HOW TO USE DESIGN THINKING FOR PERSONAL GROWTH + SOCIAL INNOVATION

A MASTERCLASS FACILIATION GUIDE FROM THE SULLIVAN FOUNDATION

SESSION DESCRIPTION

In this Ignite Masterclass filmed on October 15, 2020, educator and facilitator **Kaveh Sadeghian** (kaveh.nyc) will introduce you to the core principles of design thinking, creativity, and social innovation.

He'll explore why meaningful work is difficult to come by and how the design thinking methodology can be leveraged to identify and ultimately create opportunities that exist at the powerful point of intersection between one's identity, values and the problems that weigh most heavily on our respective community.

KEY TAKEAWAYS

- Understand what Design Thinking is
- See how Design Thinking can apply to their personal lives
- Understand the differences between solutions and needs

RESOURCES | LINKS

- Masterclass Replay

FACILITATION GUIDE | 75 MINUTE CLASS

▶ Watch Masterclass Video Replay | 20 mins

- [View replay here](#)

Reflect on Masterclass Replay | 5 mins

Invite students to individually reflect (on paper or their laptop) on the Masterclass replay they just watched - feel free to use these questions as prompts:

- What idea(s) stuck out to you?
- What did the video make you curious about?
- What did you agree with and/or disagree with?
- How might the ideas presented apply to your life or relationships?

Share Reflections with the Class | 5 mins

Ask students to share one of their reflections they wrote down with the class. If virtually, invite them to share responses in the chat or in a virtual environment like Google JamBoard.

After a few share, drill down deeper into a few of the shares. If virtually, call out students by name who shared interesting reflections in the chat to come off mute and share with the group.

Practicing Design Thinking in Your Life | 10 mins

Let's practice Design Thinking principles on the lives of your students to demonstrate its ability to generate creative solutions for their quality of life and personal growth.

Ask: What areas in your life are currently experiencing a challenge that you need a creative solution for?

- School work
- Work or internship
- Student organization
- Making a decision
- Idea for a business/movement
- Figuring out your future
- Creative idea (book, blog, podcast, social media account)
- Relationships
- Health & Fitness
- Staying connected during COVID

After reflecting individually, ask a few to share.

Discovering Insights on Your Challenge | 10 mins

Say: The first stage of Design Thinking is to gather as much information on a problem or challenge as possible. To be more effective in finding solutions, we must start by being more reflective.

Invite students to reflect on a challenge they identified above using the following questions as prompts:

- How long have you been experiencing this challenge?
- What solutions have you tried so far?
- What has worked, what hasn't worked?
- How do you feel as you've experienced this challenge?

Discovering Insights on Your Challenge | continued

- Who has navigated your challenge before successfully?
- Why do you want to overcome this challenge?
- How is this challenge like another challenge you've overcome?

If time permits, ask a few to share.

Define Underlying Needs (not solutions) | 10 mins

After learning more about their experience with a challenge, invite students to consider the underlying needs they're experiencing and not fixate on solutions.

For example:

Instead of focusing on getting better grades (solution), understand on the need(s) which, if unfulfilled, cause(s) them to struggle academically - like focus, self-confidence, understanding of content, time management, etc.

Or, instead of fixating on getting the perfect job (solution), try to get clarity on the needs behind their desire for a top-notch job: financial security, making their parents proud, feeling like they're successful, finding meaning in work, etc.

Allow them some time to reflect, then ask for a few students to share live or in the chat (if running a virtual session).

Develop Potential Solutions | 10 mins

Say: To develop innovative solutions to our needs, Design Thinking invites us to welcome all ideas first - no matter how crazy they seem. Let's brainstorm some unconventional ways to meet an underlying need you just reflected on above.

Invite students to draw a unique way to meet their need for a few moments, following Kaveh's guidance from the video. Afterward, ask a student to share their sketch.

Then, introduce the activity of **YES FEST.** YES FEST is based on the improv principle: Yes, and... - meaning we only build on ideas to make them bigger and crazier.

Invite the rest of the class to build on the student volunteer's idea by saying: "Yes, and..." - then providing a new element of the idea.

For example:

Perhaps a student drew a picture of themselves studying in the library with a cup of coffee listening to music that helps them focus to fill the need of prioritizing their studies more. Invite the rest of the class to say things like:

- "Yes and...what if you gave yourself a break to check social media every 30 minutes as a reward?"
- "Yes and...what if you organized a study group for your class?"
- "Yes and...what if you went tech free to keep distractions away?"

And so on. You might want to lead the way with a few examples to get things going.

Deliver an Innovative Solution | 10 mins

Invite students to spend some time reflecting on their own need, perhaps running a private YES FEST in their head, then identify a solution they want to try.

Go around the room asking students to share a few ideas of what they might try to innovatively solve a challenge with a unique solution focused on a previously uncovered need.

Ask them what other areas in their lives they might try this practice.