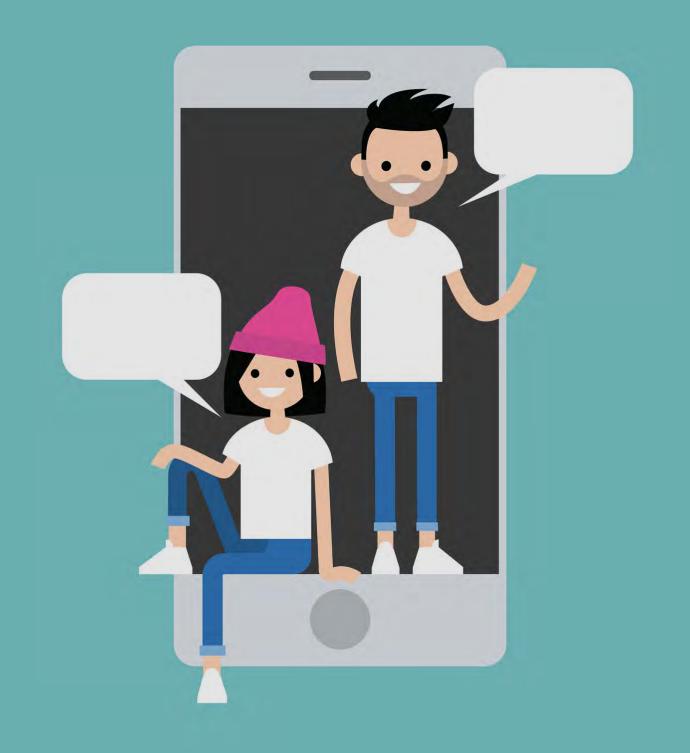


# Demographic.

Gen Z (age 18-25) university students (downtown Toronto) who are experiencing mental health issues because of their fast lifestyle from the result of reaching due dates at school.

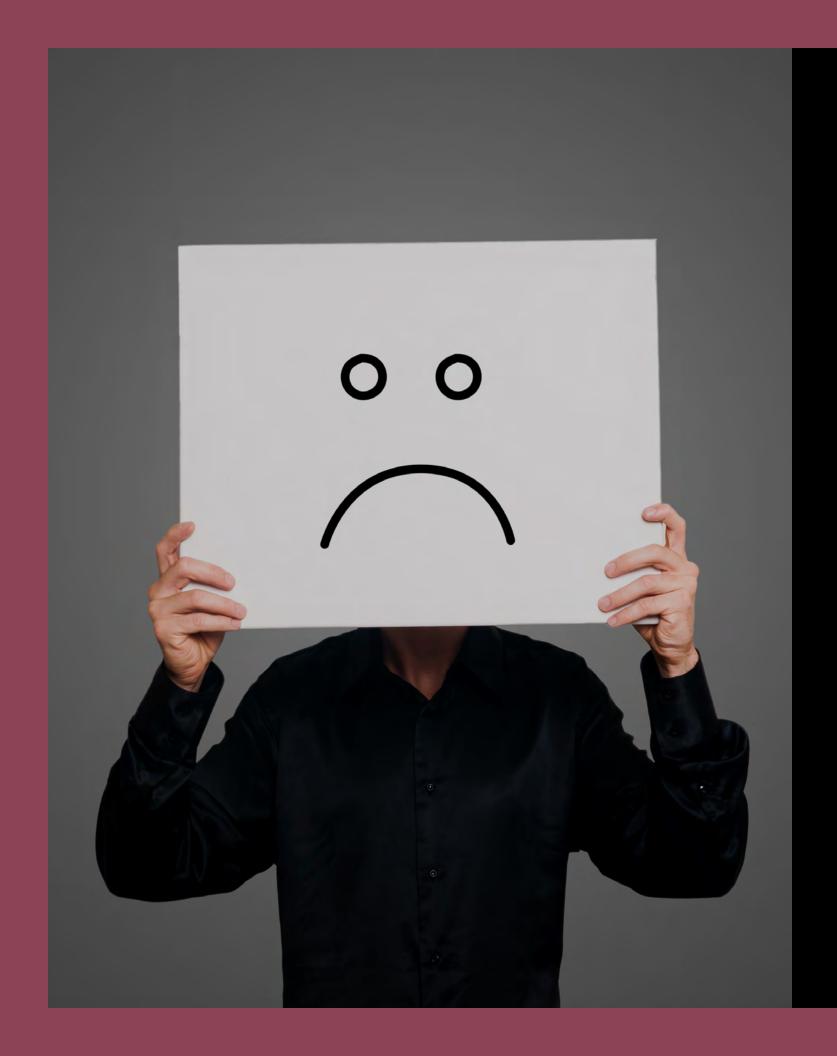




### The Issue.

University students have been under stress to submit assignments on time. This have taught them to focus on final results in life, and forget to appreciate the joy of experiencing life to live more comfortably. I hoped to help improve their mental health through Chinese tea ritual which values the process and experience of making tea to meditate the mind.

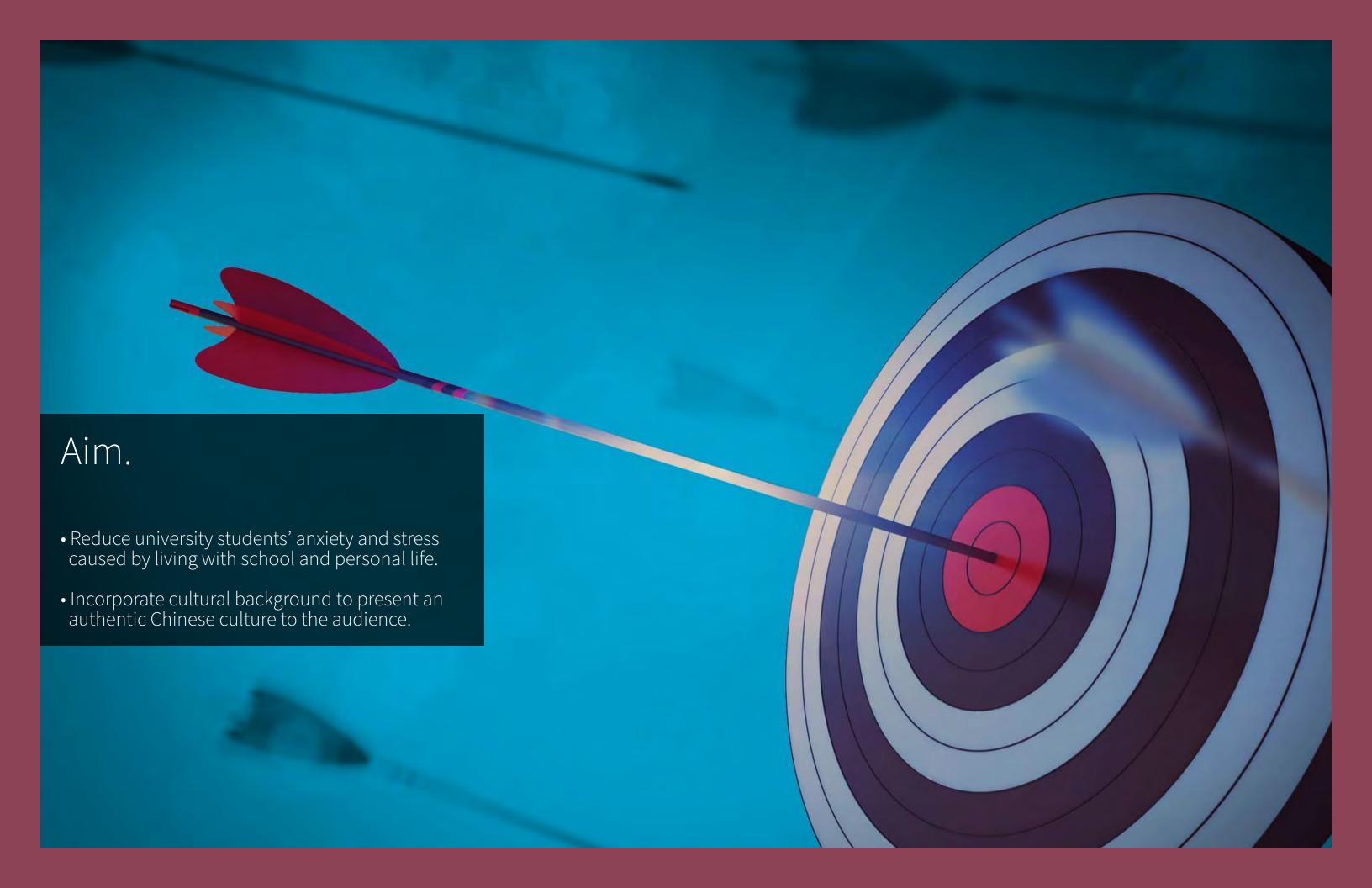


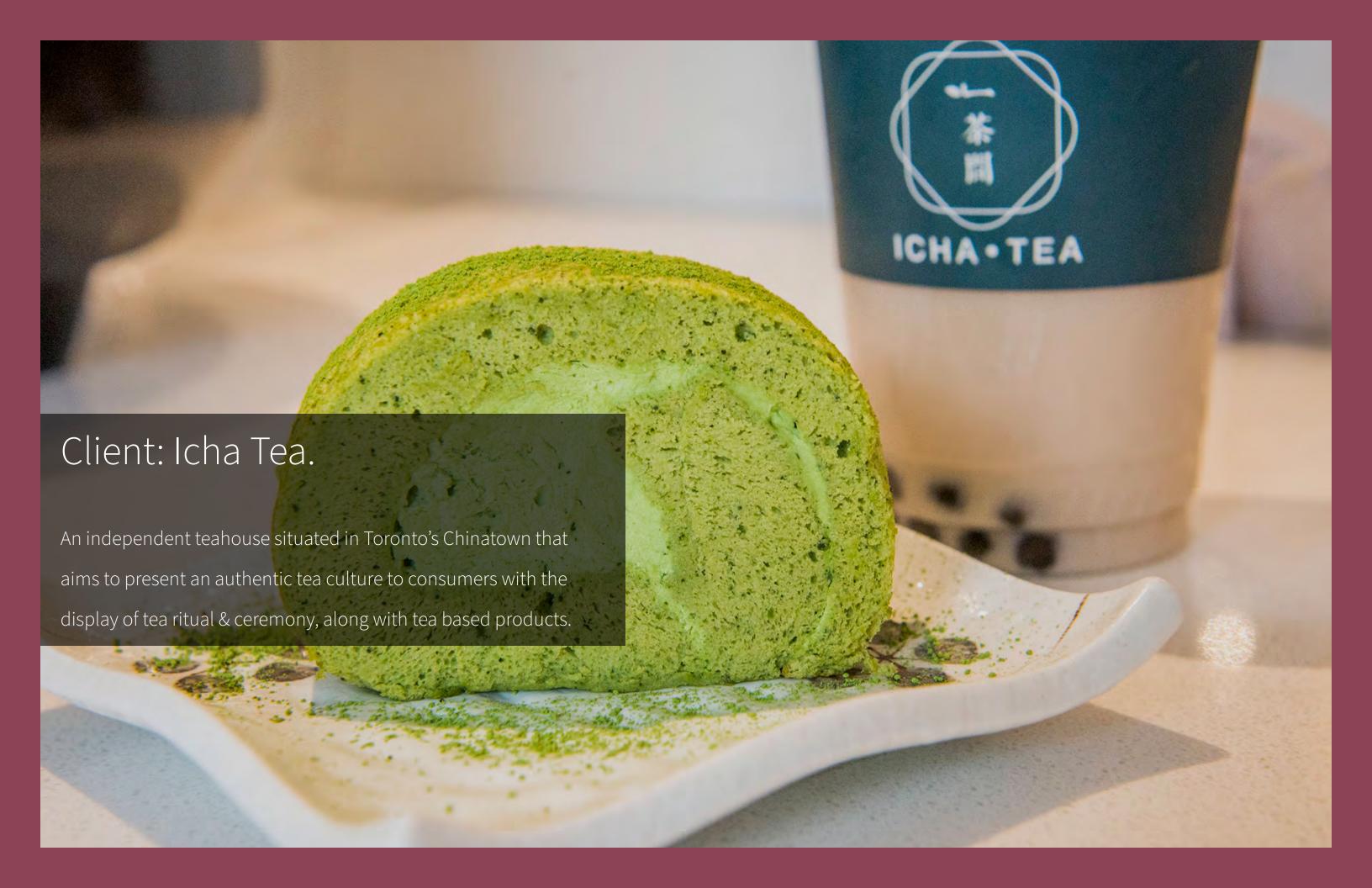


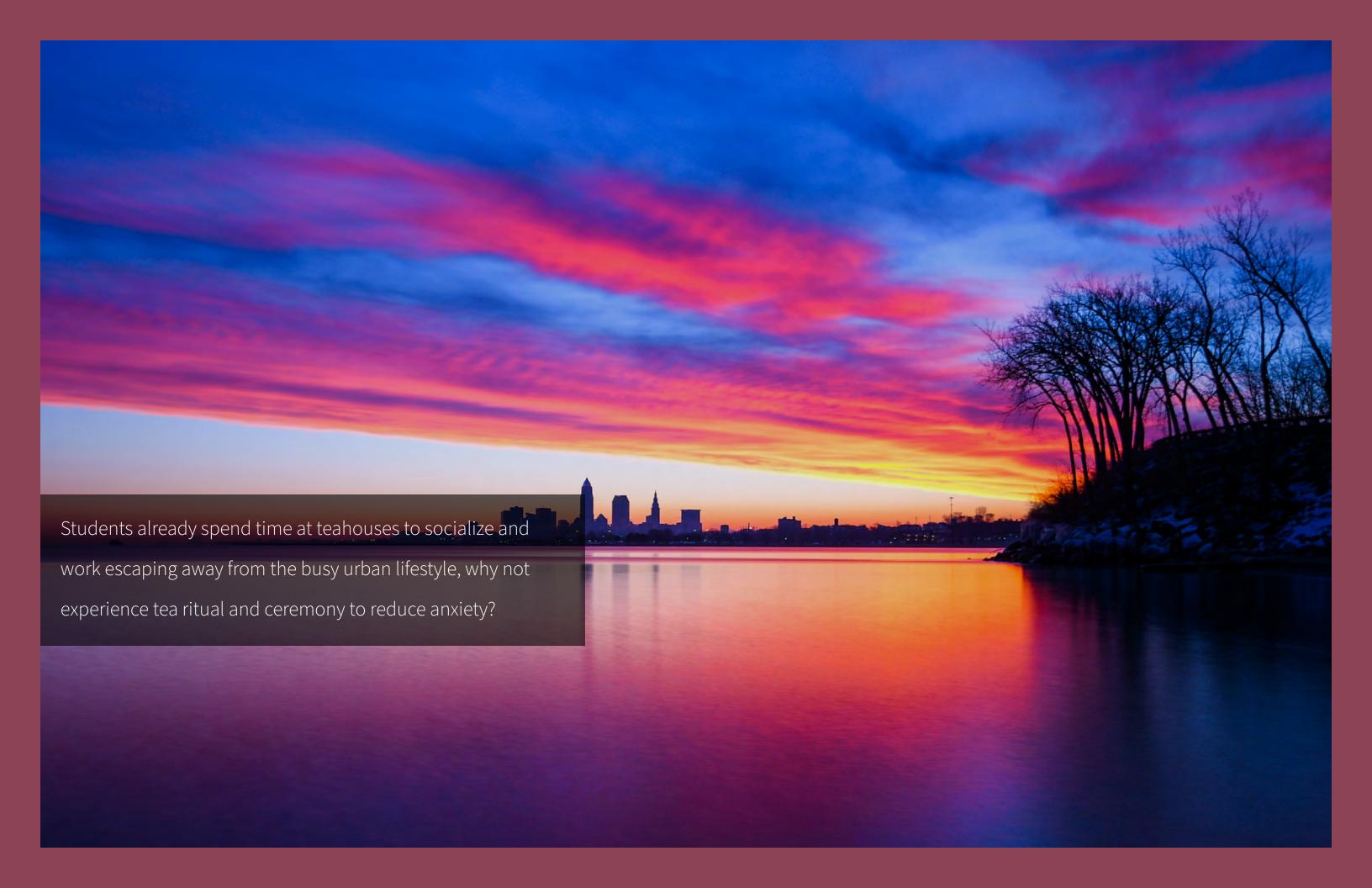
# Existing Solutions.

- Partnership with institutions to develop action plans that help guide and support of services to students.
- Address mental health on campus, with services to respond to student needs.

Current solutions make students feel discouraged by labeling them as "patients" with mental health issues. How might we help student without treating them as medical patients?

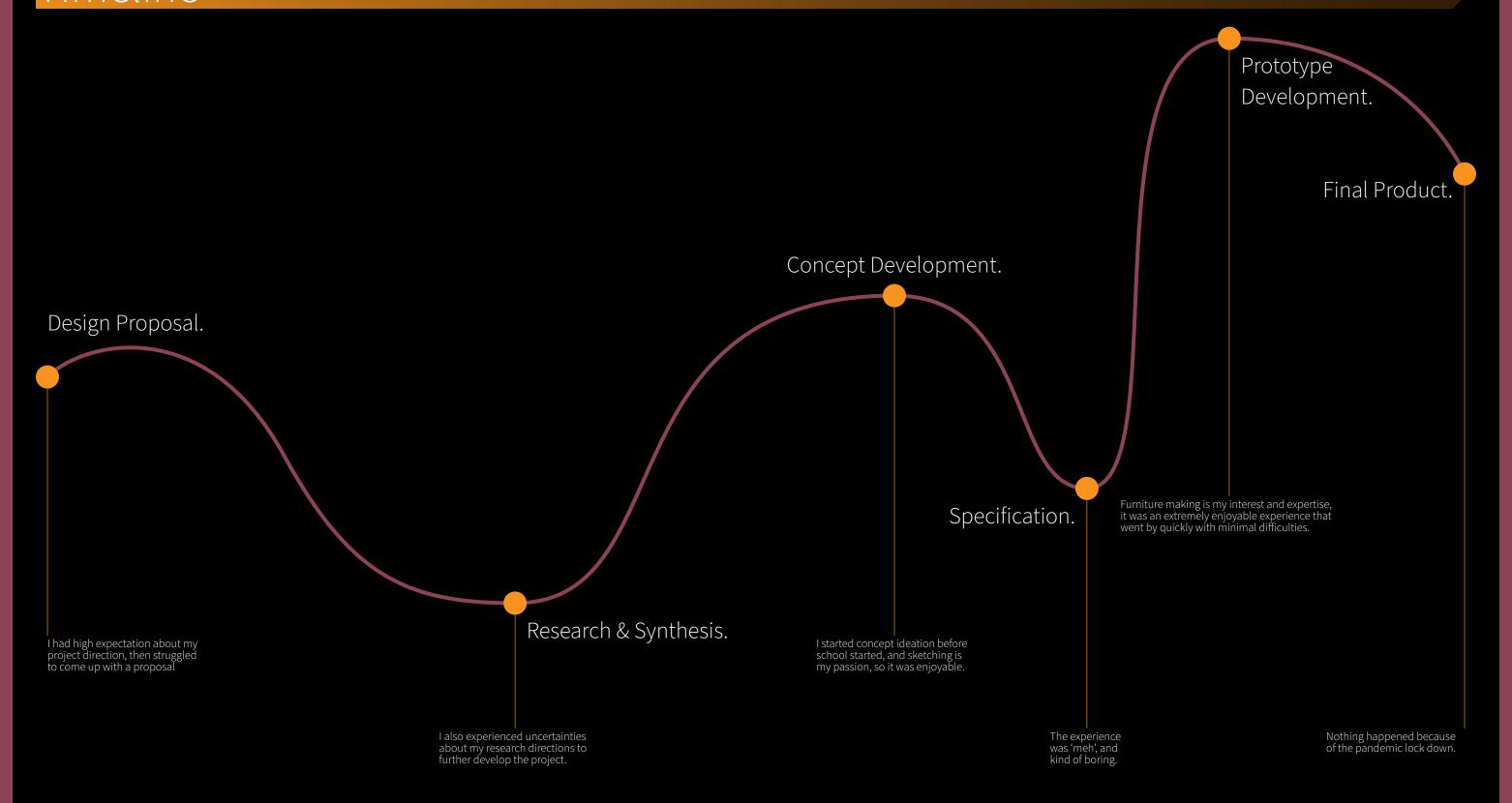






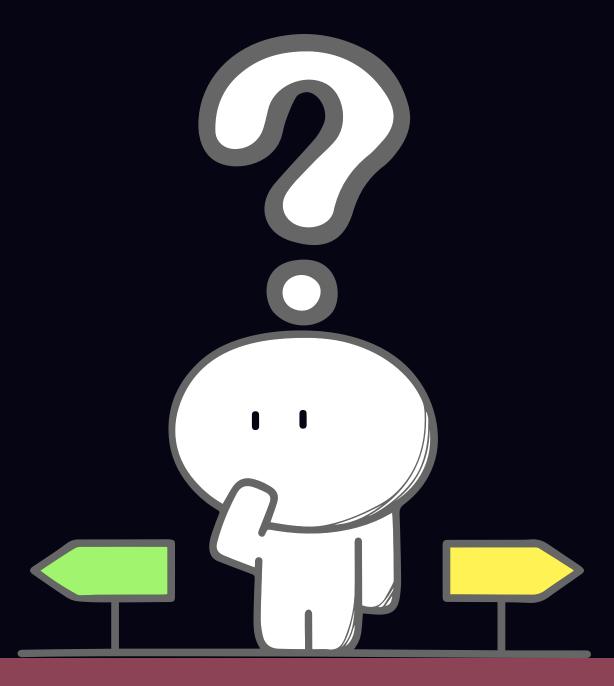


# Timeline

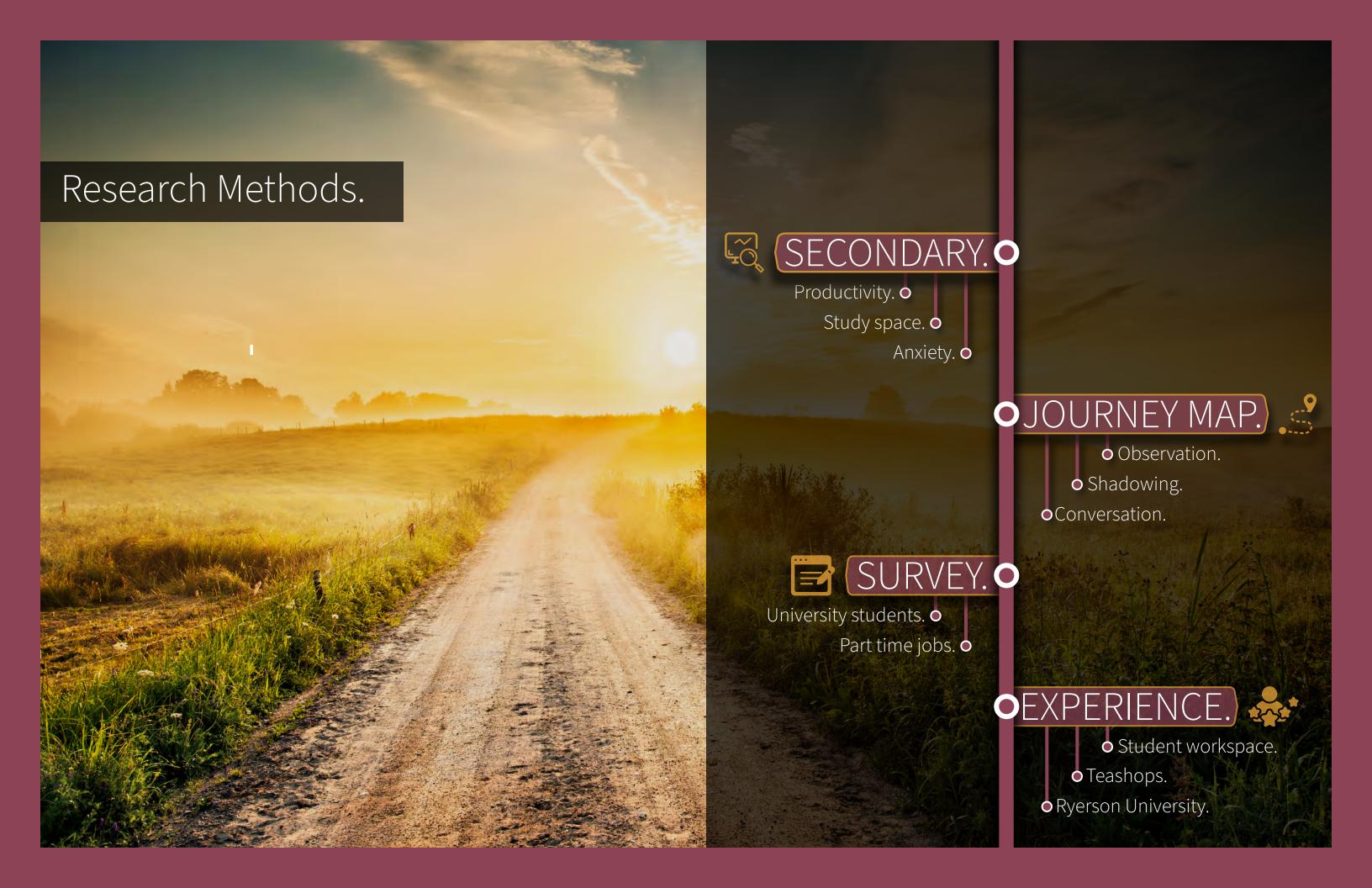


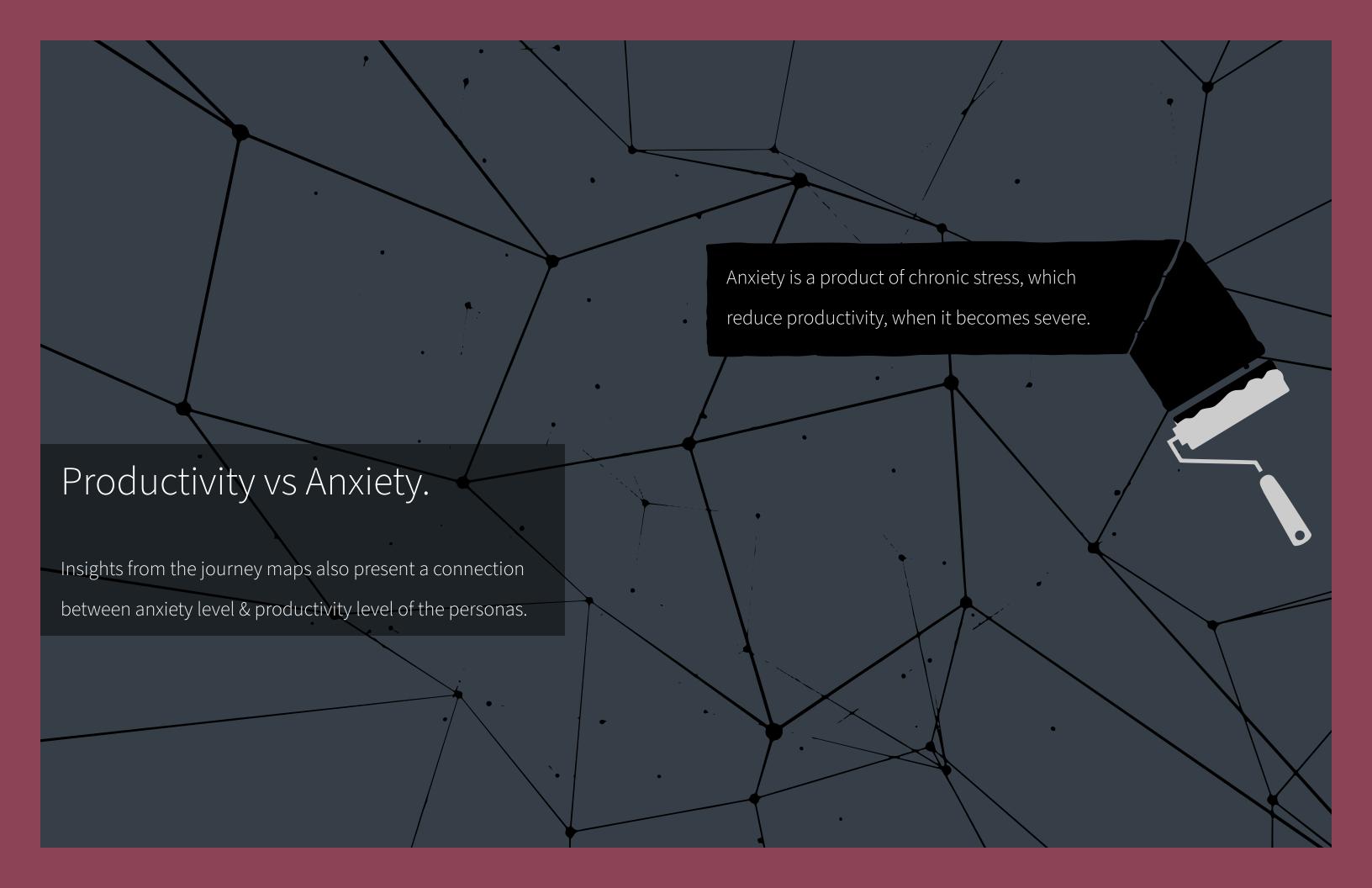
## Research Direction.

I initiated the research on university students' experience of anxiety and their productivity level based on my three design opportunities. To determine if I should develop the project to specifically focus on methods that would reduce university students' anxiety crisis, or to increase their productivity as a method to reduce their anxiety level as a result.







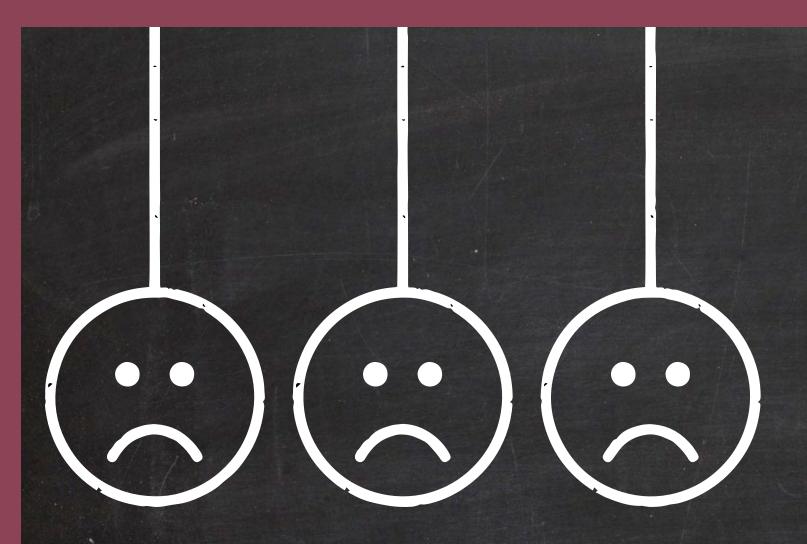


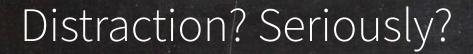
# What Is Anxiety?

"Anxiety is not an emotion but an experience, it harms our ability to be in control, making us feel paralyzed."

When I am consumed by anxiety, I worry about everything,

I cannot get anything done, I get stuck in an endless loop.





"Distraction can be surprisingly effective to improve your mood. When you experience anxiety or depression, it will interrupts your negative mood and dissipate it."



# Distractions to Help.

- Talk to people. and listen to noises.
- Take short breaks.
- Exercise or just go out.
- Spend time outside your common space.

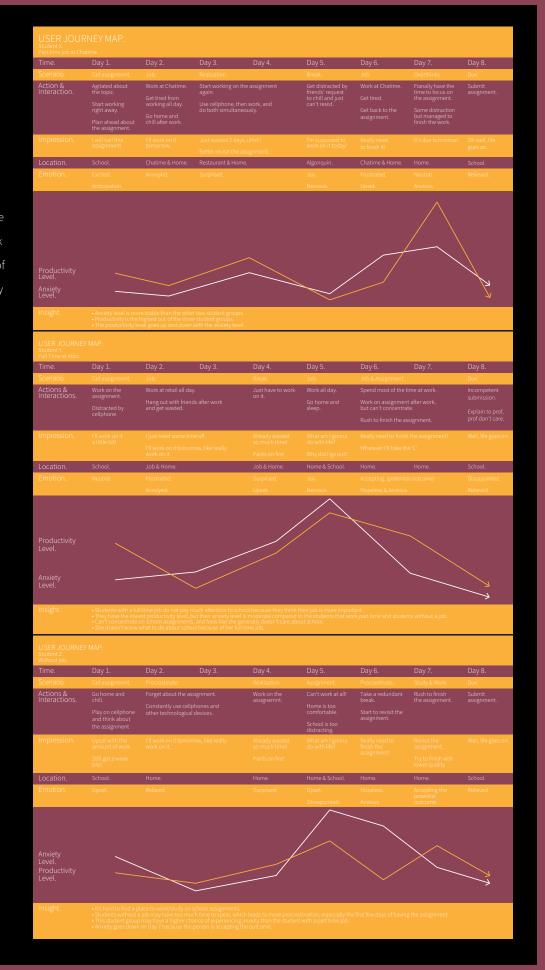


# Journey Map.

I shadowed 3 students weekly life to observe how they live their daily life on a weekly basis, and how it would affect their productivity experience of anxiety.

### Synthesis.

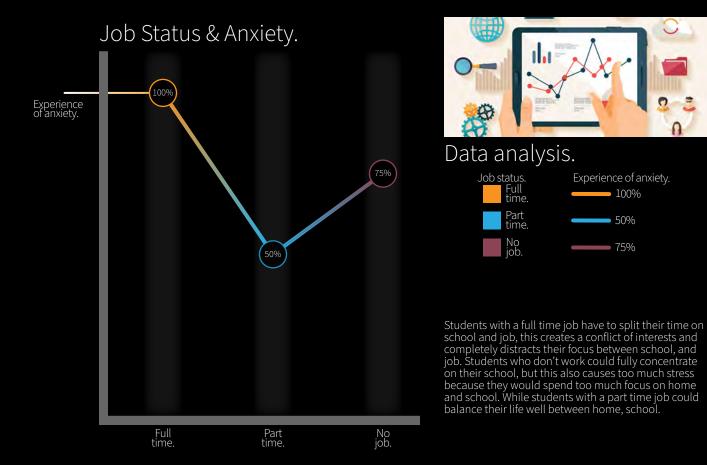
The student who has a part time job shows more productivity, experience less but more stable anxiety level than students who work full time, and don't have a job. Distraction of school, job, and home increase productivity and reduce anxiety. Would further research support the hypothesis?

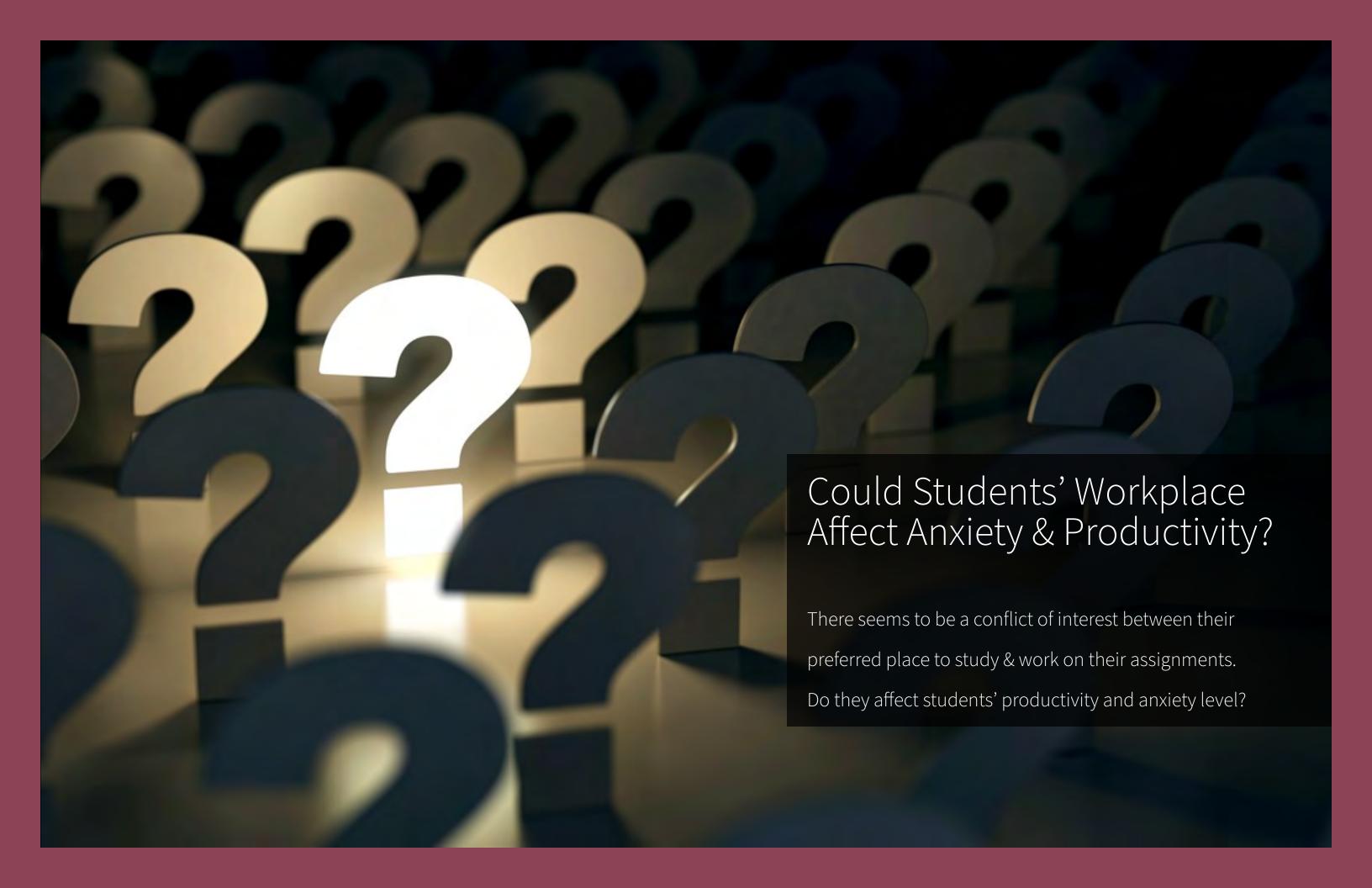


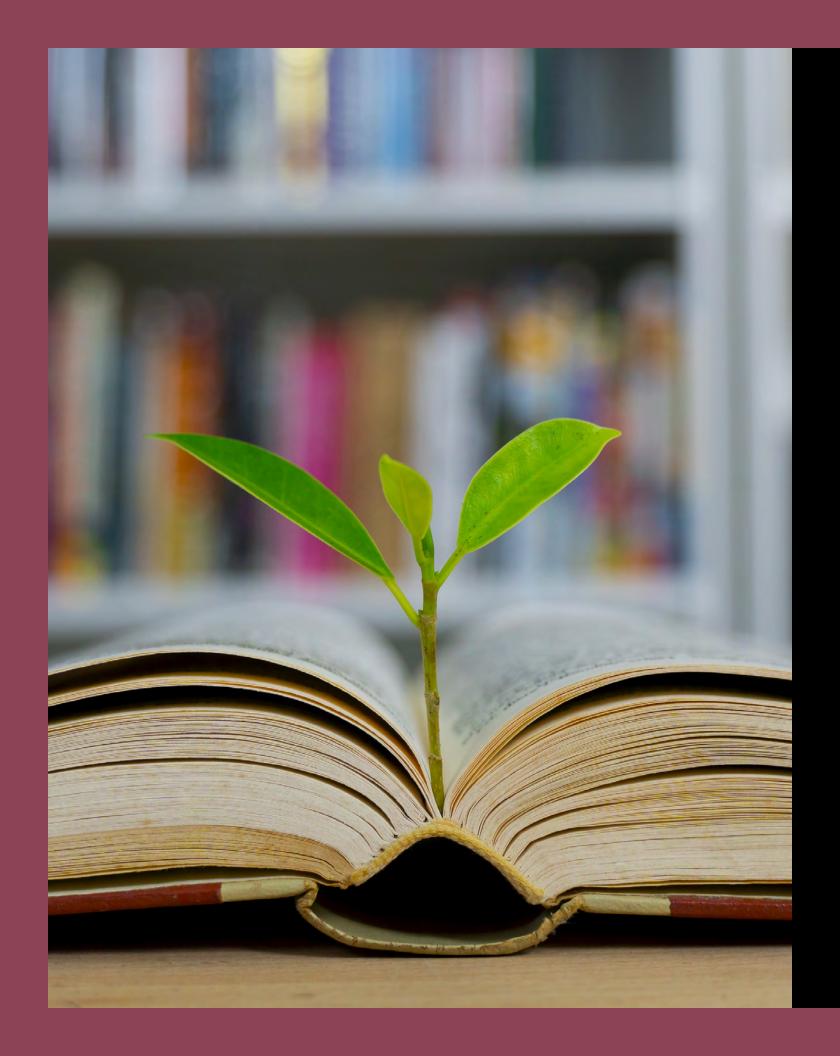


# Connection Between Job Status & Anxiety.

Survey university students about their job status, and experience of anxiety level. A balance between time spent at school, home, and job decrease students' chance to experience anxiety.

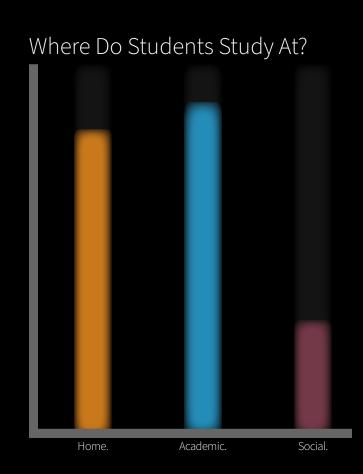


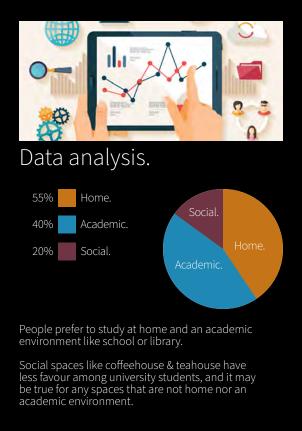


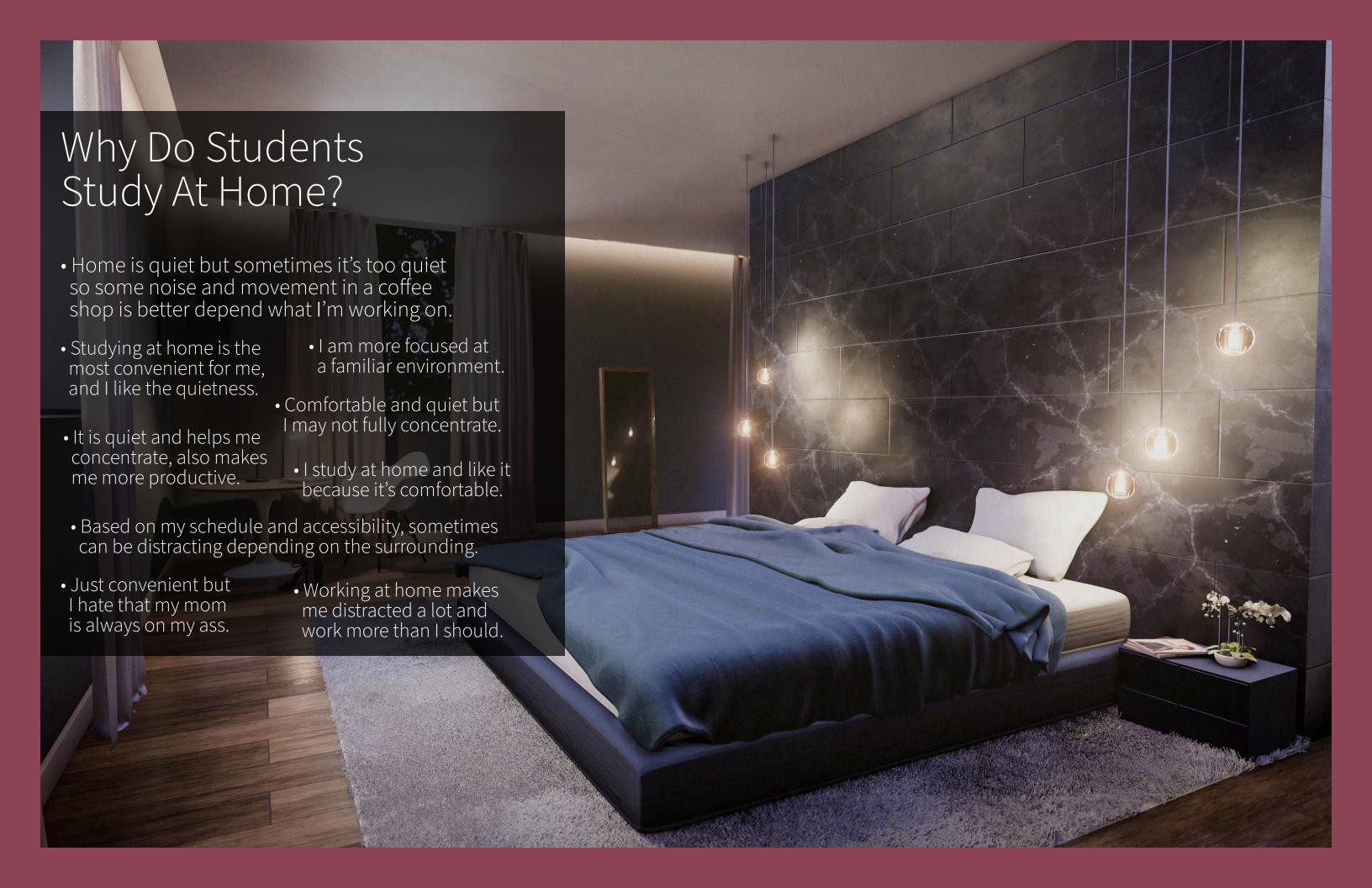


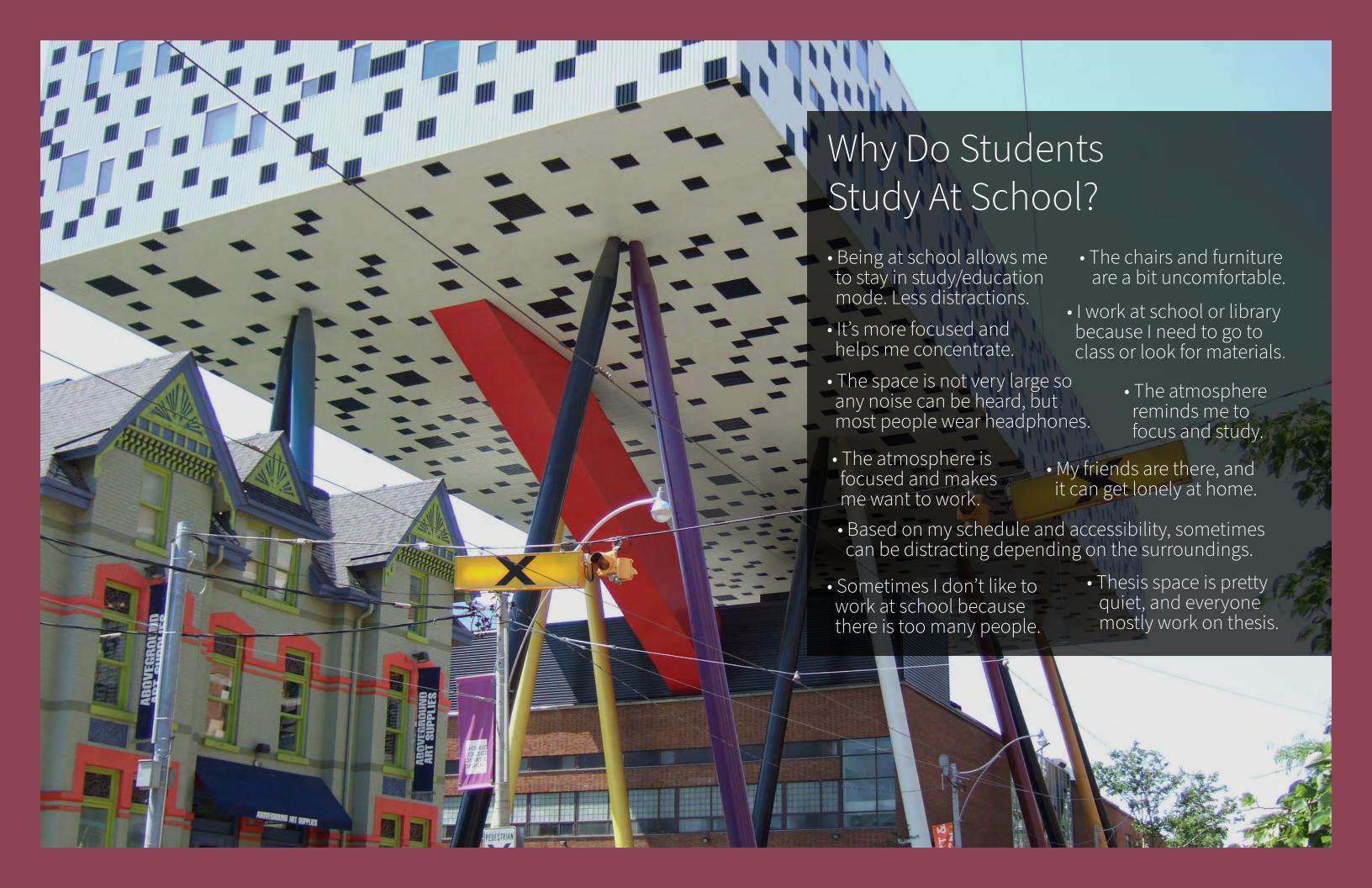
# Students Study Space.

University students mostly study at academic environment like school or library, and home, over social spaces like teahouse.



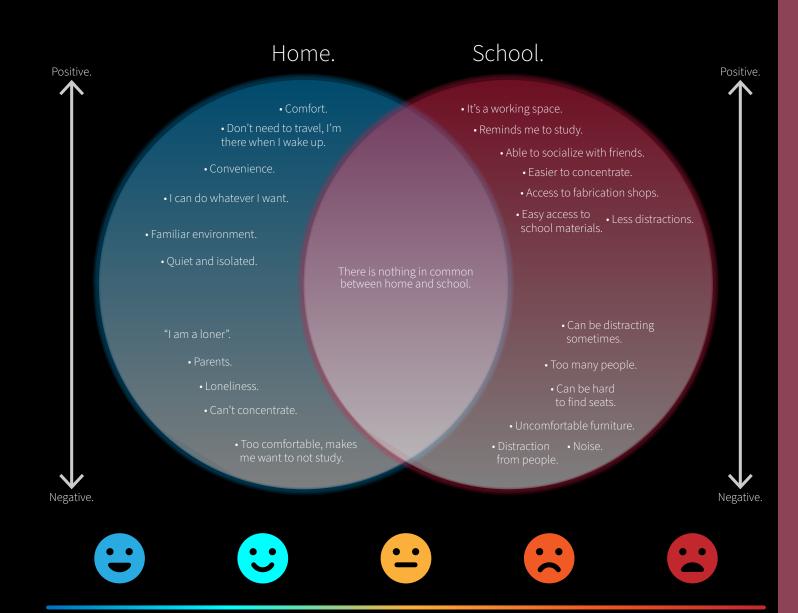






### Home vs School.

A comparison between home and school to help me identify the strengths and deficiencies of both spaces, and understand how to develop a common space that emphasizes the strengths and minimizes the deficiencies to help increase students' productivity as a method to reduce their anxiety.



# The Feedbacks Revolve Around 2 Characteristic.

Comfort

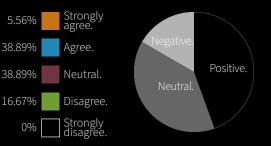




# Can School Be Too Distracting? Strongly Agree. Neutral. Disagree. Strongly disagree.



### Data analysis.



No respondent answered "strongly disagree", which suggests that no one is solidly against the hypothesis.

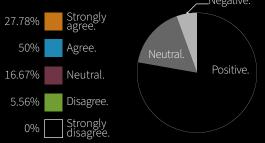
Respondents who answered "neutral" have the tendency to not knowing their preference, but have a slight favor toward the "positive".

There are more positive reactions toward the hypothesis than negative reactions.

# Can Home Be Too Comfortable? Strongly Agree. Neutral. Disagree. Strongly



### Data analysis.



No respondent answered "strongly disagree" which suggests that no one is solidly against the hypothesis.

Respondents who answered "neutral" have the tendency to not knowing their preference, but have a slight favor toward the "positive".

The positive reactions far outweigh the negative reaction.

### Distraction vs Comfort.

While many agree that school can be distracting to study at, especially at open spaces, some students are unsure if school is too distracting to study at, yet no one strongly strongly opposes the hypothesis though.

Interestingly, students still prefer to study at an academic environment whether it is school or library, but just needs to be quiet and comfortable enough to study for long.

Although home is more convenient and comfortable, and quiet for students to study at, isolation and comfort could potentially distract them more because who really want to study at home? The academic environment of school, its slight discomfort and noises would benefit students more to increases productivity, and concentrate on their school assignments. However the study space needs a balance between comfort and distraction.

# Ryerson University

# Case Study.

- Located in the core of downtown Toronto.
- Surrounded by Eaton Center, the Business, and the Entertainment District.
- Ryerson has less people, student's needs are better focused.
- The campus is compact and modern.
- University of Toronto is boring.

Student Learning Center is a dedicated space for students to study, and has some interesting floor levels where I want to focus on. LIBRARY & ARCHIVES **STUDENT** LEARNING CENTRE 12 BRIDGE

Primary focus.

# Student Learning Center.

Open study space exist at all floor levels, but it is a common amenity that exist in any university. I want to focus on the interesting floor levels at the student learning center to learn what works and not works.



- Permits low volume conversation only.
- A whiteboard, and a LCD screen.



Floor 8: Open Space.

- Panoramic view of the city.
- Open study space and casual seating.



Floor 7: Quiet Space.

- Prohibits talking, eating, and cell phones use.

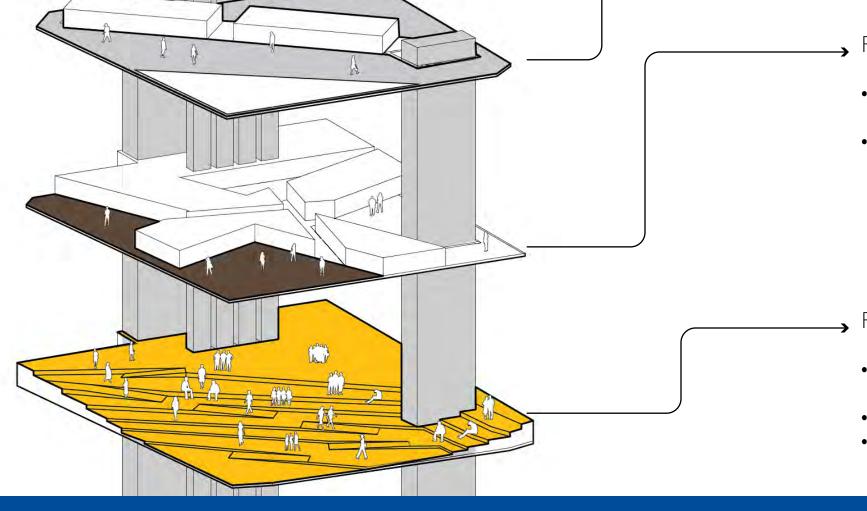
  Individual use only.



Floor 6: Casual Space.

- Open space with casual seatings.
- Earth tone interior.
- Mostly sit on the floor.





- There is a boundary between workspace, but it's not well designed for individual need.
- Students are still vulnerable from distractions, also lacks privacy.

• A lot of natural light.

• The tables are separated, but everyone can see each other.

 Separation between individual space and group pace.



• Lack of boundaries between the tables.

• Good distance between people.

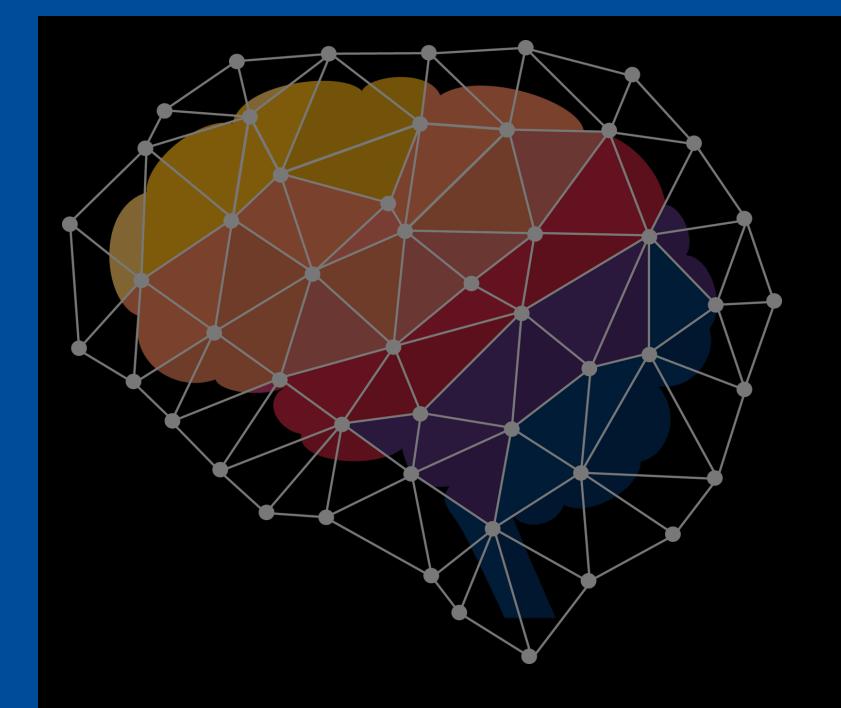


- Lac

• Lacks natural light, but is bright.

Is this a place to chill or a place to study? • The bright furnitures may be distracting.

• The room is quiet and isolated, but looks like an interrogation room.



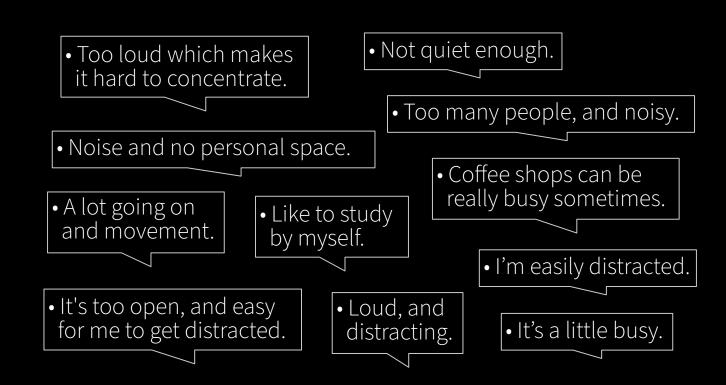
# Study Space Insight.

- School has a lot of distraction, and home is too comfortable.
- The environment needs to be comfortable, but also remind people to study.
- Student workspace needs to minimize noise and distraction but not confined and isolated.
- Segregation between spaces that have different purpose.

# Why Don't Your Prefer To Study At Teahouse?

I want to learn what prevent students to study at teahouse, to determine how the space could be improved to help students maximize their productivity, and reduce their anxiety.

### Distraction.



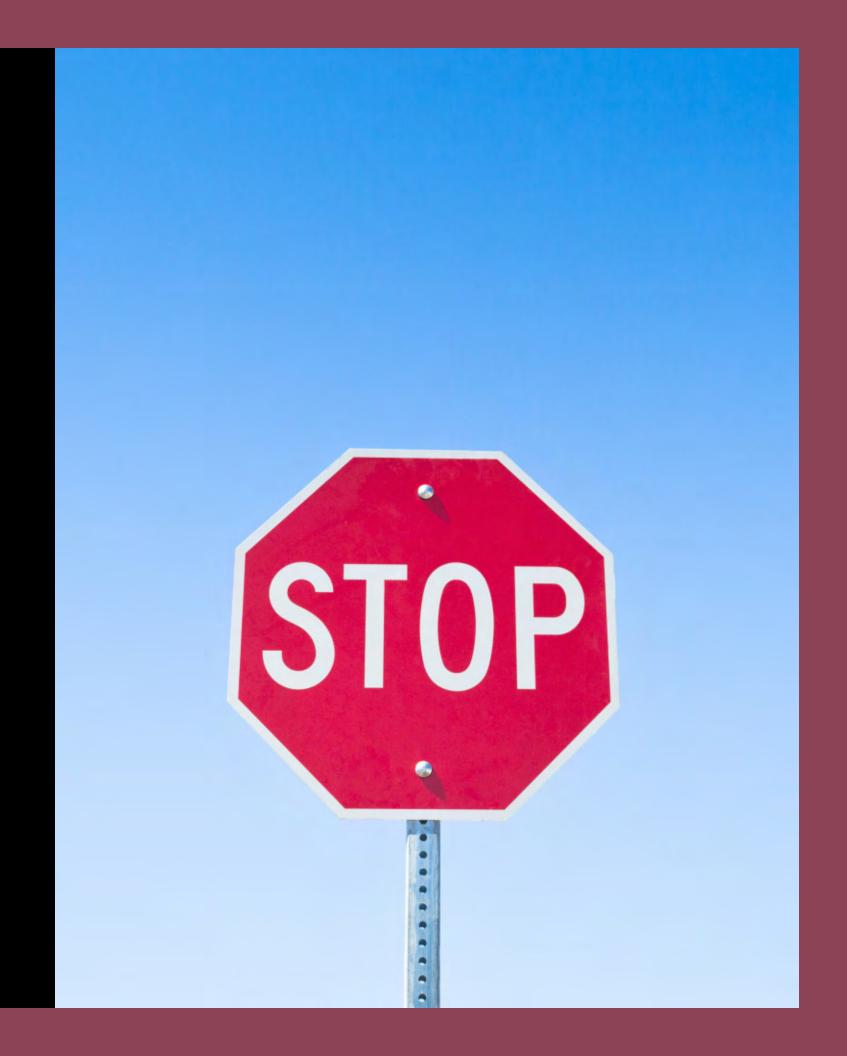
### Convenience.

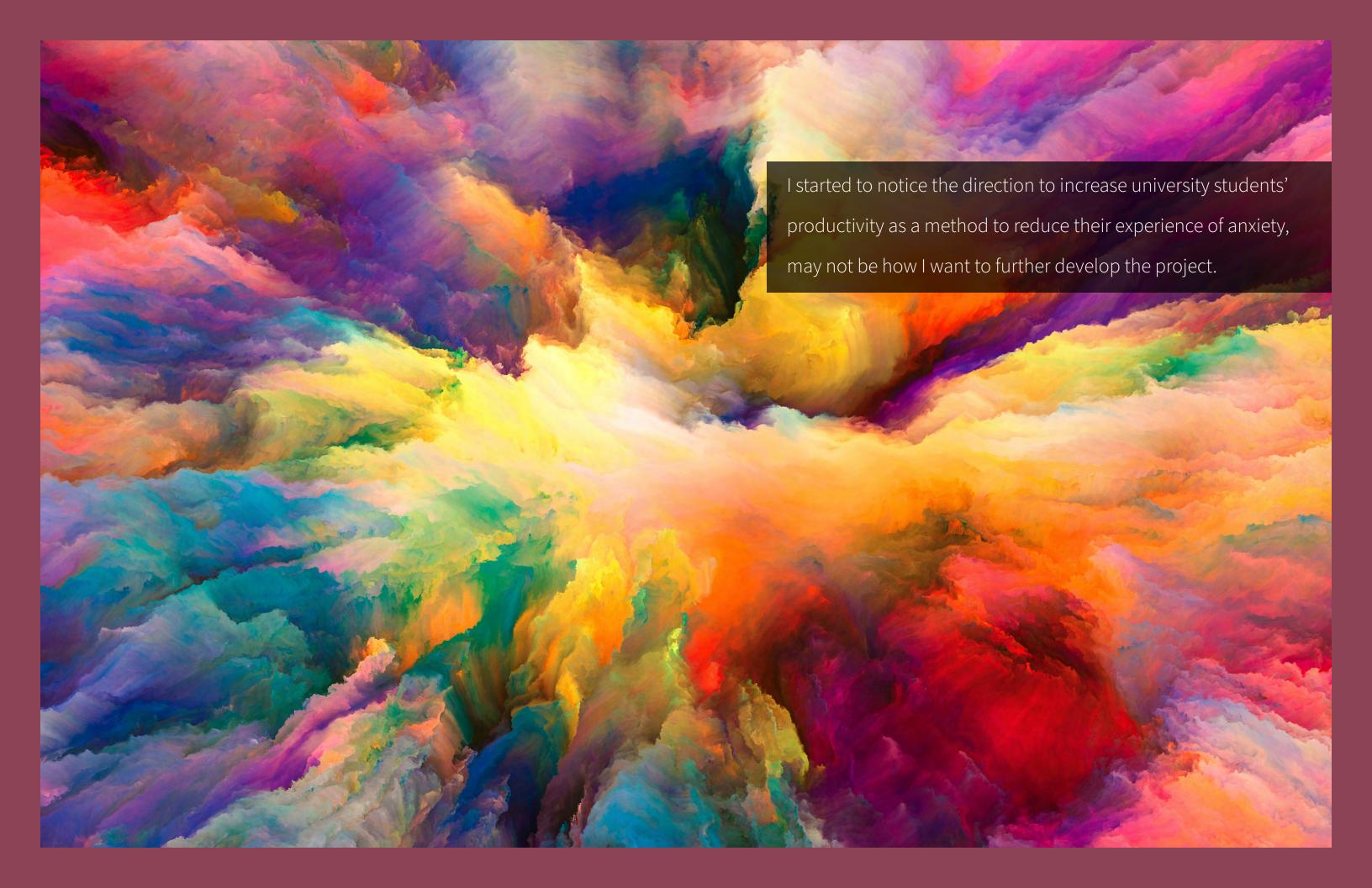
- Being at home or school I can just get food and not have to pack all of my things with me.
   Spending money, and lack of seating.
   I am lazy to leave the house.
   I don't like to get up and walk away from my computer to clear my mind.
   Can't find people to study there with me.
   No transportation to travel.
  - Pressure of buying items, and my intent of being in the space will be different than other people.

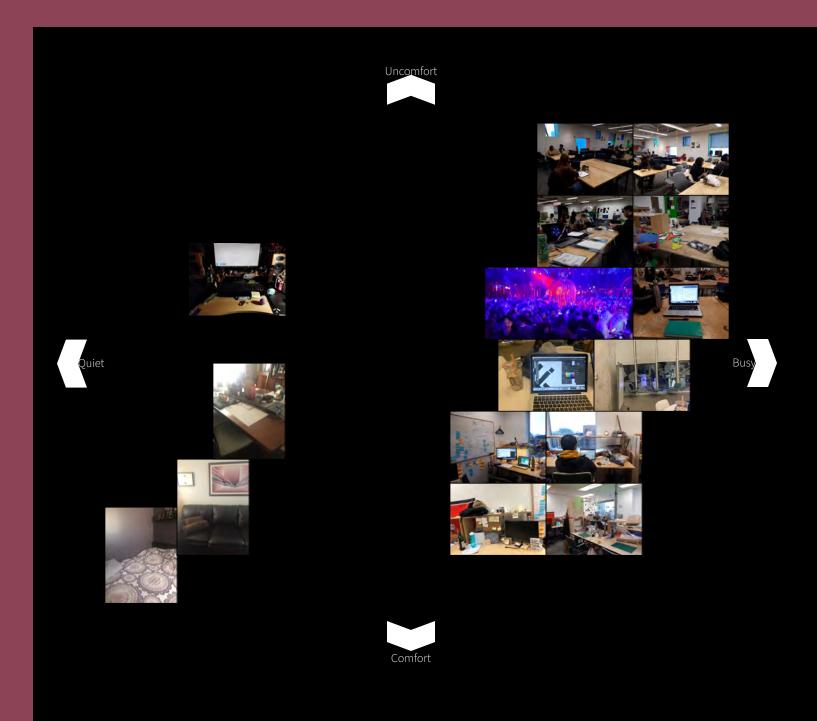
## Hold on a Sec.

It would be unnecessary and counter intuitive to design a study space to increase students' productivity because it does not help reduce students' experience of anxiety nor improve their overall mental health significantly.

I settled to move away from developing a study space for students, instead to focus on how to improve a teahouse for students to chill and relax, that helps attract them from their usual environment of home and school, to create an environment where they could immerse in the tea culture.







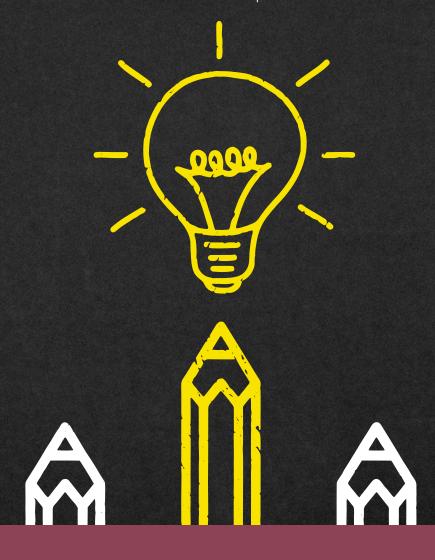
Only a few people sent photos of home.

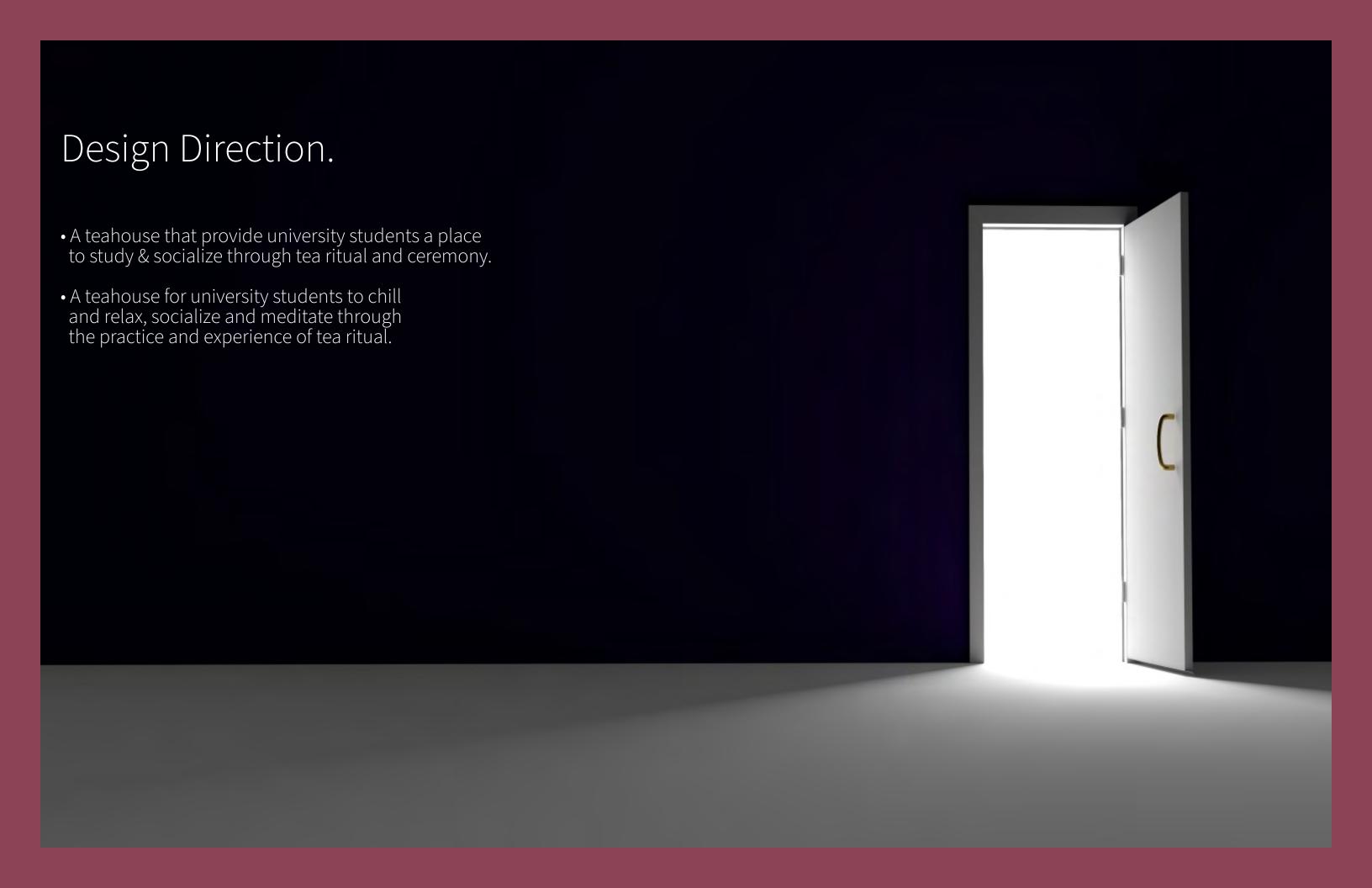
There lacks a middle space for students
to spend time at, whether to study, chill,
or distract them from school and home.

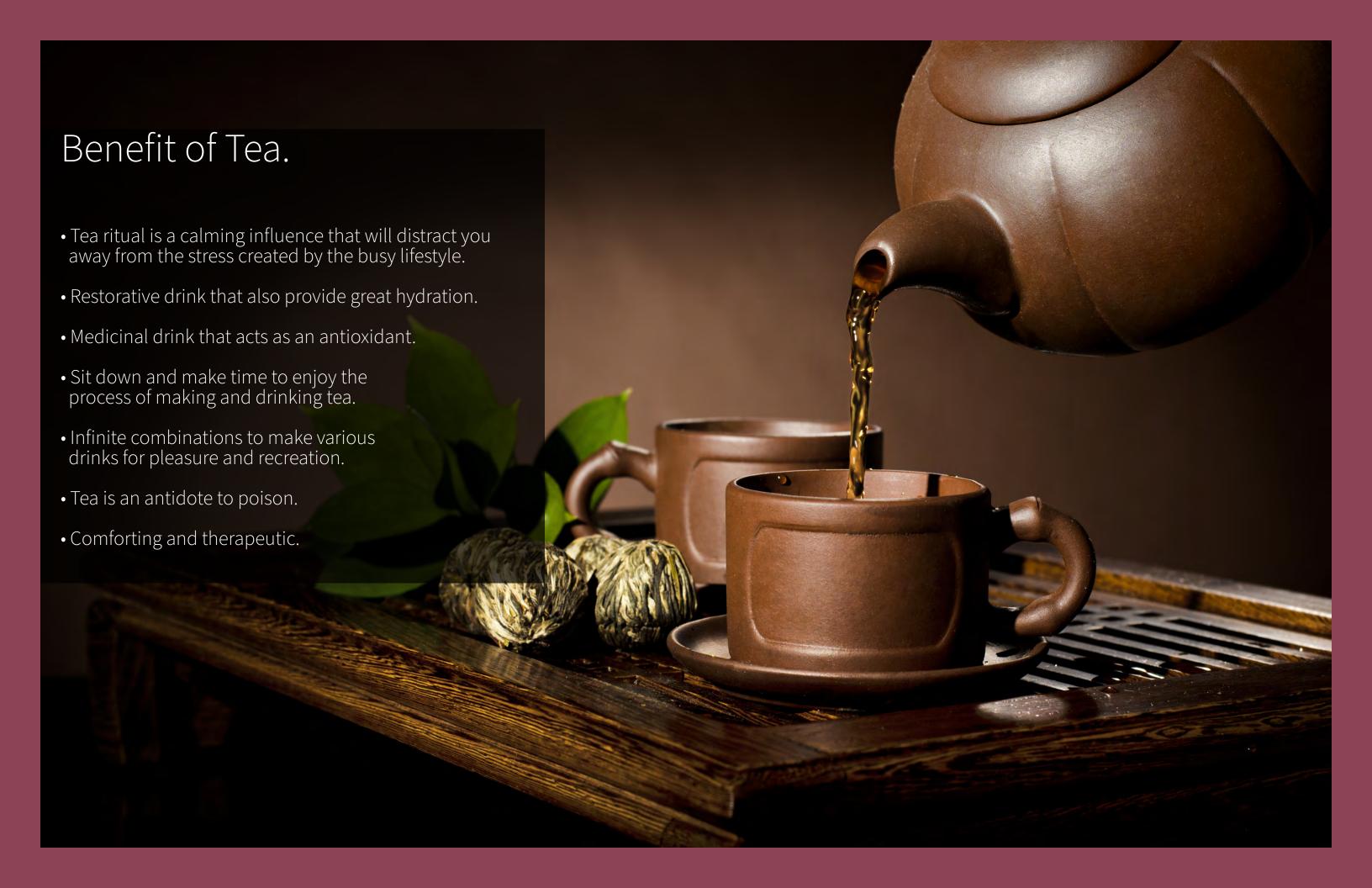
# Third Space.

A hangout spot, or a social environment for students to chill and relax, either individually or collectively. It is essentially a "home away from home" that provide a recreation zone away from home and school.

Could teahouse be that space?







Can I improve a teahouse to attract university students to socialize and decrease their anxiety?

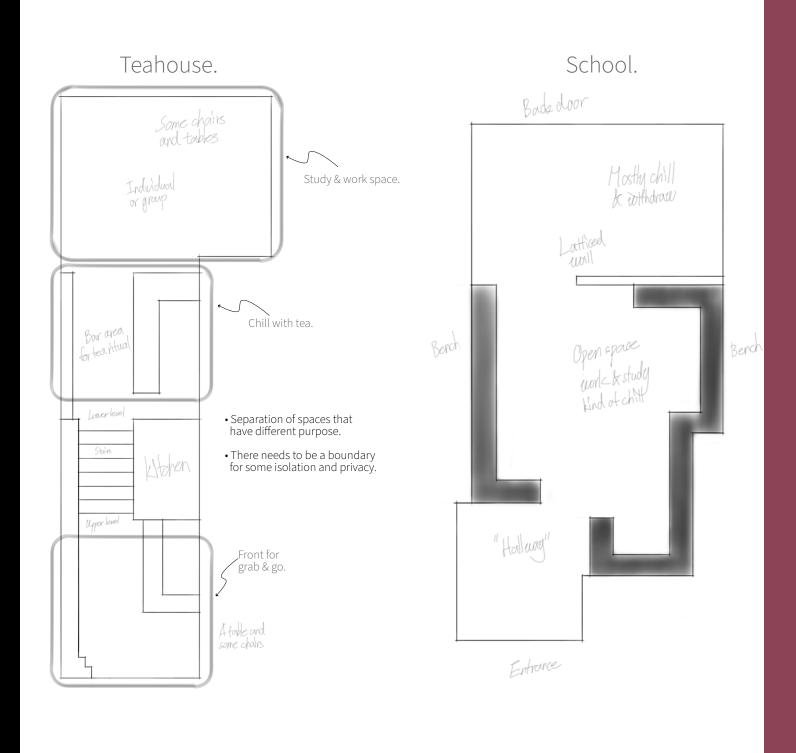


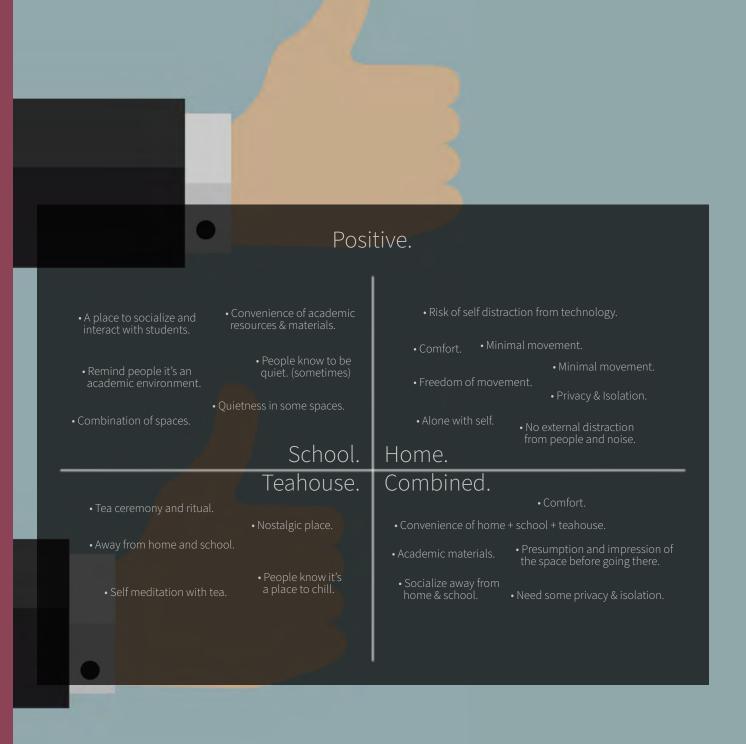
Take Pill. Just Chill.



# School vs Teahouse. Comparison between objects and environment.

$\Box$	School.	Teahouse.
Object.	Organized but boring.	• Less quantity, so more conformity of style.
	• Cheaply done.	• Still very much cheaply done.
	Usually constructed with recycled materials.	• There's more harmony between the furnitures.
	• Handmade by shop technicians.	Still don't feel and look comfortable.
	No conformity of style.	• Lacks customization, has a single purpose.
	Horizontal space distribution.	Horizontal space distribution.
	• It works? Let's have it!	• Teawares can't be taken out of the teahouse.
	• Function over form, yet still sucks at function.	• Designed for in house usage only.
	• Utilitarian, but sucks at it.	<ul> <li>Usually fragile and made from clay.</li> </ul>
	• Lacks customization, has a single purpose.	<ul> <li>Made from plastic for grab &amp; go.</li> </ul>
	Quantity over quality.	<ul> <li>Not designed to be portable.</li> </ul>
	• Students don't care about the maintenance.	• Not cheap.
	Students bring their own equipments.	• Equipments are provided by the teahouse.
$\dashv$		
	Open space for students to work.	• Away from the entrance.
	Academic materials.	<ul> <li>At the back, away from traffic.</li> </ul>
<u>ج</u>	Work oriented furnitures.	Away from movement.
Work.	Freedom of movement. (mostly)	• Close to the chill space.
	Noise and distraction from	Almost no movement.
	people and machines.	Work oriented furniture, slightly
	Study space everywhere.	better than those at school.
	• Spacious.	• Close access to tea.
Chill.	Outside of school, but still part	Darker lighting.
	of the school environment.	<ul> <li>Interaction with tea ritual and</li> </ul>
	• Park, Grange.	the staffs at the tea bar.
	Beside the school cafe.	Minimal movement.
	Some isolation from	• Essentially a bar.
	the rest of school	• Bar chairs.







- Uncomfortable furniture and environment.

- Work/study space are all over the campus.

#### School. Teahouse.

know to be quiet.

Can be pressured (self) to spend money on products.

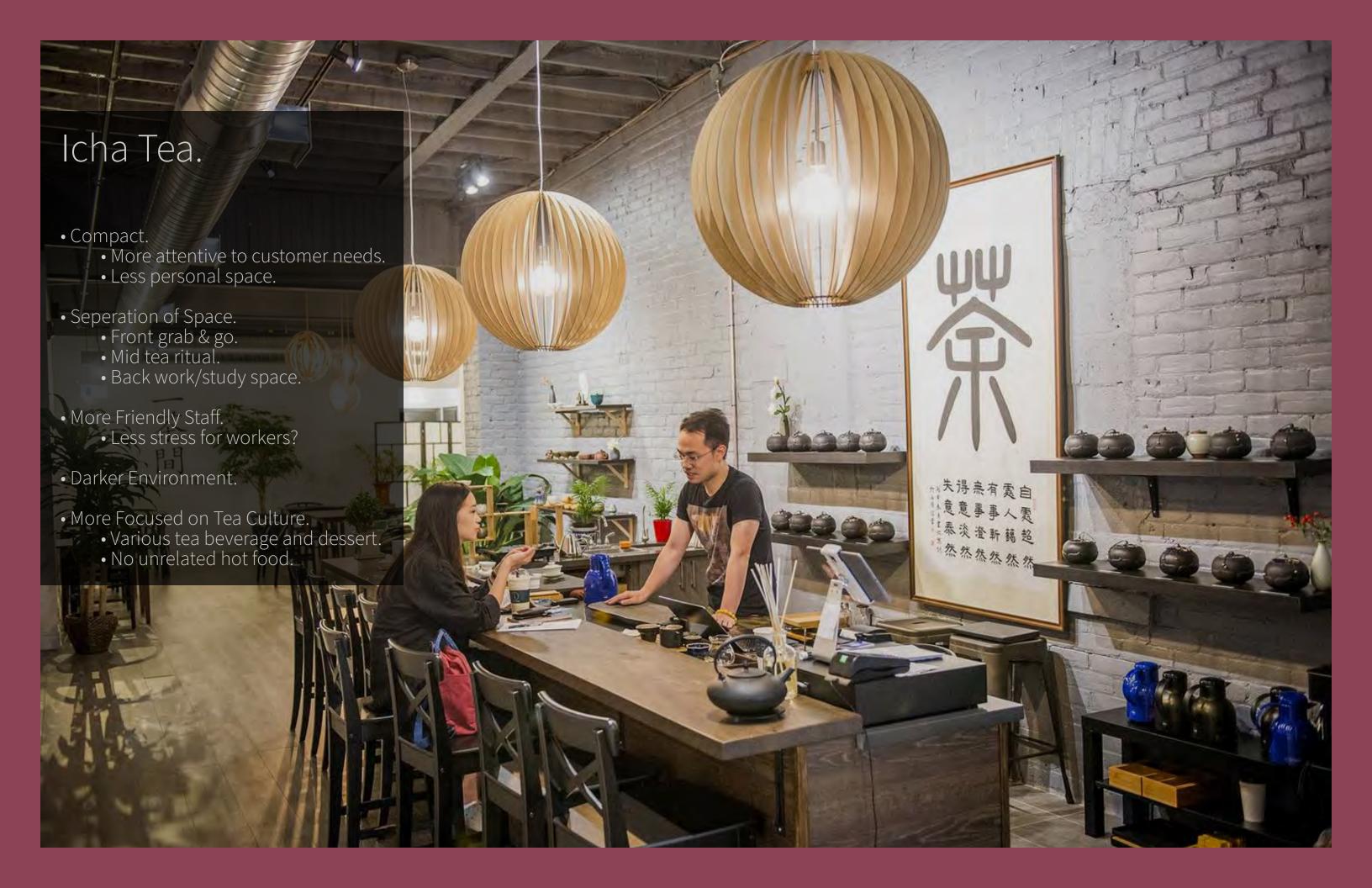
- know to be quiet.
- Lacks a clear boundary between spaces and from other people.

- Inconvenient to get academic materials. • Lack of academic resources.
- Makes you want to relax.
- Limited commercial commodities. • Risk to self distractions.
- · Lack of specific food.
- Can be too isolated.
- Risk to get food deliveries that are bad for your health.

#### Home.

#### Combined.

- Distraction from movement.
  - Distraction from self. Lack of commodities.



# 3 Design Direction. 1 Harmonic Environment.

Instead of a single direction, I decided to explore into three directions that harmonize together to create a space that will provoke emotions, attract student attendance, and experience authentic tea culture with modern interpretation.



Interior.

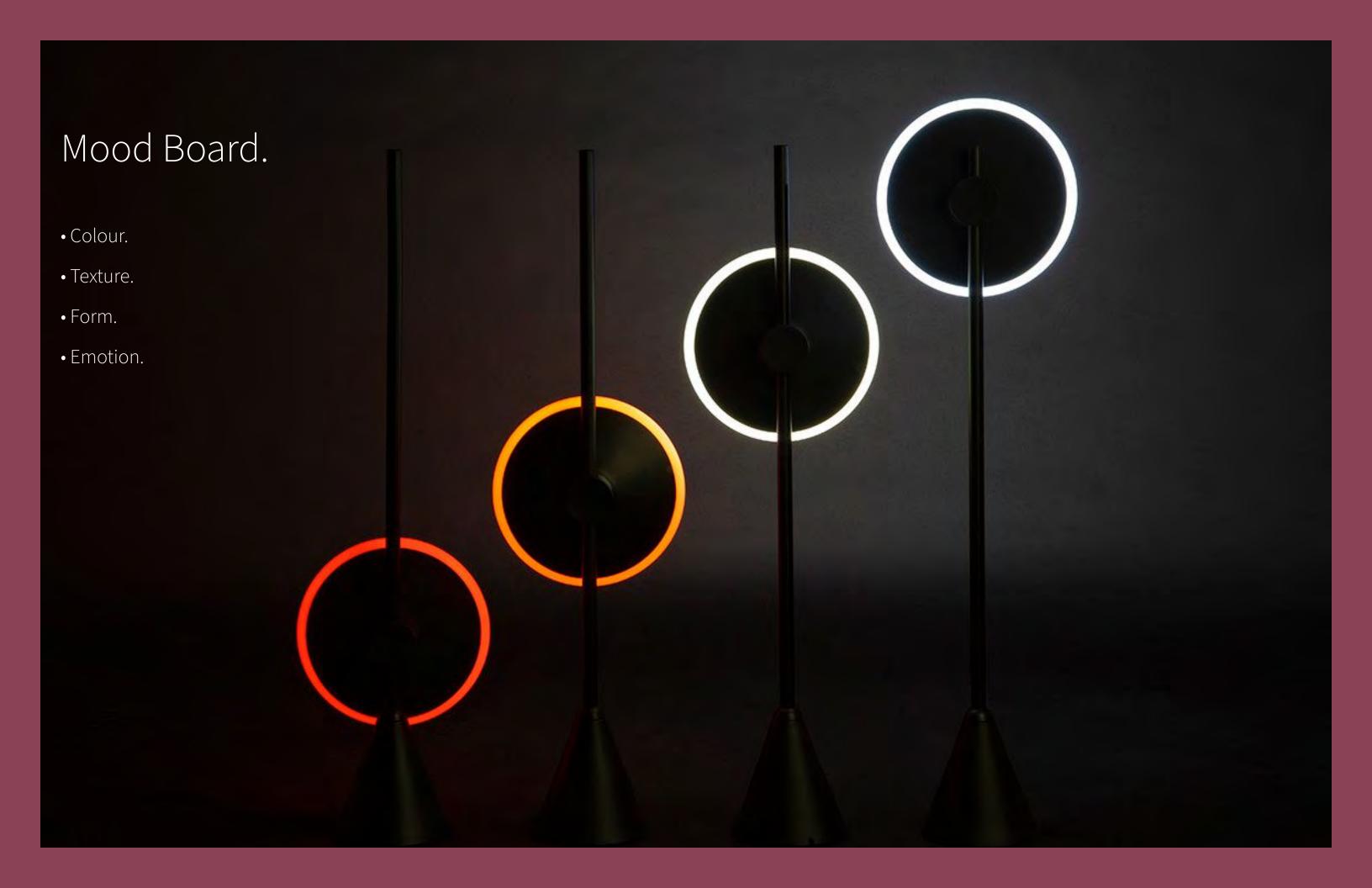


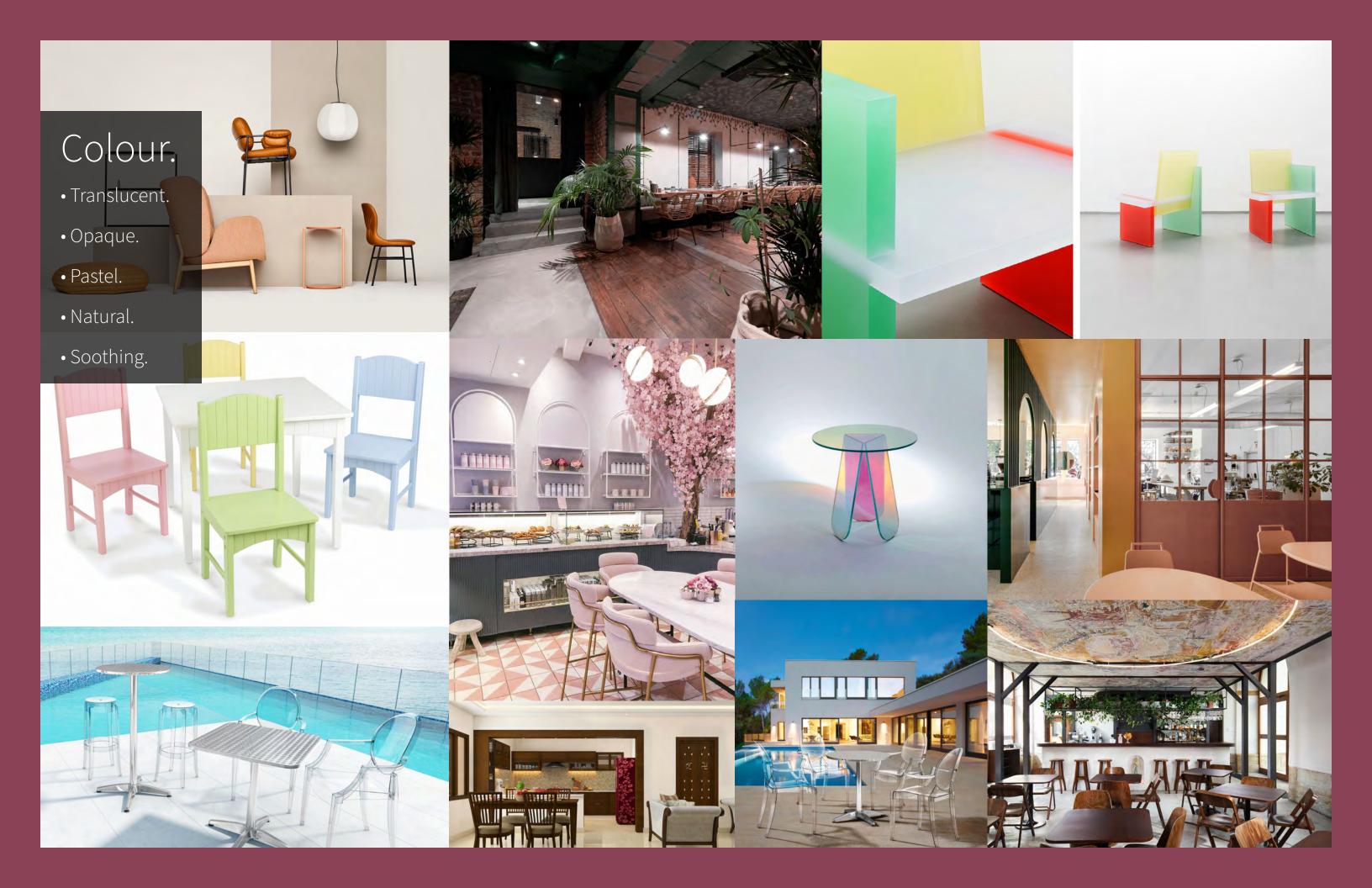
Object.

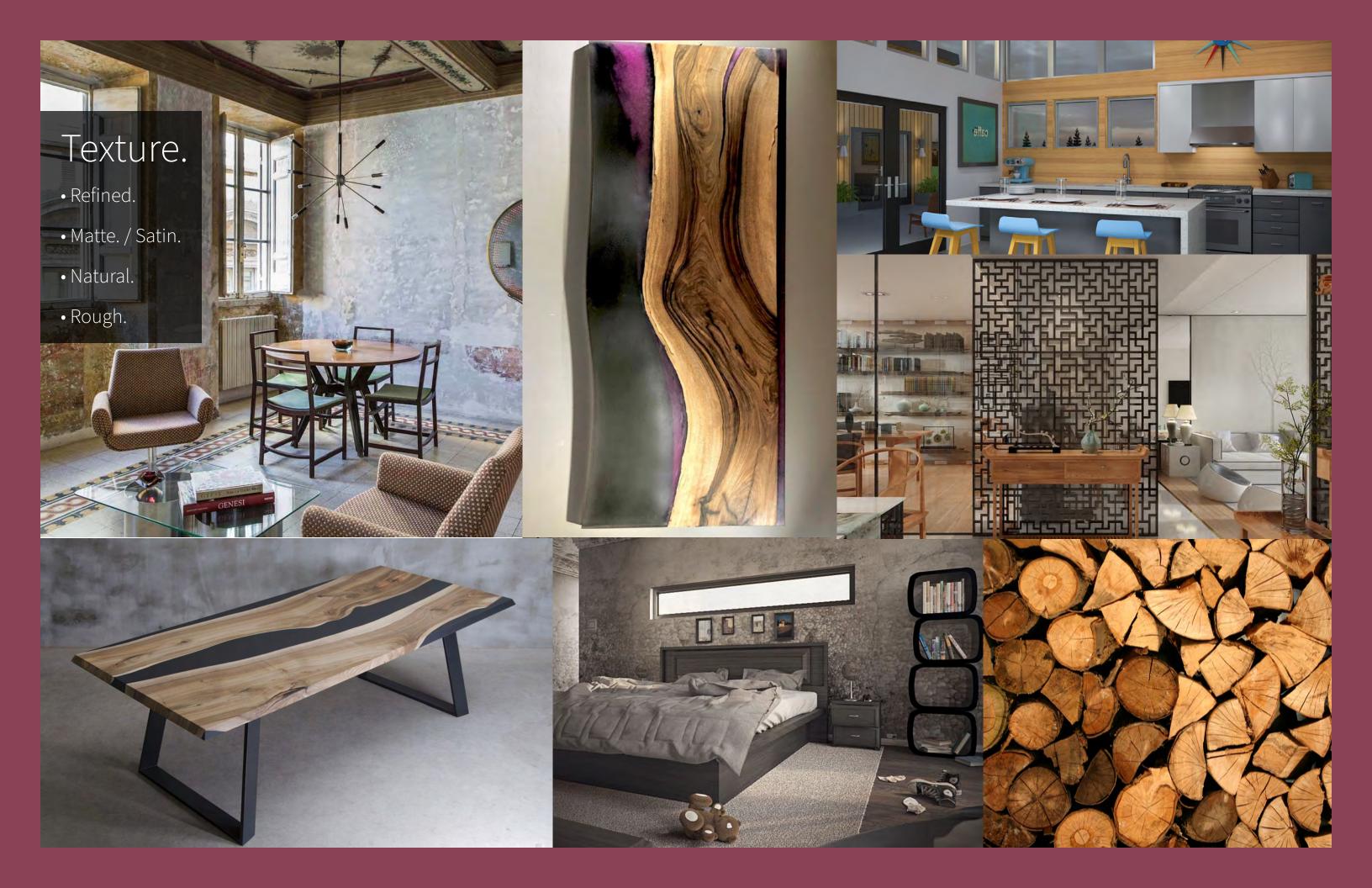


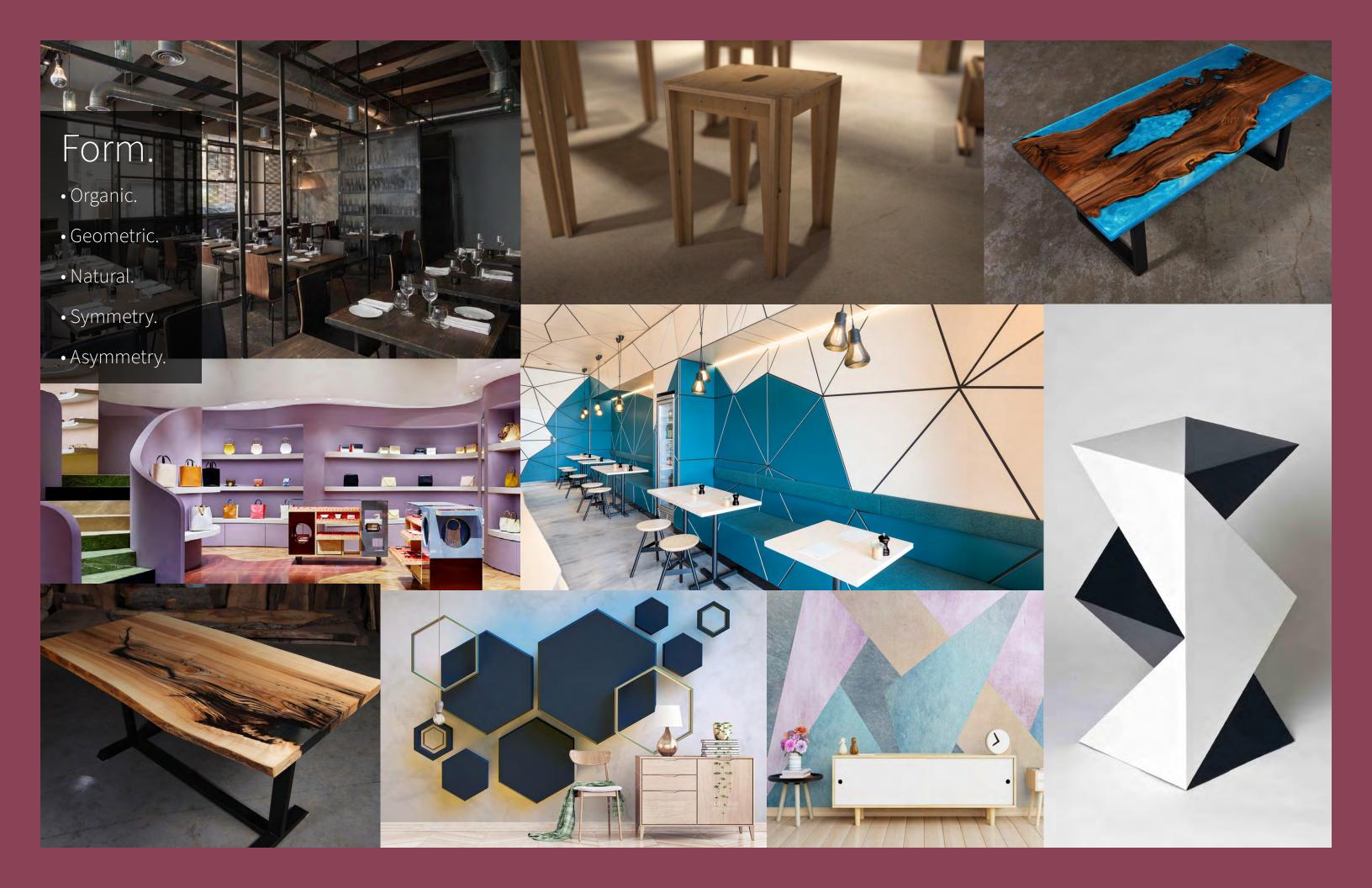
Furniture.













### Product Personality.

#### Harmony.

- Functionalism & Formalism.
- Translucent & Opaque.
- Natural & Industrial materials.
- Geometric & Organic.

#### Natural.

- Preserve the natural shape of the wood.
- Use natural hardwood to emphasize itself.
- No hardwares.

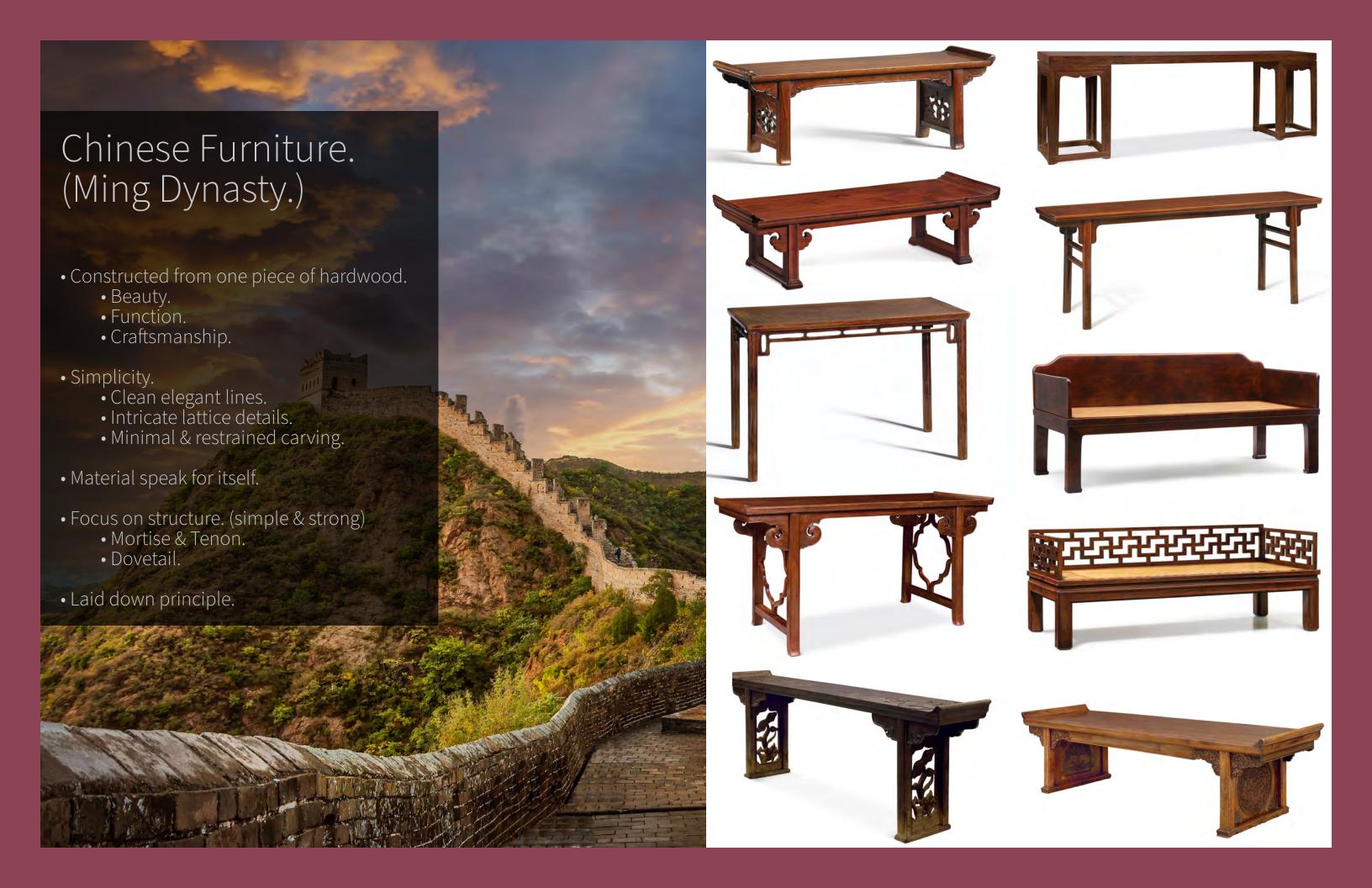
#### Simplicity.

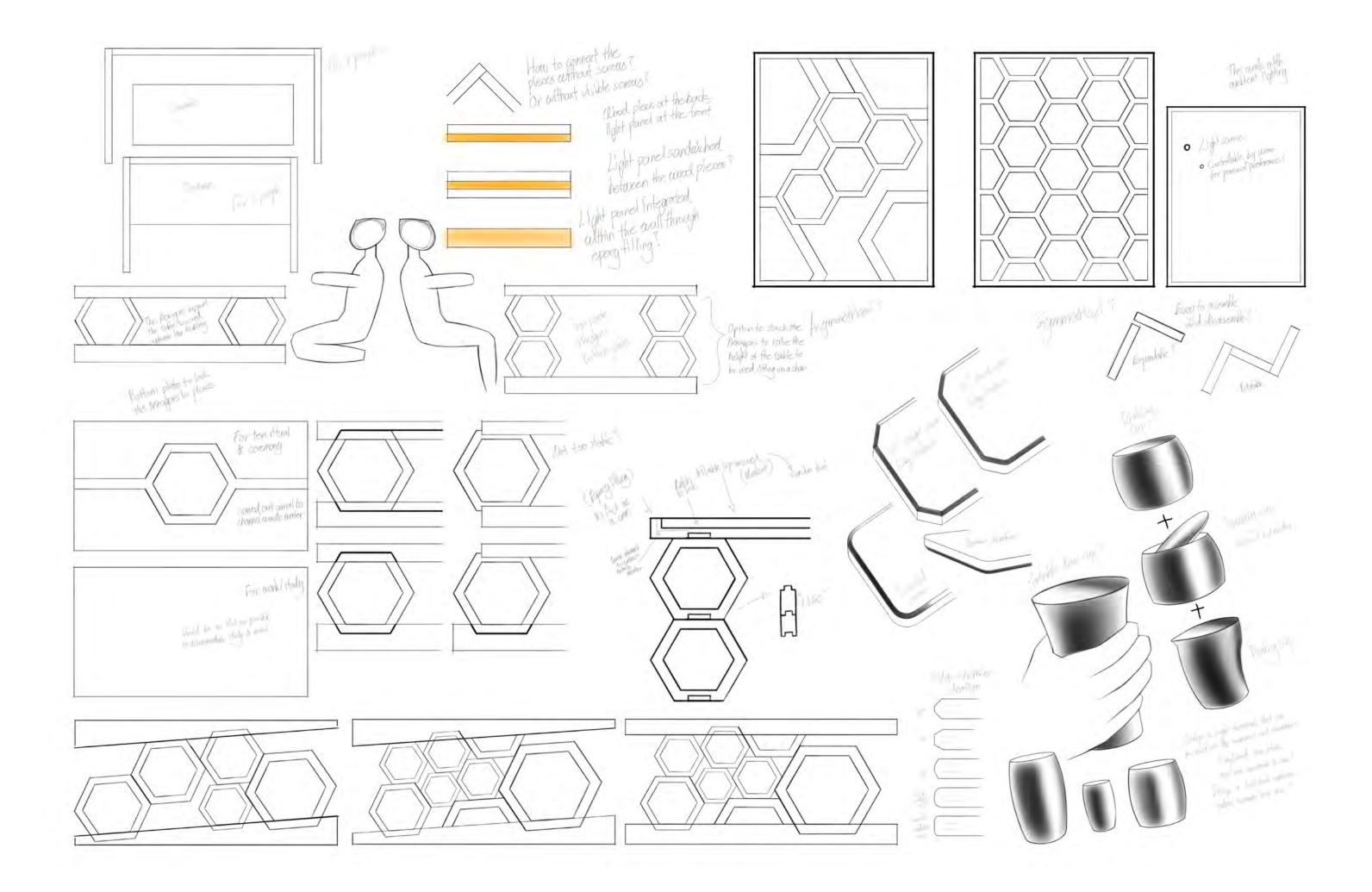
- No unnecessary patterns.
- No ornaments.
- Clean & elegant lines.
- Raw functionalism.

#### Culture.

- Traditional furniture construction.
- Chinese aesthetic.
- Structural stability.
- Mortise & Tenon.

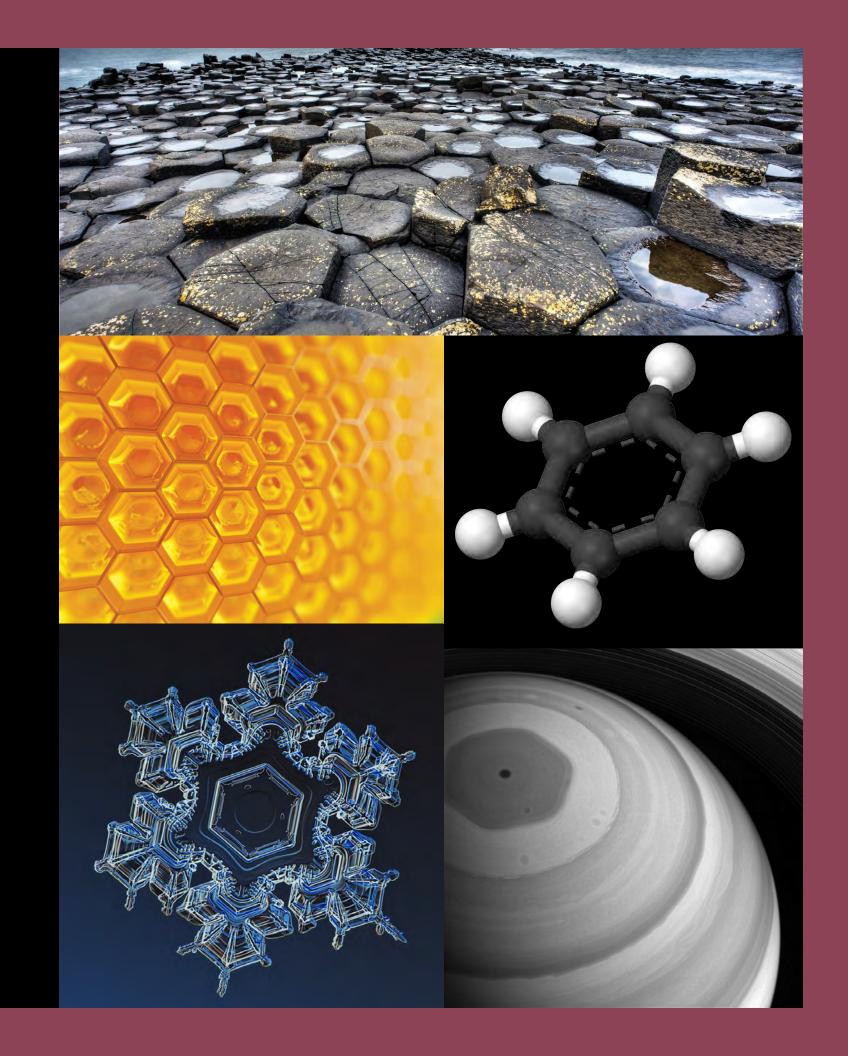






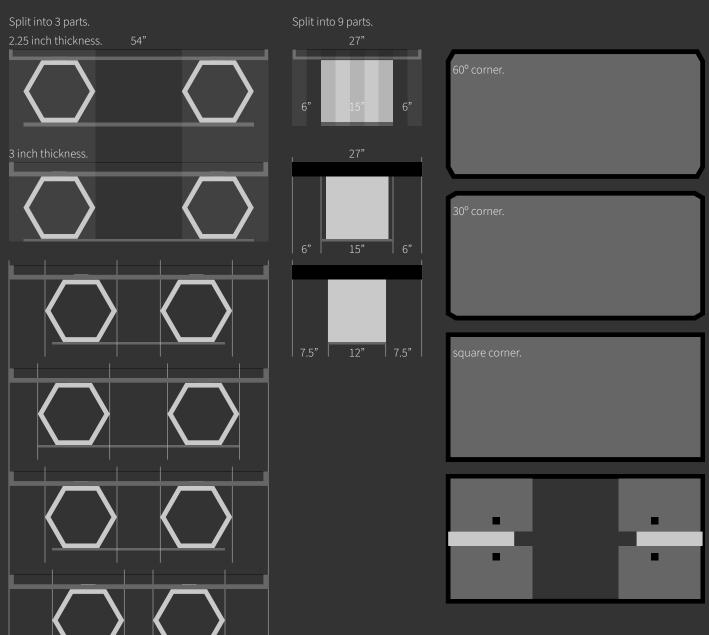
### Why Hexagon?

- The Giant's Causeway is a form of geological structure known as columnar basalt, where molten lava cools down and contracts to form the hexagonal columns, as 120° is the angle that release the most tension.
- Invertedly, bees will make their hives into cylindrical cells at first, but their movement will heat up the wax and expand the cells to a perfect hexagonal shape known as the honeycomb.
- Snowflakes are also hexagonal because water molecules likes to pair together in a hexagonal structure in the solid frozen state.
- Carbon is the backbone of our ecosystem, and the sixth element in the periodic table. A single carbon atom consists of six protons and six electrons, and six carbon molecules will form the benzene ring, a perfectly hexagonal chemical bond.
- There is a cloud formation at Saturn's north pole that resemble a distinct hexagonal shape. Scientists have hypothesized the rapid spinning from Saturn's gravitational force transforms the circular cloud into the hexagonal shape.
- This also explains why hexagon is the most stable and one of the strongest shape because it is the balance between a circle and a polygon with multiple straight sides.
- In Chinese culture and traditional literatures, hexagon symbolizes completeness of six directions: North, South, East, West, Heaven, and Earth that create harmony in the universe. Hexagon signifies higher wisdom and spirituality, it is often used in interior designs to exude peace and calmness.

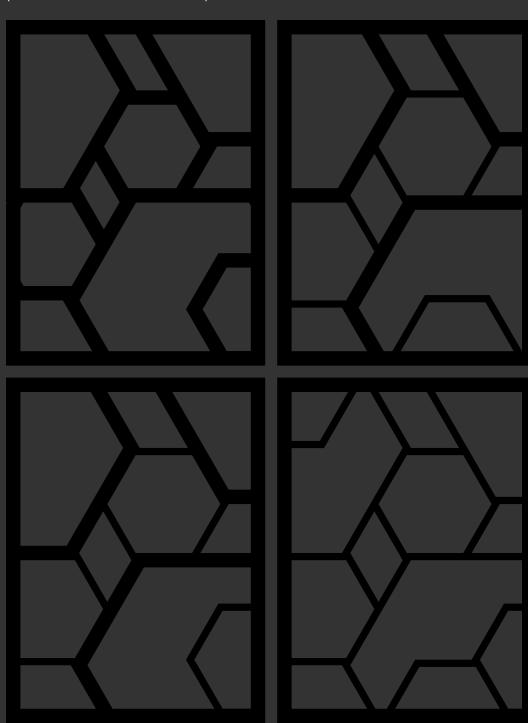


### Revision.

Ideation in 1:10 scale, the actual table top size is 27 inch width by 54 inch length. Exploring different ratio between the hexagons and the table top.

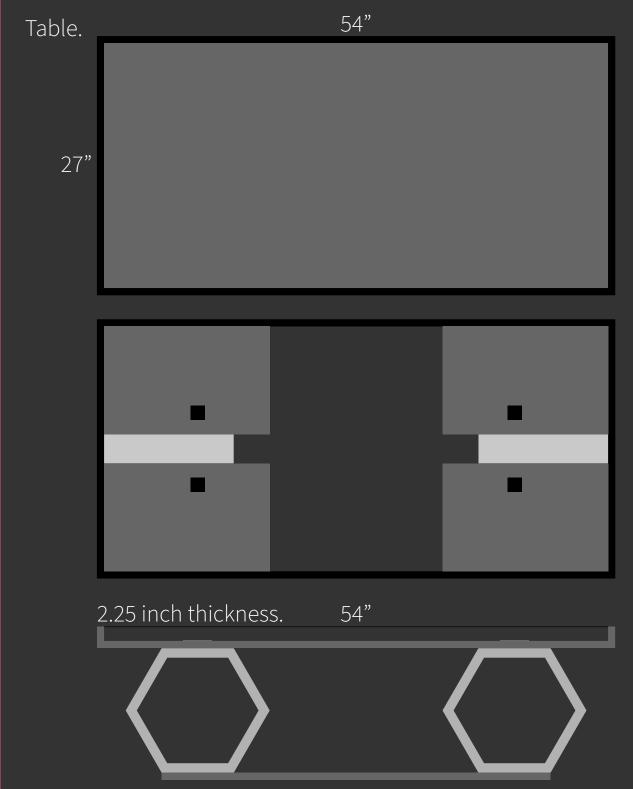


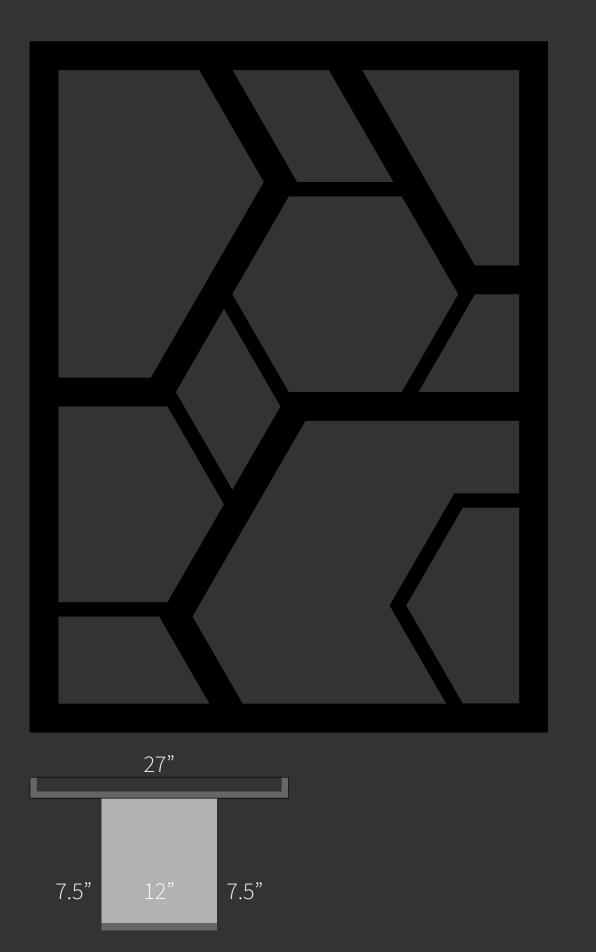
Test out different hexagon placement to create patterns.



54 inch width by 72 inch height, outer frame thickness is 3 inch, the overall depth is 3 inch.

## Final Design.





Black walnut · Waste water will run through the channel. tabletop. Render. · Then flow to the frame \_Acrylic top below the table top. plate. · Then travel through the \_Spalted maple hexagon to the bottom. hexagon support. · The waste water will be . \_Acrylic bottom collected in the "pond". plate.

### Screen Divider.

Instead of using one type of wood for the entirety of the divider,
I want to have diversities with the materials to create a mood of
playfulness and present a casual environment. For the renders,
I used black walnut and hard maple to create a colour contrast.
Other wood could also be used for the final construction: white
and red oak, pine, basswood, cherry, ash, etc. all with different
price level for cost efficiency.



### Prototype.

- Test out the height of the table.
- Test out the size of the table top.
- Test out materials for the screen divider.

Test out the potential height of the table.





- 31 inch from the floor is a bit low for when sitting on a chair.
- 24 inch from the floor is too high for when sitting directly on the floor.

Prototypes to test out the potential size of the table.





- 24 Inch width by 48 inches length.
- Not long enough to seat 2 people on the length.
- Enough for 2 people facing each other.

Test out the potential size of the hexagon supports.





- Surprise! The size is too big for the original dimension.
- So I rotated the hexagons, the distance looks about right, but the size makes a weird proportion.

How the table top would function as part of the tea ritual experience.





- The bottom frame is to collect waste water from making tea.
- I want to make the tabletop removable. One side is flat for people to study, and the other for tea ritual, but it is too heavy to handle.

Test out the second height of the table.



- 21.5 inch from the floor is about right for when sitting on a high cushion.
- 41.5 inch from the floor is too high for when sitting on a chair.



 Mistake turned into an opportunity! The height works as a "bar" table.

Prototypes to test out screen divider material.



- The material for the divider, but they are not exactly what I like.
- It will also be too expensive, so I have to make changes.

- Revise the height of the table.
- Revise the size of the table top.
- Test out the width of the hexagon legs.
- Test out the size of the screen divider.

Test out the height of the table with existing furniture's seating height.



- 15 inch from the seat to the tabletop is the most comfortable height.
- 7.5 inch from the seat can be cumbersome for people's legs when practicing tea ritual.
- 19 inch from the seat is too high for people to reach across the table (27 inch by 54 inch).

Test out the width of the legs for stability.







Making a router sled to flatten the wood slabs.



Test out the revised size for the table top.



- I increased the size of the tabletop to 27 inch width by 54 inch length.
- It is more than enough to comfortably seat 4 people, and could potentially seat 2 more people on the side.
- The tea ritual is meant to bring people to socialize.

The material I will use for the final product.



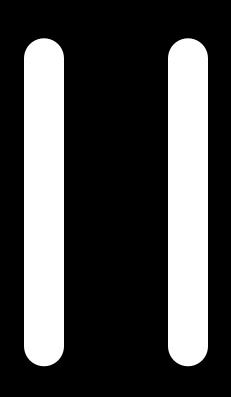
- The frame is 48 inch width by 72 inch height.
- The size was meant for the tabletop at 24 inch width by 48 inch length.
- The height don't need to be changed but the width cannot accommodate 27 inch width by 54 inch length table top.



- Two of the 54 inch width by 72 inch height frames makes up 108 inch width.
  - One screen divider is enough for the width of the table top.

#### Pause.

The lock down prevented me to further develop the entire project through physical prototyping, and construct the furnitures to their final form. This compelled me to focus more on the teatable since it is the principal creation of the project, and continue through 3D models and digital renders to demonstrate the final form,



- How would the lighting and the wall be put together? What kind of lighting would be used? LED strips? Bulbs? Good range of option, but need more technical considerations.
- Good aesthetic and structural shape, but could focus more on the joinery of the hexagons structure in details.
- Good idea to incorporate lighting in the walls, but can you do it? How would the lighting look like? Give some examples.
- Good range of variation for the latticed wall design. Need to finalize on a direction, do you want to choose a single design, or both?
  - Simple and elegant table, but I wonder about the structural rigidity of the hexagons, gluing them together work fine because the glue will be stronger than the wood, but it would lack a level of craftsmanship and sophistication.
    - It looks nice, but also complicated, how would you produce the table & wall in a cost & labor efficient way?



0

 Need to try more design variations of the table assembly (table top + hexagons + bottom plate) to see different possibilities.

• Try different shapes or different designs for the tea table top.

• It's nice to see the lack of screwing and glueing to put together the table, it's like LEGO pieces.

• Seems like a lack of interest with the tea ware design.

How will the pieces be produced? By

 hand? By machine? Really like the
 design, but looks like the process will
 be expensive. Could cost reduction &
 process simplification be the next goal?

• I like it, but I'm afraid of the potential cost of the tables and latticed walls.

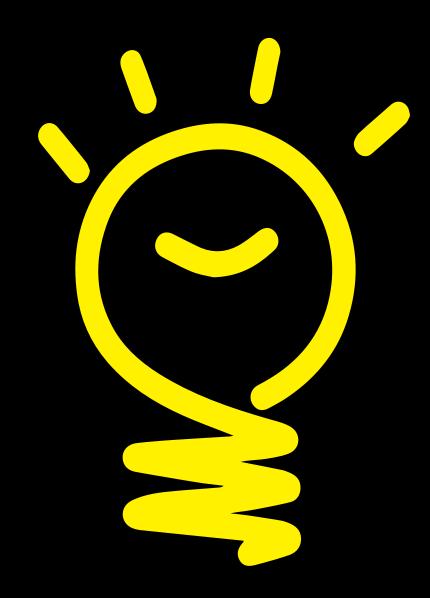
X

• Should focus on the assembly of the walls, how would the walls stay up stably? Overall, the design and concept is very nice and interesting.



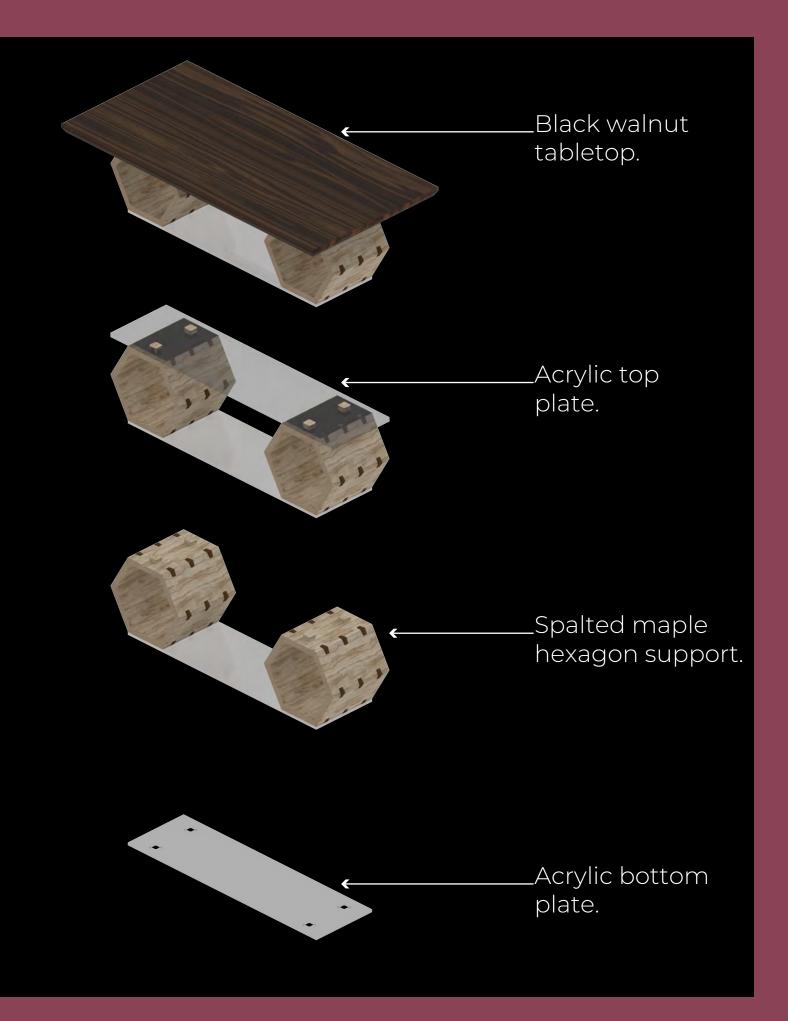
### Result.

- After low fidelity prototyping, I came to the conclusion that the design would cost substantial because of the complexity of construction and the materials required.
- The intended interactions between the users and the table will highly increase the maintenance expenses because the continual flowing of water through the table will rapidly decay the finishes, and reduce the the structural rigidity of the material over time.
- Although the creative, material, and labour value is obvious, I cannot expect the teashop and customers to commit the equivalent amount of devotion and dedication to the table because they could not have invested as as much effort as me on my own creation.

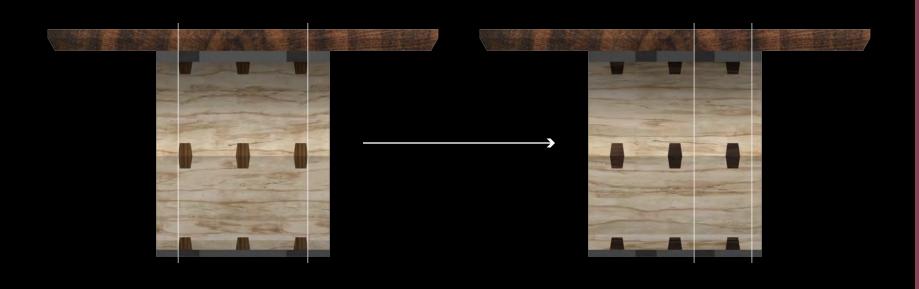


### Final Revision.

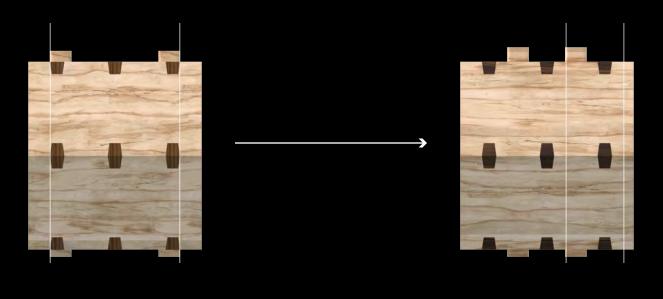
I revised the acrylic frame into a flat plate that rests between the hexagon supports and the tabletop to present a floating illusion when observed from the side. The "mortise" and "tenon" joinery slightly cuts into the tabletop to align its position and to secure it from shifting its position. This revision will reduce the physical interaction between the users and the table, but is a worthy compromise of material cost and construction complexity.

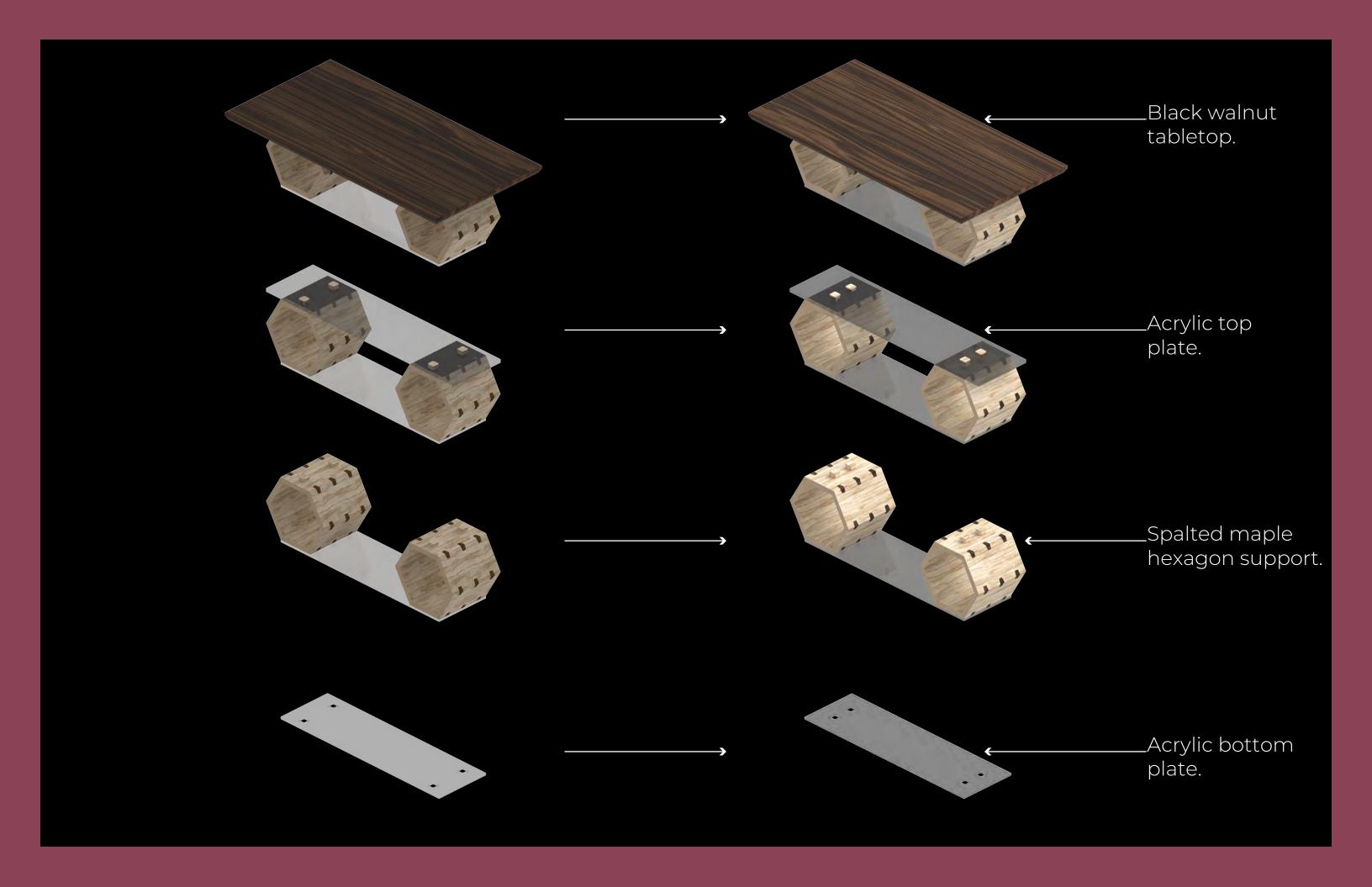


I specified the tenons to align the dovetail splines on the edge, but after analysis and consideration of the side view I altered the tenons to align in between the distance of the dovetail splines for a more uniformed and balanced aesthetic.









## Technical.

(Dimension in inches.)

