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# Visualizing Self-Track Data to Navigate Well-being

2018-present

Teaching +  
Research  
Portfolio

## Related Publications:

10.2023 Glover, R., Shen, Y. Tracking Acts of Kindness through Comics: an Experimental Study In: IASDR2023 Milan: Life Changing Design. <https://dl.designresearchsociety.org/iasdr/iasdr2023/shortpapers/29/>

04.2023 Shen, Y., Sanders, E.B.-N. Identity discovery: Small learning interventions as catalysts for change in design education. Journal of Design, Business & Society, Special Issue: 'Design and Interdisciplinarity', 9:1, pp. 127–44, [https://doi.org/10.1386/dbs\\_00049\\_1](https://doi.org/10.1386/dbs_00049_1)

11.2022 Shen, Y., Sanders, E.B.N. Visualizing Stress – In-person and Virtual Co-designing with Chart-Based Tools. In: Bruyns, G., Wei, H. (eds) [ ] With Design: Reinventing Design Modes. IASDR 2021. Springer, Singapore. [https://doi.org/10.1007/978-981-19-4472-7\\_173](https://doi.org/10.1007/978-981-19-4472-7_173)

02.2022 Shen Y. Supporting Student Mental Health in an information Design Class By Employing Approaches Derived From Positive Psychology Dialectics Vol. 3 Issue 1, AIGA Design Educators' Community and Michigan Publishing <https://doi.org/10.3998/dialectic.14932326.0003.106>

02.2021 Shen Y. Case Study: Visualizing College Students Lives During the Pandemic The Little Book of Global Health Design & Covid-19, Design Research Society (DRS) [online](#)

<https://designviz.osu.edu/vis4wellbeing/>

# Visualizing Self-Trackd Data to Navigate Well-being

Time magement

Gratitude & Kindness

Self-care

Environmental Wellness

Data Installations on Campus

Fall 2019  
by Jeremy Huang

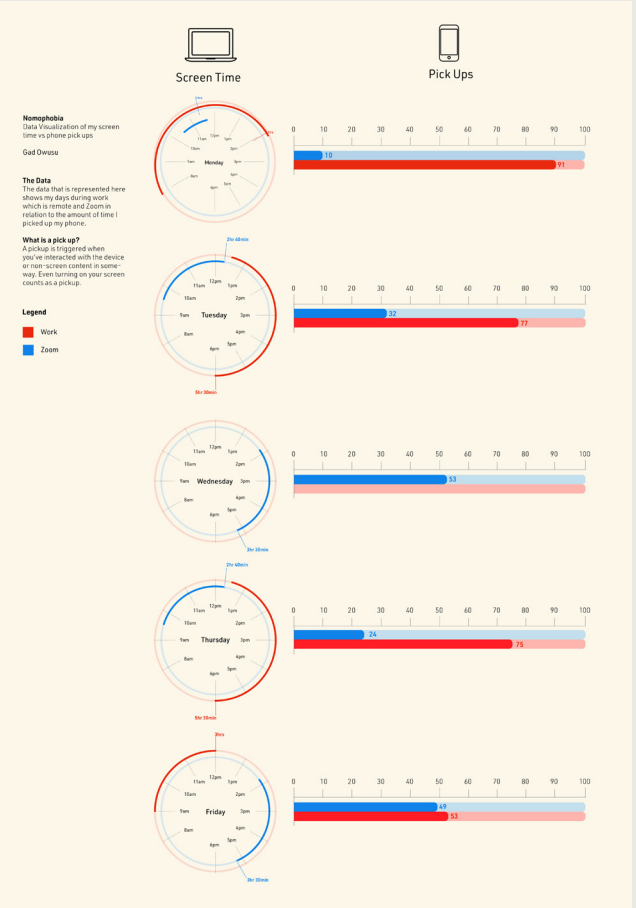
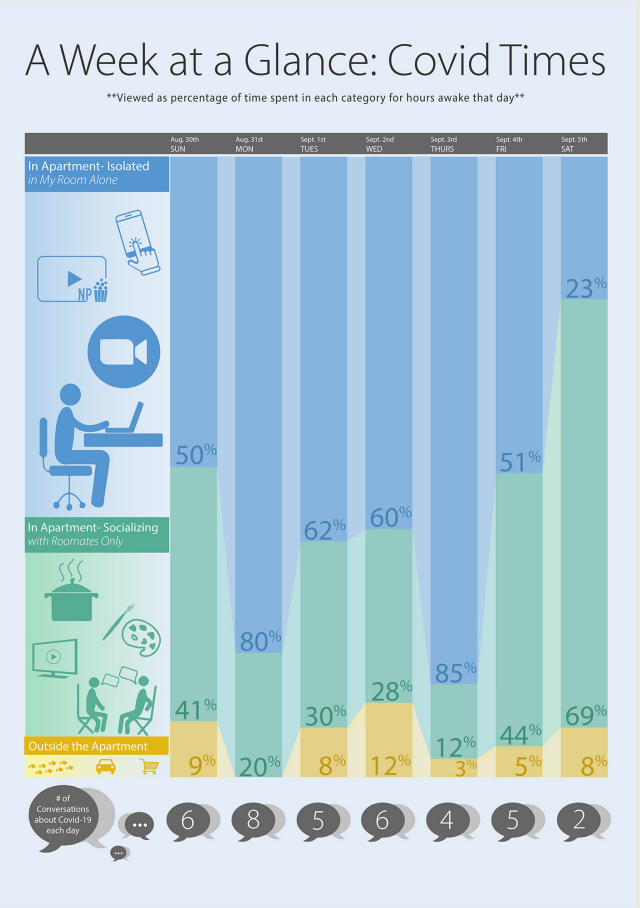
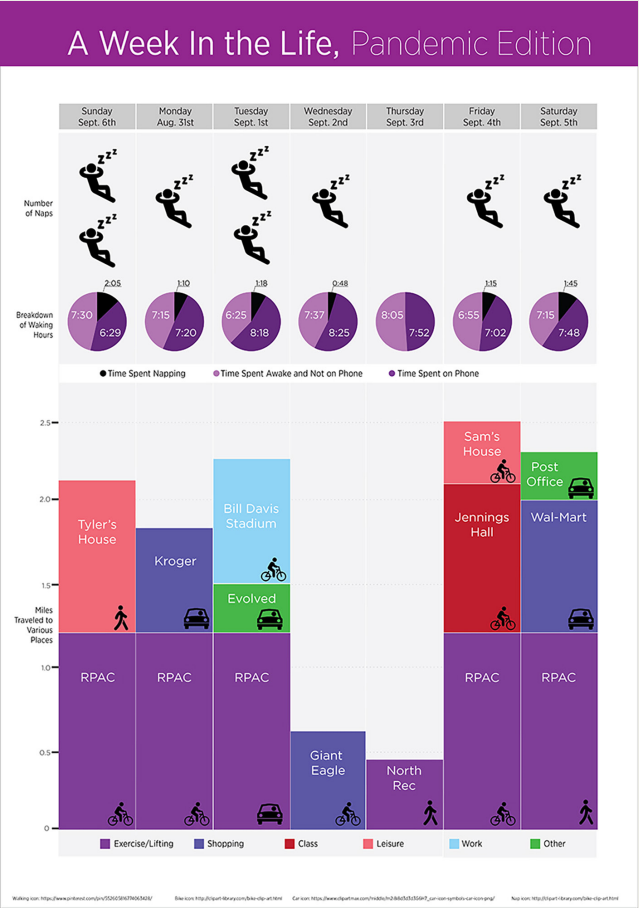
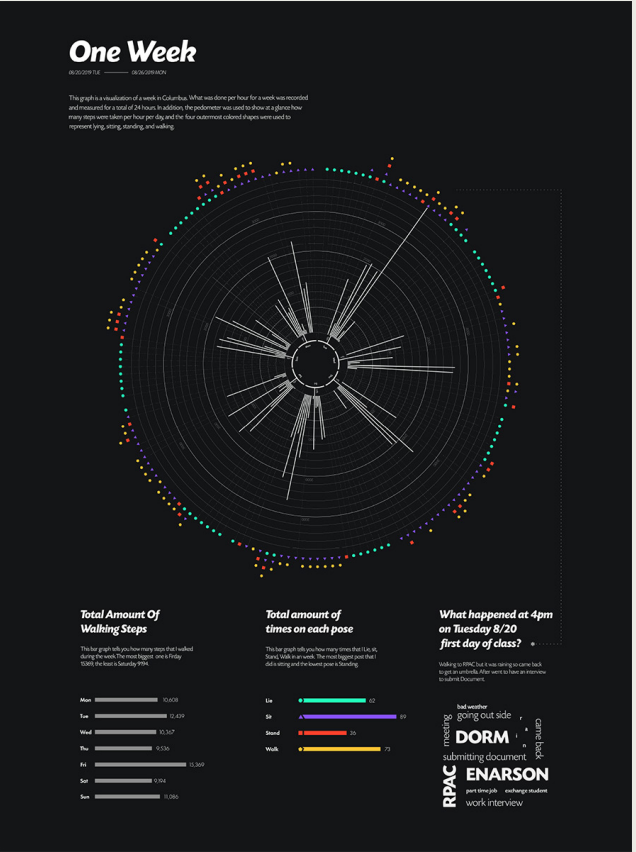
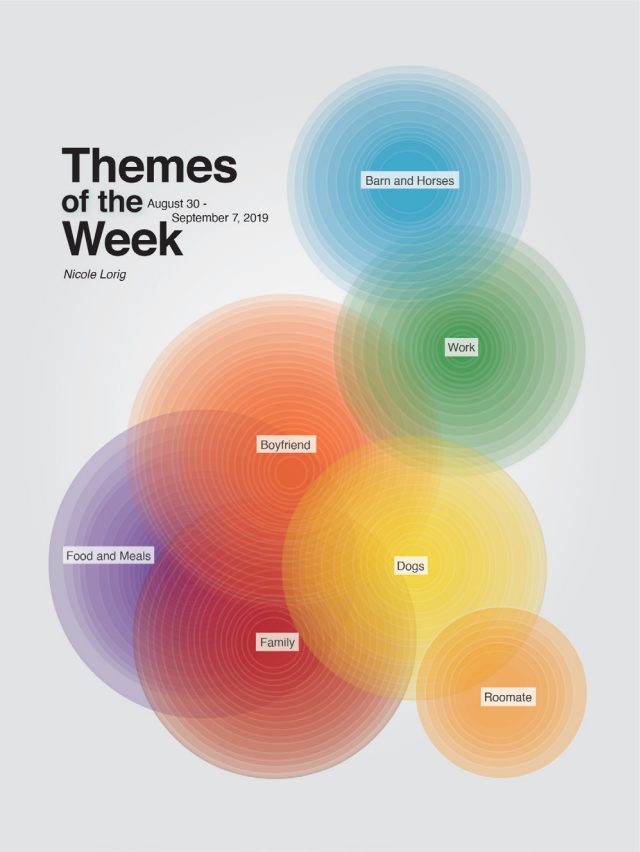
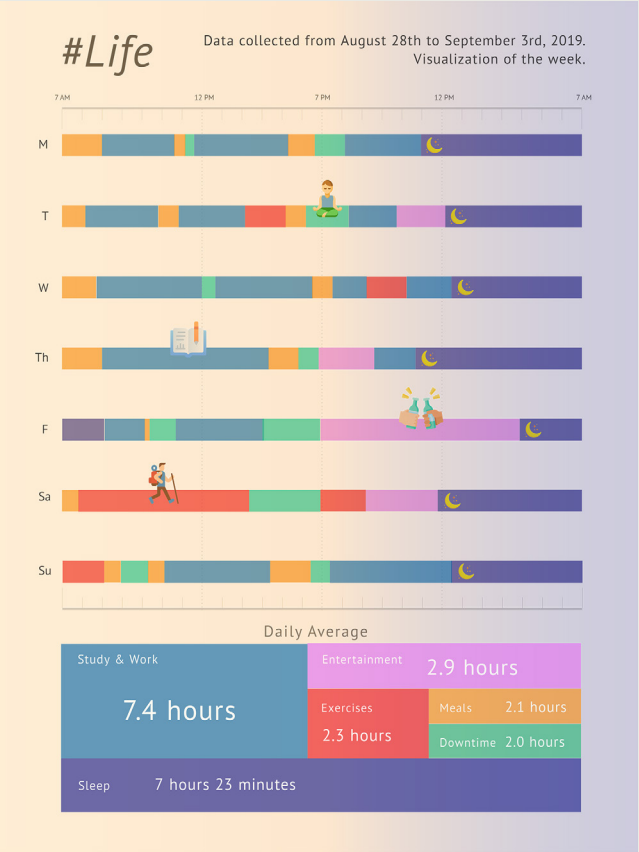
Fall 2019  
by Nicole Lorig

Fall 2019  
by Seonggyeon Hong

Fall 2020  
by Andrew Diedrich

Fall 2020  
by Olivia Martin

Spring 2021  
by Gad Owusu





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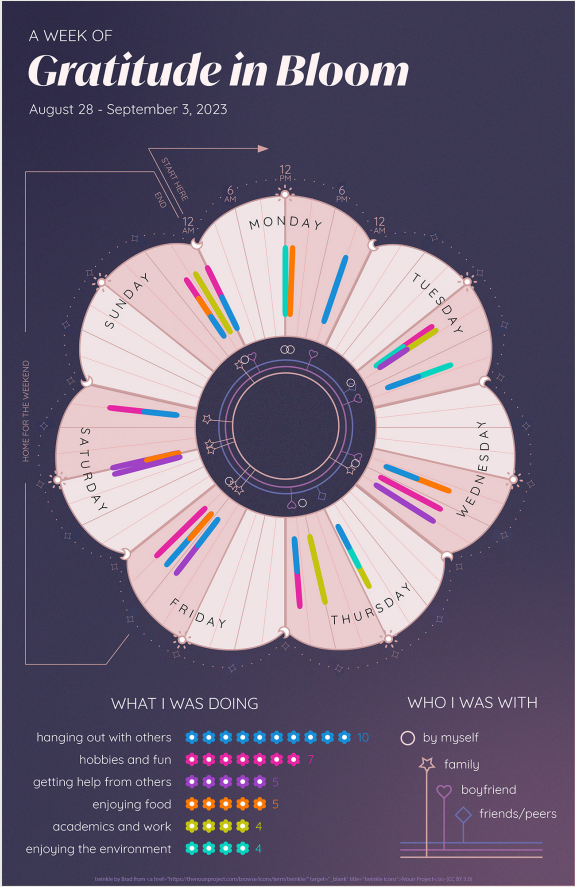
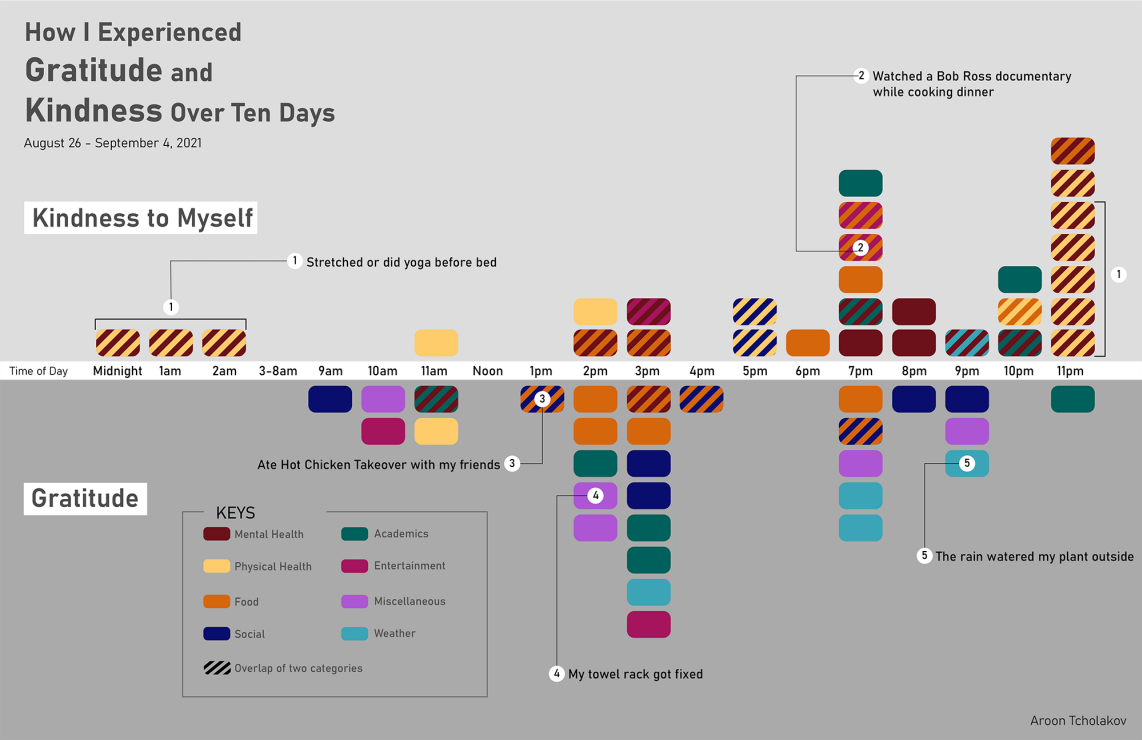
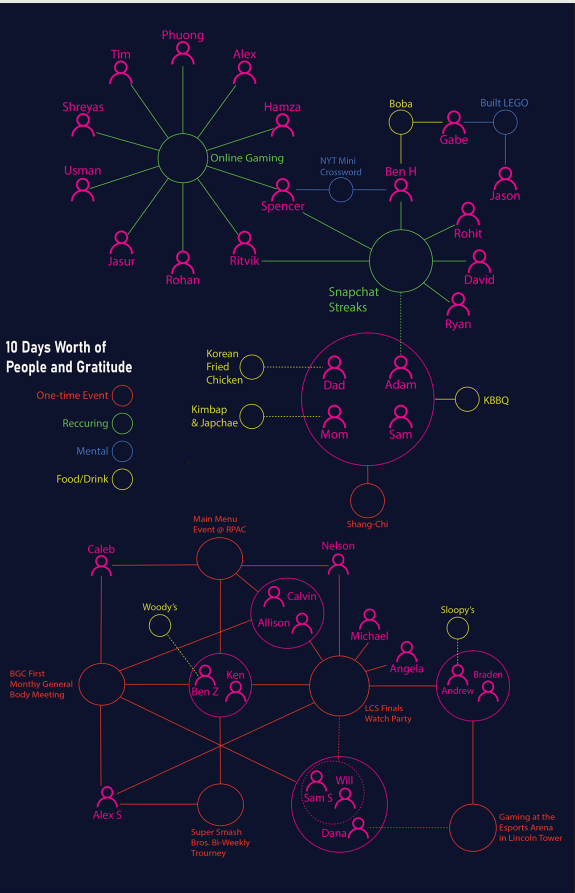
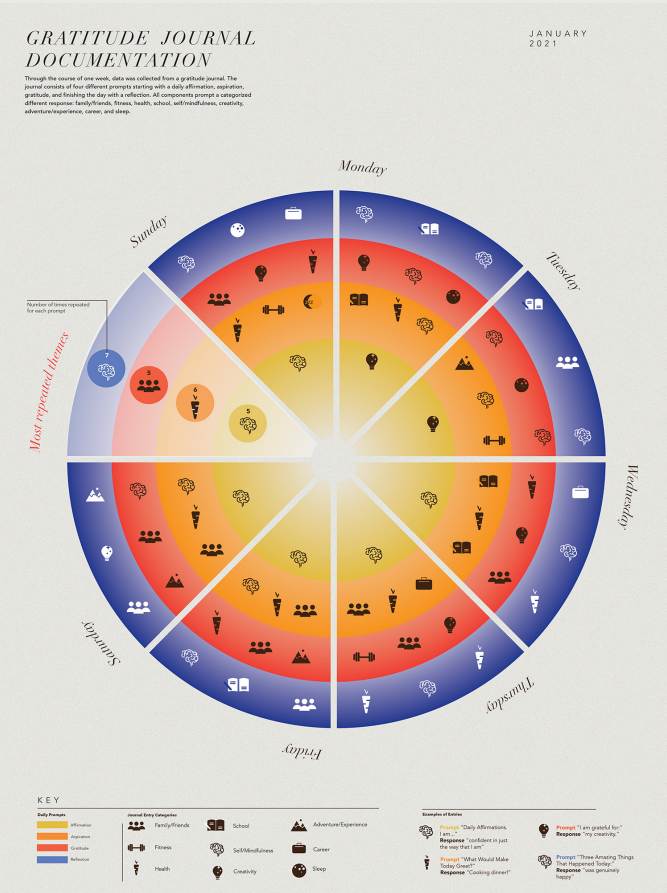
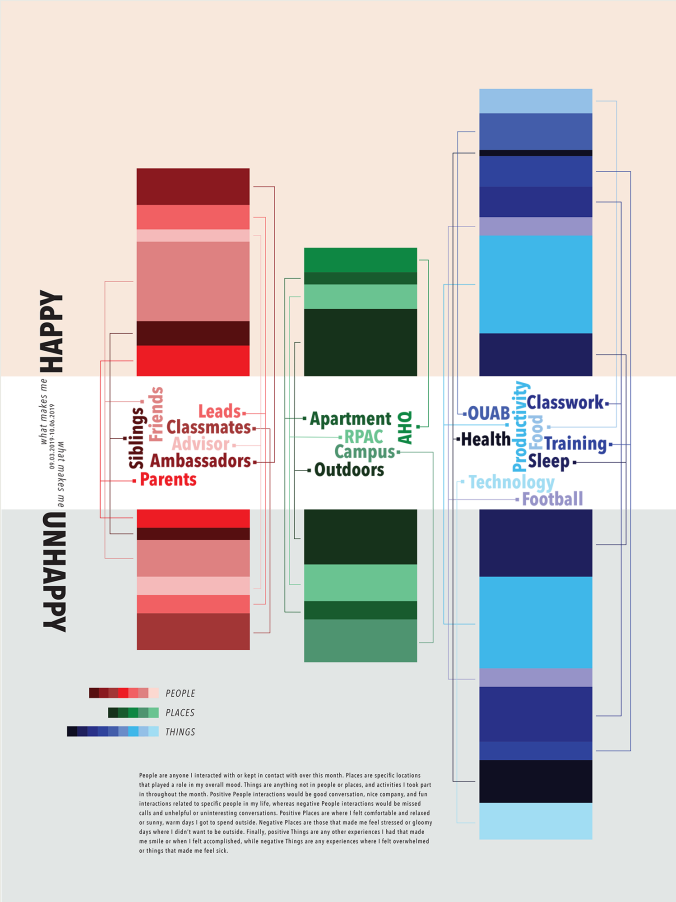
Data Installations on Campus

- Fall 2019  
by Tatum McPhilips

Spring 2021  
by Sarah Torchia

Fall 2021  
by Noah Teller
- Fall 2021  
by Aroon Tcholakov

Fall 2023  
by Amanda Liu



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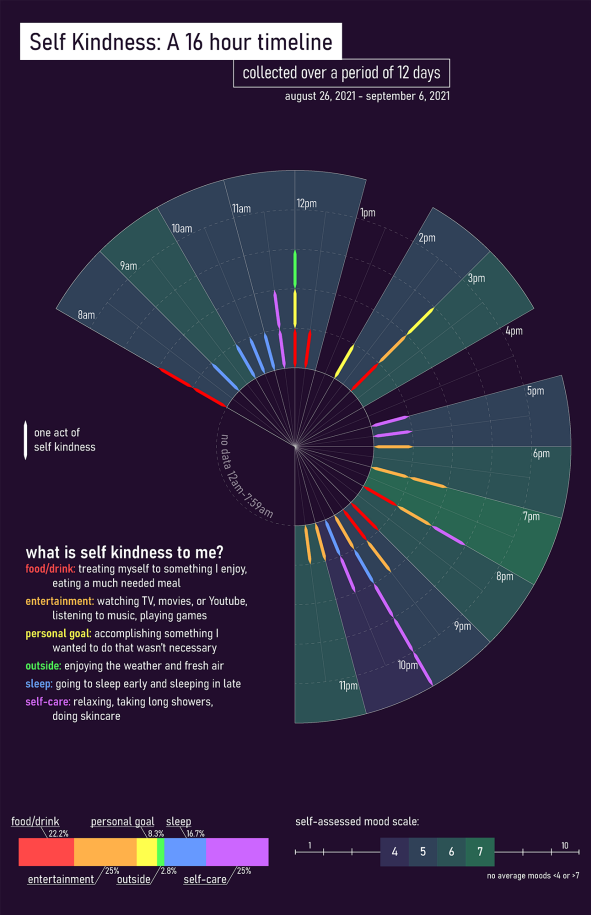
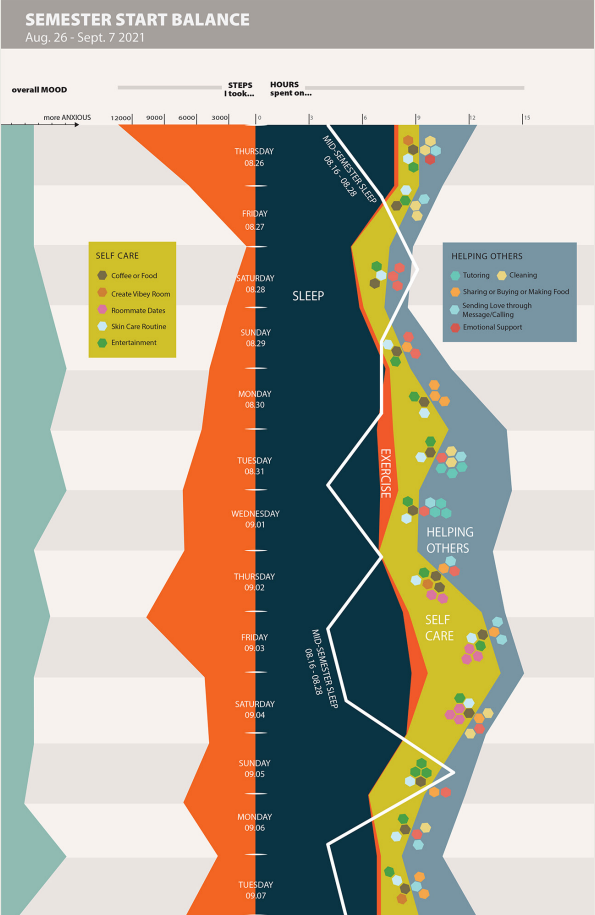
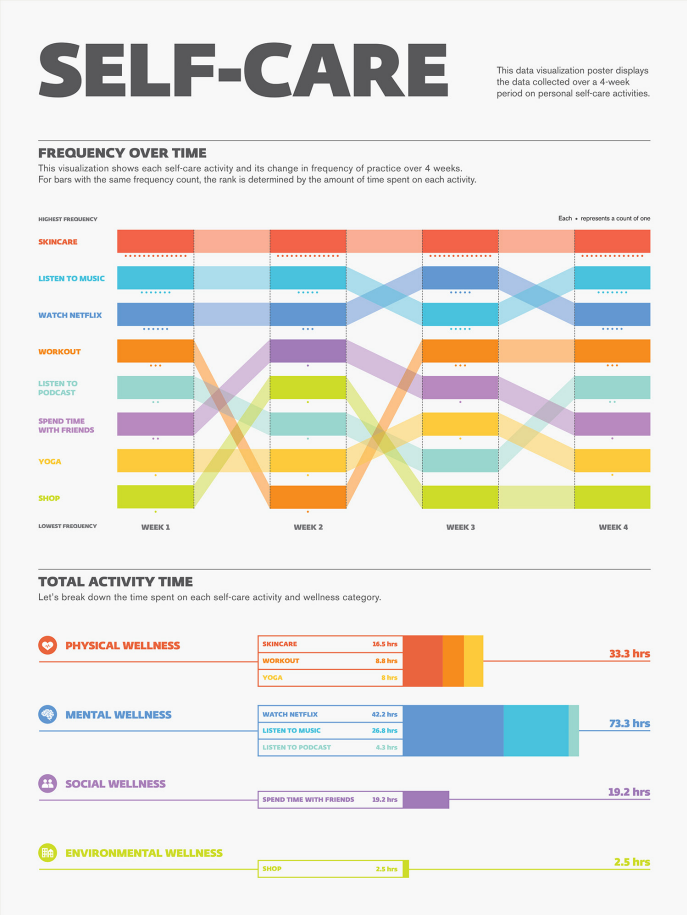
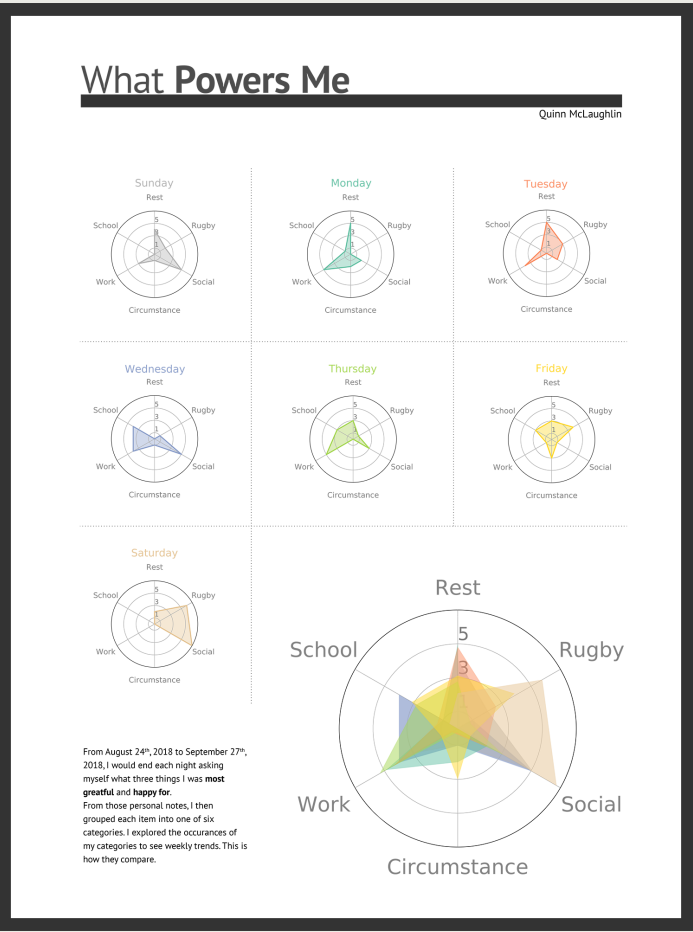
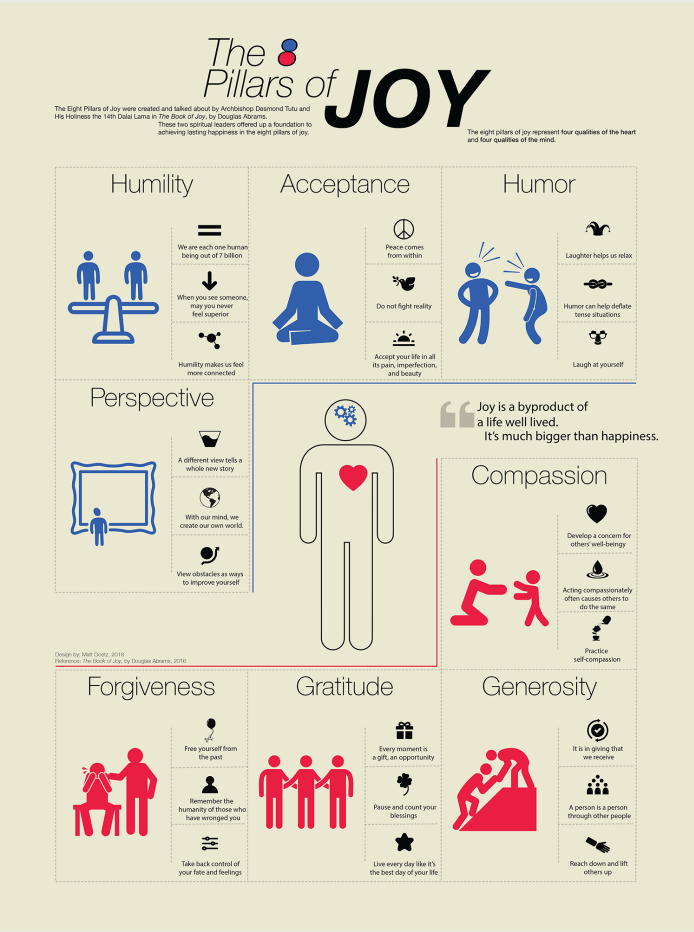
Fall 2018  
by Matt Goetz

Fall 2019  
by Quinn McLaughlin

Spring 2020  
by Lily Li

Fall 2021  
by Caroline Pier

Fall 2021  
by Stephanie Wittpenn









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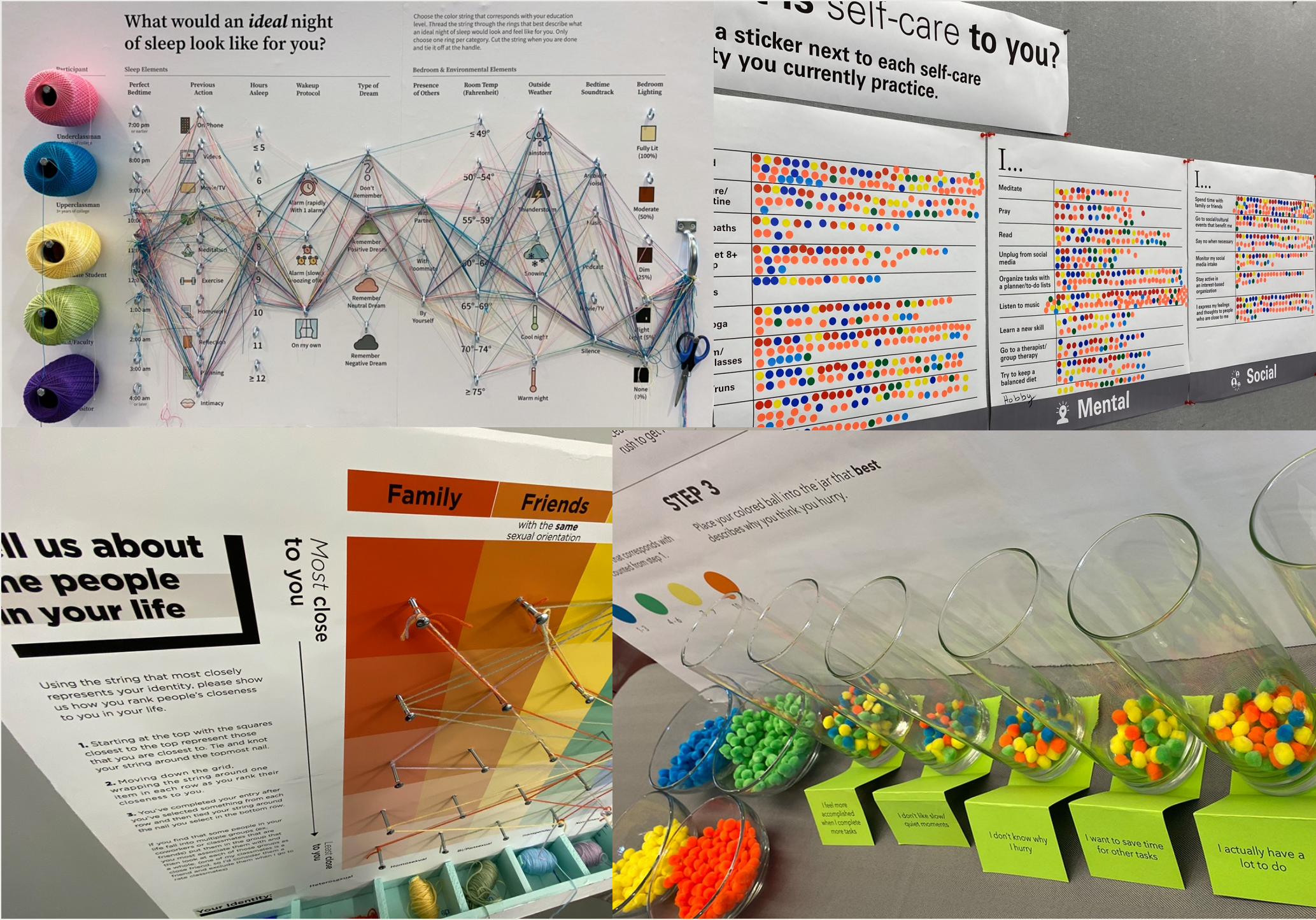
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Spring 2020  
What would an ideal night of sleep look like for you?

What is self-care to you?

Tell us about the people in your life.

Constantly in a hurry?