# define
# + ideate

# the team

**Alyssa**

product design, cs

**Kabir**

computer science

**Caleb**

cs, music

**Jasmine**

psychology, cs

**original domain**
capturing personal history

→ **focused domain**
capturing and sharing
personal moments

01

# interviews

# lots of enthusiasm for interviews!

u/wirehead · 1 votes

Ah such a classic Stanford CS major folly: thinking that a complete other field of study (archives) was something that just needed a CS student to think really hard about it to "solve".

# additional interviews

**Akshay Jaggi**

Student at Harvard Medical School
late twenties
*Boston, MA*
*via zoom*
*found from Stanford Time Capsule*

**Taylor Pope**

Software engineer for a startup
mid forties
*Redwood City, CA*
*@ Town and Country*
*found on r/redwoodcity*

* AI generated image

**Akshay**

medical student
late twenties

"Using the 40 year old stovetop pressure cooker to recreate my grandmother's recipes brings me closer to her, especially since she's too frail to make them herself now"

# takeaways from Akshay's interview

records grandparents' stories on his phone to capture them in an unobtrusive way, but still notices his grandparents' **discomfort** from being recorded

motivated to capture stories or recipes by a strong feeling or impulse – sense of **spontaneity**

stark **contrast** between parent/child relationship vs. grandparent/grandchild relationship

as future generations continue in the US, there needs to be a way to **breach the widening gap in language** and religion barriers to retain rich parts of family history

# Taylor

software engineer
based out of
Redwood City

"To me, the physical objects represent a holistic aggregation of the smaller moments"

# takeaways from Taylor's interview

physical objects, like a wood carving or 3D rendering of a rock from her grandparents' backyard, prompt reflection for Taylor and **represent a collection** of memories and feelings

has diligently journaled every day for the past 15 years but **rarely looks back on her entries**

feels like she is hoarding but can't figure out which saved items are junk and which possess lasting value

when prompted to reflect on how her past has informed her present, she feels like she is in pursuit of a **constant quest to set her future self up for success** but only recently started reaping the benefits

does preservation projects for her family

laser print on slice of tree branch from the tree in her grandparents' yard

*grandparents are depicted underneath the tree from which the branch was cut*
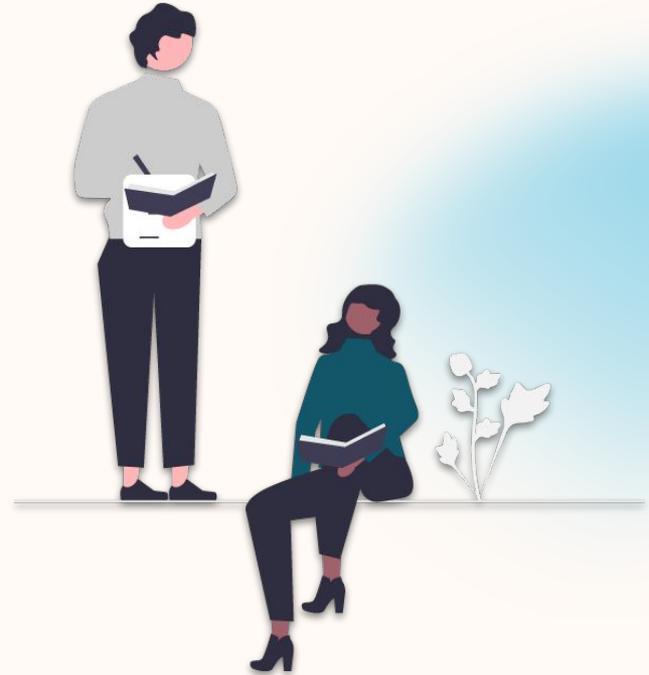
# physical mementos

02

POVs

# initial POV: Asher

- **We met Asher**, a Stanford student and aspiring physician.

- **We were surprised** to realize he no longer wants to continue his family heirloom tradition with his watch.

- **We wonder** if this means physical heirlooms hinder some family members from connecting with strengthening connections between others.

- **It would be game-changing to** help him create shared heirlooms.

# POV #1: Asher (A)

■ **We met Asher**, a Stanford student and aspiring physician who cultivates connections to his family history through heirlooms and stories from immigrant grandparents.

■ **We were surprised** to hear that whenever he feels sad, he sets phone reminders containing memories that make him smile for random points in the near future to cheer his future self up.

■ **We wonder** if Asher believes he is the most effective person at improving his own mental well being.

■ **It would be game–changing to** provide a way to detect patterns in the types of memories that have the strongest impact on helping him overcome negative emotions.

## how might we...

01 ruminate on sad moments for longer to lead to greater mental well–being?

02 figure out the appropriate moments for providing a positive reminder?

03 include loved ones in our own journey to deal with negative emotions?

# POV #2: Asher (B)

- **We met Asher**, a Stanford student and aspiring physician who cultivates connections to his family history through heirlooms and stories from immigrant grandparents.

- **We were surprised** to hear that Asher no longer wants to continue his family's tradition of passing down a watch heirloom ot the oldest son.

- **We wonder** if Asher doesn't feel personally connected to the history and significance of the watch, and, as a result, doesn't feel motivated to continue the tradition.

- **It would be game–changing to** find a way for Asher to better connect stories from his relatives and ancestors to the family heirlooms in his possession.

## how might we...

**01** duplicate a family heirloom so that others in the family can also have it?

**02** ensure future generations continue supporting family traditions after we pass?

**03** crowdsource family history?

# POV #3 Michael

- **We met Michael**, Austin resident and avid photographer and journaler.

- **We were surprised** to find out that Michael frequently revisits his own journal entries as a source of motivation but keeps all the entries on one Notes app document without a meaningful method of organization.

- **We wonder** if capturing memories and thoughts is done on an impulse or strong feeling without forward–thinking, resulting in disorganized record–keeping.

- **It would be game–changing to** create a way for Michael to capture impulsive thoughts and memories in an organized way without detracting from the spontaneity of the act.

## how might we...

**01** take the effort out of organization (for journal entries and photos)?

**02** record which journal entries Michael goes back to the most?

**03** use the act of organizing after the fact to reflect?

03

# HMWs

# HMW #1

- **We met Asher**, a Stanford student and aspiring physician who cultivates connections to his family history through heirlooms and stories from immigrant grandparents.

- **We were surprised** to hear that whenever he feels sad, he sets phone reminders containing memories that make him smile for random points in the near future to cheer his future self up.

- **We wonder** if Asher believes he is the most effective person at improving his own mental well being.

- **It would be game-changing to** provide a way to detect patterns in the types of memories that have the strongest impact on helping him overcome negative emotions.

How might we **include loved ones** in our own journey to deal with negative emotions?

# HMW #2

- **We met Michael**, Austin resident and avid photographer and journaler.

- **We were surprised** to find out that Michael frequently revisits his own journal entries as a source of motivation but keeps all the entries on one Notes app document without a meaningful method of organization.

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- **It would be game–changing to** create a way for Michael to capture impulsive thoughts and memories in an organized way without detracting from the spontaneity of the act.

How might we **take the effort out** of organization?

# HMW #3

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- **It would be game-changing to** create a way for Michael to capture impulsive thoughts and memories in an organized way without detracting from the spontaneity of the act.

How might we record which journal entries Michael **goes back to the most**?

04
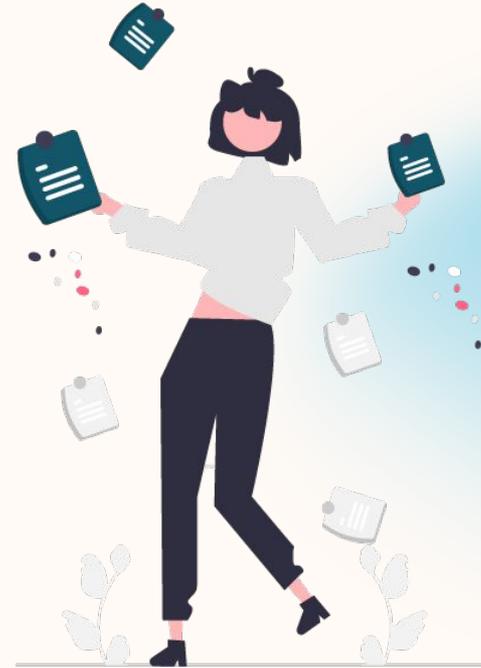
# solutions

# top 3 solutions

## journal tagging

Support searching through journal entries by tagging each one by location, emotion, and people.

## musically driven entries

Add songs to journal entries to be able to categorize based on feelings and emotions.

## virtual time capsule

Create a digital vault where loved ones can send messages, videos, or pictures to be opened in the future.

05

# prototypes

# 1: journal tagging

## solution

Support searching through journal entries by tagging each one by location, emotion, and people.

## assumption

When people look back at their entries, they are intentionally looking for ones of certain emotions, locations, or people.
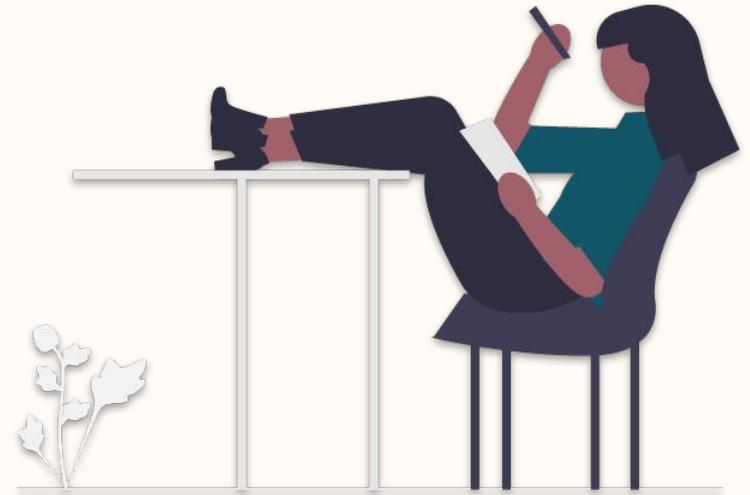
# experience prototype

## phase 1: journaling

Have participant **journal** adhering as close as possible to their usual process for **10 minutes** in their preferred medium.

## phase 2: reflection

Upon completion, engage in dialogue to identify the **prominent emotions** or themes of the entry, and more broadly explore the **ways they introspect** upon their previous entries.

## Dalynn

has journaled habitually since she was 15. She enjoys singing, songwriting, and design.

## key insight

Only writes in journal during "turbulent" times. Thus, looking back is sometimes **detrimental** to well-being.

- Wrote about a couple notable people during the day, and titled the entry as "feeling hopeful!!!"
- Would love to see memories with loved ones, but looking at memories no longer applicable to your life may be "damaging to the peace"
- Things she cared about in the past are a lot different than now.
- Journaling is primary a way for her to figure where she is. It's more about the act of doing it then the product created from it.

# 2: musically driven entries



## solution

Add songs to journal entries to be able to categorize based on feelings and emotions.

## assumption

Music and it's associative power allows people to capture their thoughts in a way that words or pictures cannot.

# experience prototype

## phase 1: photo selection

Have participant **choose 10–15 photos** from their past. No further instructions given ensuring the choices remain genuine and uninfluenced

## phase 2: "scoring" it

Have participating choose a **piece of music** that encapsulates the photos as a collection.

## phase 3: reflection

Engage in dialogue aiming to delve deeper into their perceptions and their **influence on their retrospection** and connection to past memories
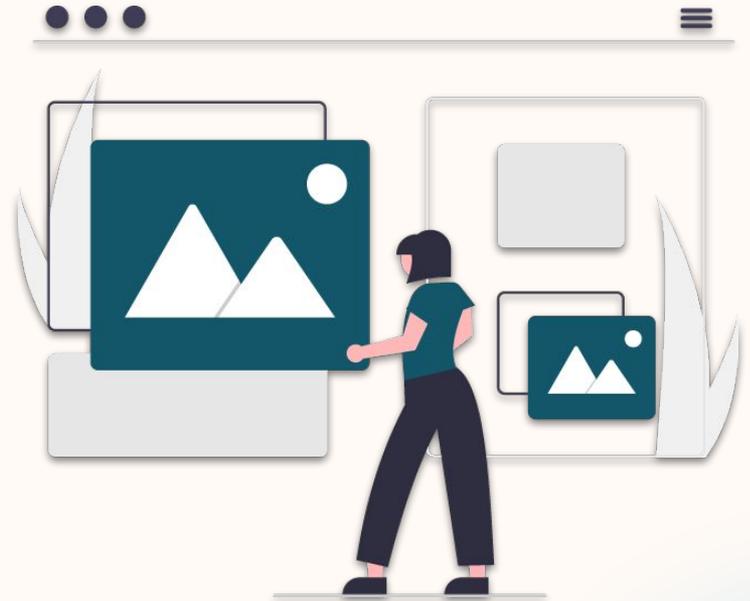
## key insight

Music can bring you back to certain emotions and associated memories. "I've recently been stimulating myself with positive music to keep me up high"

- Listened to a lot of sad music in the past, but realized it would often negatively affect her mood.
- Believes music is at its core very emotional, and it's impossible to have an emotionless song. It's a way humans can communicate emotionally in a more cryptic, less vulnerable way.
- Maps both music to memories and memories to music.

# Jeannie

is a healthcare professional in her 60s with photographic memory.

## key insight

Uses music to mark the transitions in her day to day life.

- Music and nature are her driving forces.
- Takes screenshots of songs at the parts that really hit home for her to look back on.
- Uses music to emotionally regulate and believes this is really healthy for her.

# 3: virtual time capsule
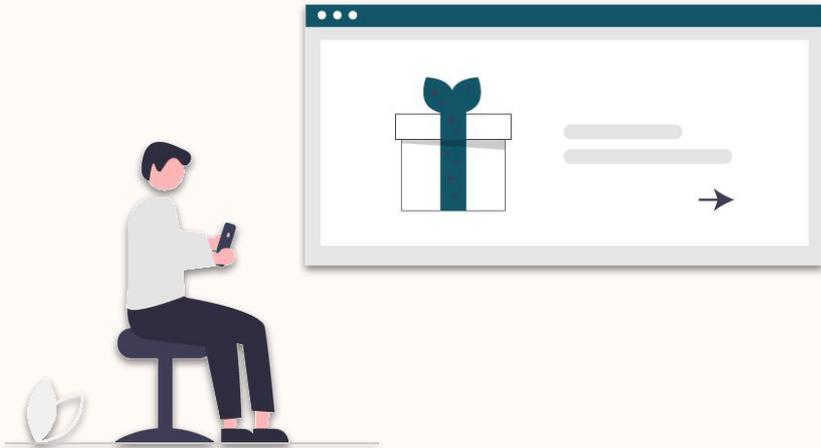
## solution

Create a digital vault where loved ones can send messages, videos, or pictures to be opened in the future.

## assumption

Receiving premeditated surprises from the past gives a boost in one's mental well-being.
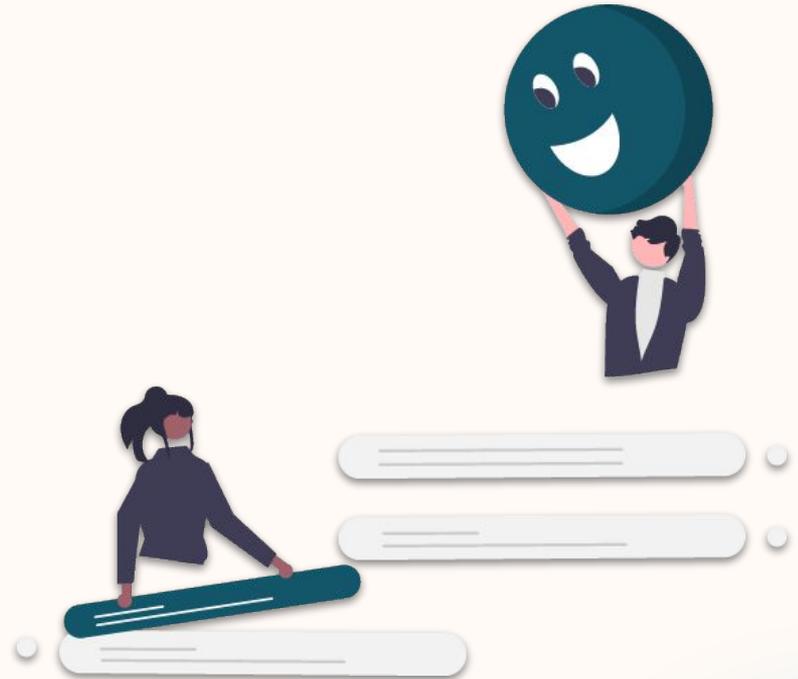
# experience prototype

## phase 1: surprise!

Coordinate with family member/friend to **send a picture** with a message to the **unknowing** participant.

## phase 2: reflection

Engage in dialogue to understand the **emotional response** to the surprise.
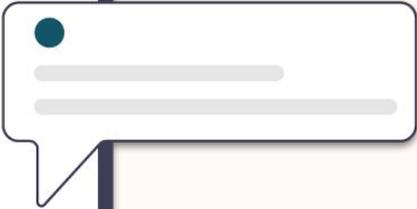
# additional interviews



## Thomas

Upbringing heavily emphasizes relationship with family and loved ones.



## Luc

Has long distance girlfriend, which makes digital communication very important to him.
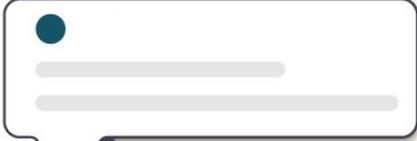
## key insight

Despite valuing connectivity with loved ones, **unexpected interactions evoke uneasiness** because they are a deviation from regular communication patterns.

- Doesn't usually receive surprise messages, so felt like "something was up."
- "Generally, I don't expect loved ones to reach out so it's nice when they surprise you."
- Texted his brother to check in after not texting him for a while and received a "?" as a response.



*picture sent by Katie (close friend)*

# key insight

Surprises make you feel nice, but life is perfectly fine without them. It can be **harmful** to expect people to surprise you.



*picture sent in by Emma (close friend)*

- **Questioned the genuinity** of the act. Thought that the friend had other intentions than wanting to make him feel good.
- Doesn't feel that much closer to the person after receiving the text. It may have been more effective if the surprise **required more effort** than sending a text message.
- Values relationships very highly but thinks that surprise text messages are **not necessary** to maintain them.

# SUMMARY

- Reflection **isn't necessarily** healthy for mental well-being.

- Music, emotion, and memories are **tightly linked.**

- Some journal **for introspection** rather than to have an end product.

- Surprises can be cause for **suspicion** if they don't happen that often

- People anchor memories to **certain people, locations, or emotions.**

# 06

# next up

Those who journal digitally tend to look reflect and look back on their entries.

# moving forward with musically driven entries

- Music correlates heavily to people's moods.
- It is an **additive to journaling** and reflection, rather than a substitute for anything.

07

# appendix

# generating HMWs

# solutions (all & narrowed)