



Week 1: Dear Data Assignment

Due Date: Wed January 27th

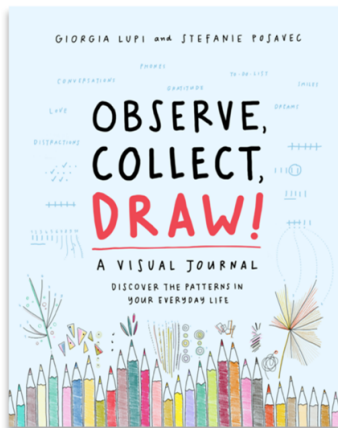
Submission: Google Drive Data Viz Journal

Background:

During class we introduced you to the “Dear Data” project, where two data professionals met at a conference and decided to exchange postcards for a year that quantified data about their life. The project provided an opportunity for self-reflection both on the nature of data in our lives and in observing and collection information about themselves. If you are inspired, the authors have published a book, journal, and postcard kit based on the project to motivate others towards data-based reflection and visualization.

Instructions:

1. Check out the year of weekly postcards by Giorgia Lupi and Stefanie Posavec (<http://www.dear-data.com/by-week/>) and select one of the weekly themes to examine more closely. Read their notes and examine their artistic choices in visualizing their data for the week. In your Data Viz Journal, you'll see a slide after the “Week 2” title slide with “Postcards” in the title. On this slide, include the images of the postcards from the week you selected and write one paragraph of text about their process and your impressions.
2. Read the intro from their visual journal book (pg. 1-6) and the scanned prompt pages below. Select one of the prompts and follow the instructions to collect and visualize some data about yourself. Take a photo of your visualization insert it into the second slide (“Dear Data Prompt”). Include a 2-paragraph text box to describe your visualization choices and reflect on any patterns shown in your data.



Prompt Options Selected:

- #03 HOW MUSIC MAKES ME FEEL
- #07 MY FAVORITE PAINTER!
- #08 WHAT MY CAMERA SEES
- #09 MY CLOSET!

Source: Grayson, K., Hilliker, A. (2021). [Teaching Data Viz and Communication as an Undergraduate Biology Course: Assignments and Projects. Calling Bull - a resource sharing and teaching community](#), QUBES Educational Resources. [doi:10.25334/5C87-YE71](#)

Teaching materials from a co-developed for an upper-level undergraduate biology course at University of Richmond to teach data exploration and communication.



Week 7 Homework: Dear Data Again!

Due Date: Friday, March 5th

Submission: Google Drive Data Viz Journal

Background:

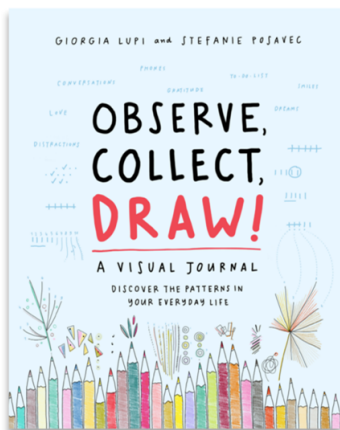
In Week 2, we introduced you to the “Dear Data” project and you produced your first visualization inspired by the project using prompts from their visual journal. Approaching the light week for this class, we are asking you to return to the intersection of art, data, and personal reflection. We have selected prompts for our second round to encourage mindfulness and balance in our busy scheduled lives, as we hope you have some time for wellness and reflection this week.

Instructions:

1. Select one of the prompts from the scanned pages below to collect and visualize information about yourself. Now that you have a sense for the Dear Data process and vision, please make creative choices and adjustments to the prompt in the way you record and visualize your information to make it your own. **Add at least two changes or adjustments to the guidance given in the prompt.** *Please note that some of these prompts are single sitting, some occur over one day, and some recommend multiple days.*

If you'd like some inspiration or a reminder on their general guidance, you can return to the year of weekly postcards by Giorgia Lupi and Stefanie Posavec (<http://www.dear-data.com/by-week/>). Revisiting their work is an option, not required.

2. As before, take a photo of your visualization and insert it into your Data Viz Journal with any notes on your process. **Be sure to include a legend!** Include a 2-paragraph text box to describe your visualization choices and reflect on any patterns shown in your data and whether you learned something new about yourself, your habits, etc.



Prompt Options Selected:

#16 MY TIME ALONE

#17 MY INBOX

#18 DISTRACTIONS

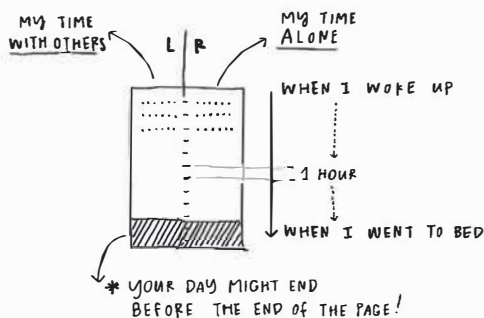
#19 MINDFULNESS

Prompt Option 1:

#16 MY TIME ALONE

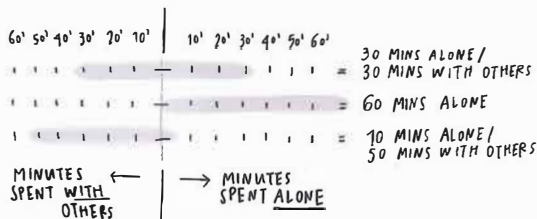
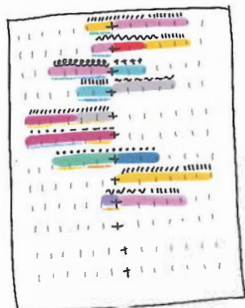
TODAY FOR EVERY WAKING HOUR, RECORD THE TIME YOU'VE SPENT ON YOUR OWN AND THE TIME YOU WERE WITH OTHERS. WHAT DID YOU DO, AND HOW DID YOU FEEL?

THE GRID ON THE RIGHT-HAND PAGE WILL HELP YOU DRAW YOUR TIME AND ACTIVITIES: FROM THE TOP TO THE BOTTOM, THERE IS YOUR DAY UNFOLDING. FOR EVERY HOUR, YOUR TIME ALONE WILL BE ON THE RIGHT, YOUR TIME WITH OTHERS WILL BE ON THE LEFT.



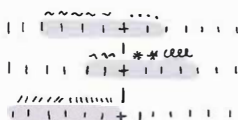
1. BREAK DOWN YOUR TIME IN 10-MINUTE SECTIONS (THEY NEED TO ADD UP TO 60!) AND MARK HOW YOU SPENT THE HOUR: USE COLORS TO INDICATE THE MAIN ACTIVITY.

Getting ready
walking / commuting



2. ADD TINY SYMBOLS ON TOP TO INDICATE HOW YOU WERE FEELING:

~ = calm
* = productive
- = annoyed
/// =
|||| =
* * =
ceel =
vvv =
111 =



3. FOR THE TIME YOU SPENT WITH OTHERS: USE A COLOR TO INDICATE WHO YOU WERE WITH.

Friends
Coworkers

DATA COLLECTED ON _____

Prompt Option 2:

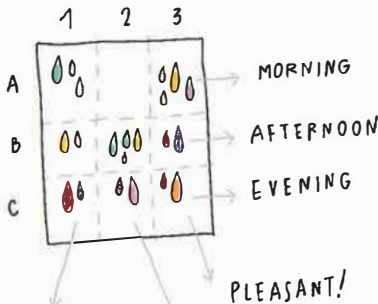
HAVE YOU EVER PAID CLOSE ATTENTION TO EMAILS YOU RECEIVE AND READ EVERY DAY? HOW DO THEY MAKE YOU FEEL? WHAT ARE THEY ABOUT? FOR ONE DAY, EXAMINE THE EMAILS YOU GET FROM MORNING TO EVENING. IF YOU HAVE MULTIPLE ACCOUNTS THAT YOU REGULARLY CHECK, INCLUDE THEM ALL.



ORGANIZE YOUR EMAILS ON THE RIGHT-HAND PAGE:

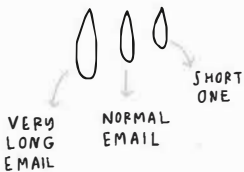
- VERTICALLY ACCORDING TO WHEN YOU GOT IT (MORNING, AFTERNOON, EVENING).
- HORIZONTALLY ACCORDING TO HOW IT MADE YOU FEEL.

DRAW YOUR OWN GRID, AND DRAW 1 DROP FOR EVERY EMAIL.



1 EMAIL
RECEIVED =
1 "DROP"

SIZE = EMAIL'S LENGTH



THE LENGTH OF THE DROP REPRESENTS THE LENGTH OF THE BODY OF THE EMAIL.

OTHER DETAILS



ADD 1 DOT FOR EVERY PERSON WHO WAS CC'D.

COLOR = THE TOPIC!

- work request
- work update
- leisure
- advertisement
- friendly chat
- _____
- _____
- _____
- _____
- _____
- _____

COLOR SPLIT =

- = FULL COLOR IF YOU WERE THE PRINCIPAL RECIPIENT
- = HALF COLOR IF YOU WERE CC'D BUT NOT THE PRINCIPAL RECIPIENT



YOU CAN CONNECT EMAILS THAT WERE THREADS.

DATA COLLECTED ON _____

What distracts you from getting things done?

Keep your journal near you, and as you are working, make note of the distractions.

Once all surveys have been completed, compare them to see what distracts you most!



1. Any color of pen or pencil can be used.



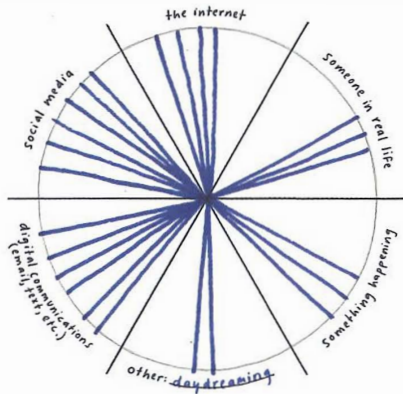
2. Before you begin, write down the date, start time, and the task you are working on.

TASK: *writing emails*

DATE: *June 19*

TIME: *2:30-*

3. For every distraction draw a line from the center of the diagram to the distraction.



4. When you have finished collecting distractions, check the time and write it down!

TASK: *writing emails*

DATE: *June 19*

TIME: *2:30-3:30*

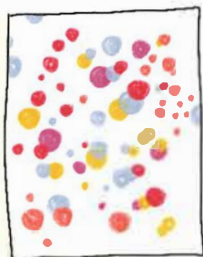
Prompt Option 4:

#19 MINDFULNESS

EVERY DAY FOR FIVE DAYS, SET ASIDE 20 MINUTES WHEN YOU CAN SIT DOWN WITH YOUR EYES CLOSED, AND SEE WHERE YOUR MIND GOES. SET AN ALARM CLOCK.

TRY TO FOLLOW YOUR BREATH AND BE IN THE MOMENT WITHOUT WORRYING ABOUT WHAT BOTHERED YOU BEFORE OR WHAT WILL HAPPEN NEXT.

LET IT BE A DRAWING MEDITATION: WITH YOUR COLORED PENCIL IN YOUR HAND (A DIFFERENT COLOR EVERY DAY) DRAW A CIRCLE ON THE RIGHT PAGE EVERY TIME YOU CATCH YOUR MIND WANDERING, AND BRING YOURSELF BACK TO YOUR BREATH AND TO THE PRESENT MOMENT.



DON'T WORRY
ABOUT WHERE
YOU ARE
DRAWING!

COLORS:

- DAY 1
- DAY 2
- DAY 3
- DAY 4
- DAY 5

AT THE END OF THE SITTING, TRY TO REMEMBER THE MAIN SOURCES OF DISTRACTIONS, AND WITH YOUR EYES OPEN, SCATTER THEM ON THE PAGE, USING THE SAME COLOR:



FIND SPACE
FOR YOUR
DISTRACTIONS



MUNDANE TASKS I NEED TO TAKE CARE OF



WORK-RELATED MATTERS



THOUGHTS ABOUT THE PAST



ANXIETIES ABOUT THE FUTURE



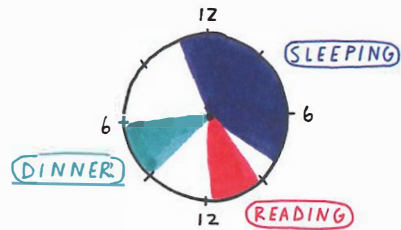
DATA COLLECTED ON _____

Prompt Option 5:

#29 BALANCING MY SCHEDULE

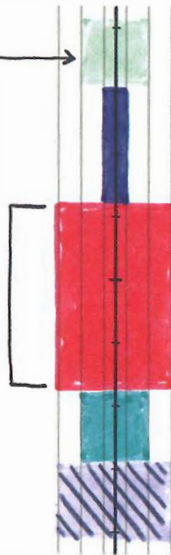
What does an honest depiction of your schedule look like? Is your schedule well balanced?

For an entire day, add to the calendar on your phone the start and end time for all your activities. When the day is complete, draw!



1. Each BAR = an activity

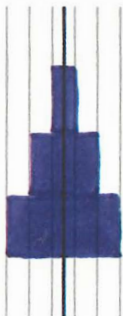
HEIGHT = how long the activity took



2. COLOR = the category of the activity you were doing



3. The bar's WIDTH = how much you enjoyed the activity



I hated it!
no strong opinions
I loved it!

4. A PATTERN drawn over the activity = activities you believe make life worth living!



Data collected from _____ to _____