

Mindful Design: Logic Model

An investigation into how mindfulness-based digital media design facilitates mindful user experience

Timeline	Actions	Purpose	Outcome
March	Organize thesis committee Refine + finalize proposal	To clarify thesis direction and thesis team	Thesis Proposal Thesis Committee
April	Proposal approval Initial Survey Mindful website/app matrix Begin literature review	To obtain approval on proposal To continue secondary research, frame insights, develop comprehensive body of content To understanding cultural perspectives	Insights clustering matrix
May–June	Continue literature review Create thesis outline Early prototypes (critical making) Begin artifact prototype Start writing	To continue primary research To develop ideas for prototype	Completed literature review Insights to begin writing Prototype ideation
August	Continue writing Continue artifact prototype	To continue primary research	Outline of Literature Review Early prototype exploration
Sept–Oct	Continue writing Interviews Surveys/Group Discussions Develop artifact prototype	To continue primary research and create prototype To compile data from interviews To frame insights using user feedback	Early prototypes Mindful simulations Insights on mindful user experience
Nov–Dec	Continue writing Develop artifact prototype	To assimilate data from mindful simulations To revise prototype and continue writing thesis	Revised prototype direction Halfway point of thesis writing
Jan–Feb	Complete artifact prototype Finish writing Submit thesis to committee for review	To complete development of artifact prototype and thesis	Committee notes on thesis Completed prototype First draft of thesis
Feb–March	Thesis revisions Submit thesis to committee Defense preparation	To revise thesis based on committee feedback and prepare for final defense	Thesis presentation Finalized thesis + prototype
April	Defend thesis	To rock my final defense!	Complete MFA