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Graphic Design 3
Problem Proposal
25 September 2014

I want to research the problem of making our fast-paced culture slow down.

I am an over-achiever and a perfectionist, and it's hard for me to relax because even when I force myself to make time for relaxing, I can't get my mind off everything I have to do. I think that the idea of achieving as much as possible and doing everything as perfectly as possible runs through the veins of the ideal of the American Dream—of pulling yourself up and working hard to get what you want. When we could do more, or better, we are encouraged to do it, and we are told that we have to accomplish things to be successful and be successful to feel accomplished. I think this is the heart of the problem behind our fast-paced culture. To accommodate this fast pace, we are constantly bombarded with new things to look at and listen to, and our smart phones allow us to always be thinking about something and usually more than one thing.

I don't know the answer to this problem, but that is why researching it excites me. I think it is a problem that must be approached with a community-wide, or even nation-wide, mindset. If we are ever lectured to live slower lives or take a Sabbath, we are lectured to make changes in our individual lives. However, I am most troubled by the fact that if I slow down my life, it won't mesh with my fast culture, and will hurt my success. To actually make people slow down and pay attention, there has to be a widespread change. We can only do so much as individuals to reconstruct our lives. It's especially difficult to be a successful creative in a fast-paced world, because ideas need time to marinate, and thinkers need time to stare out the window and think. It's hard to really think about anything with a smart phone on your desk.

Right now, everyone is pursuing stability and accomplishment. If people pursued happiness (and Christians pursued glorifying God), we might naturally be slower. Of course we need to accomplish things to an extent so we can provide for ourselves, but do we need to always strive to accomplish more? If we want to be slower, we all need to slow down together, or enough individuals need to slow down at the same time to make the whole culture feel slower. I don't know how to make people pay attention who are living fast-paced lives, but maybe we shouldn't be trying to demand more attention of people. Maybe we need to somehow demand less attention.

To approach this problem, I think we need to start with a lot of observation. People probably won't be able to give us answers about how "fast" they live their lives

because they probably don't know, but observation will probably prove our most useful tactic.

Either way, this dilemma is more interesting to me than the others because it is deeper and I like deep thinking. I want the whole class to spend the whole semester doing things to solve this problem. Maybe we could divide the class into four groups and each group could have their own unique focus or mini-problem to solve.