in the next semester and do this more often as well outside the project.

During the project, we had to communicate quite often via WhatsApp or teams. I experienced and learned that you must be very clear in your text via these online platforms because people can easily understand something else you didn't mean. Next project I will try to make my text clearer for my other group members.

To be a little more prepared for my FBP next year I wanted to learn more how to incorporate electronica in my prototype. So I did some research in this area and learned which kinds of electronica there are to simulate a heartbeat that you can feel and hear through wood. By visiting E-lab where I got help I learned how to make my heartbeat circuit work. By the use of the internet, I managed to learn how I can write a code which simulates a heartbeat. For our prototype, we wanted to incorporate as well a motor that could roll up the wires, which would make the upper block moving. By exploring this I learned how I can make a DC motor work. All this new electronica knowledge I gathered will help me in my next project and my end goal, my FBP. I hope to gather even more knowledge in my next project for my FBP to be able to work with more electronic components.

By writing the report part about Benchmark I learned what Benchmark related work entails and how you must write it for your own report. Further, I wrote the methodology. Which thought me how you could implement your user test in your report in a professional manner. I will use this knowledge for the next project and implement the feedback we got on this for the next project.

As a designer, I have experienced so far that I like to design for the topic of health and especially this compared with food or sports. I am a designer that likes to take photos, makes websites, packaging's, videos, logo's, sketches as well as prototyping and budgeting. A mix of a graphic designer, photographer, UX designer and Motion graphic designer. To reach my goal, my future steps will be gaining more knowledge in the areas I like by doing this in my next project, courses and outside university when possible. I like to be a designer that makes peoples live more healthy in the area of food and exercise. A vitality designer.