

Overview

Logistics

- Participants will complete three parts:
 1. A short introductory video
 2. A four-day diary study, where they engage in an artful/creative activity for at least two of the four days
 3. A 30-minute follow-up interview

Dates & Times

- April 17-18 (Mon-Tues): recruit and confirm participants (3-4 each team member)
- April 18 (Tuesday) after confirming participants: send out the introductory email
- April 19-21 (Wed-Fri): conduct the 3-day study, collect videos from participants, send a reminder text each morning
- April 21-22 (Fri-Sat): conduct follow-up interviews

Location

- Remote

Recruitment Plan

We aim to look at the problem space of students interested in the Arts: visual arts, music, fashion, etc.

Screeners

1. Are you affiliated with Stanford? (Undergraduate student, graduate student, coterminal student)
2. What is your current degree program?
3. What is your major?
4. What are your interests outside of classwork?
5. What kind of activities do you engage in and why? (clubs, athletics, academics, events, friends)

Diary Study

Introductory Email:

Title: Instruction Email for Study

Hello, and thank you for your interest in participating in this study! In the following email, you'll find instructions to create a diary record of the artistic and non-artistic activities you participate in during your week.

Part 1: Introductory video

First, please record a **short video** on your phone/computer to introduce yourself!

- Your name, year, major
- What kinds of artistic interests do you have? (painting, drawing, music, photography, creative writing, graphic design, etc)
- How do you engage in these interests? (degrees, classes, club/organization groups, hobby groups, personal projects, etc)
- How much time (roughly) do you spend on each of these per week? Why?

When you're done, please **text your video to our group at [PHONE NUMBER]**

Part 2: Video diaries

Next, over the next **3-4 days**, please record **at least one video or audio recording per day** right after completing an activity that you personally consider **artful/creative**. If you didn't do any artful activities that day, pick another activity you enjoyed during the day. However, we ask that you engage in **at least 2 artful activities** throughout the study (and ideally more if you have time!).

These "artful activities" could be for class or could be personal projects, and could involve:

- Sketching/drawing/painting
- Music-making or practicing
- Dance or acting
- Fashion or textile design
- UI or digital design
- Photography or film/video work
- Creative writing or poetry

Or anything else!

Please record **immediately after the activity** if possible so your reflections are fresh! If you engage in multiple activities over the day, please submit one video for each. Please include

- A brief description of the activity
- A reflection on the creative process
- A reflection on how you feel, also noting any frustrations or things you enjoyed

Please **text each of your videos to our group at [PHONE NUMBER]** after recording!
We may text you throughout the duration of the study to remind you to submit your videos.

Part 3: Remote 30-minute follow-up interview

After the 4-day study, we will schedule a remote **30-minute** follow-up interview about your experience. Please **provide a time slot on Saturday** in which you will be available to chat with us!

Conclusion:

If you have any questions or issues throughout the study, big or small, please reach out **[NAME] at [PHONE NUMBER] or [EMAIL ADDRESS]**. Plus, as an appreciation for your time and participation, we will treat you to coffee or another drink of your choice!

Thank you so much!

Morning Reminder Text (Sent Each Morning During the 4-day Study):

Hey _____,

Good morning and thanks again for participating in our study! Today is day __, and this is just a quick reminder to record a reflection about one or more of your artistic/creative activities today. Let me know if you have any questions/concerns! :)

Late Submission Reminder Text (Sent if 9 pm and Nothing Has Been Submitted Yet):

Hey _____,

Good evening and thanks again for participating in our study! We just wanted to send a friendly reminder to record a reflection about one or more of your artistic activities today. It's ok if you didn't record anything right after completing an activity today, but we'd still love to hear from you. Let me know if you need a refresher on the reflection questions or if you have any questions/concerns! :)
