



## DH2629 - 2021-05-22

---

---

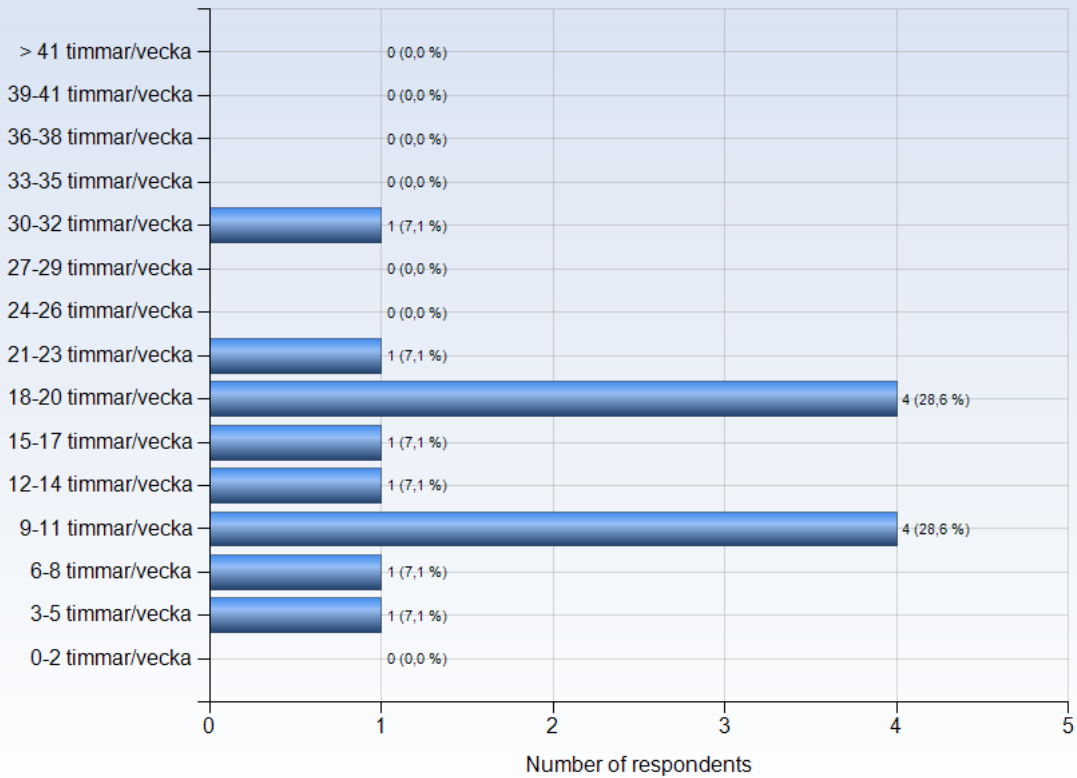
Antal respondenter: 23  
Antal svar: 14  
Svarsfrekvens: 60,87 %

---

---

## ESTIMATED WORKLOAD

On average, how many hours/week did you work with the course (including scheduled hours)?



### Comments

Comments (I worked: 3-5 timmar/vecka)

I think the work time is suitable to the credit.

Comments (I worked: 6-8 timmar/vecka)

Engaging and Interesting

Comments (I worked: 9-11 timmar/vecka)

I spend more time on this course than I have on other courses. I think it's because the topic was interesting and the lectures engaging!

Comments (I worked: 18-20 timmar/vecka)

It was a highly involved course, but that's what made it really good. We were encouraged through our assignments to take a deep dive into other research, introspect and soma storm on our own and with our group, and reflect on the lecture insights. An intense, but great learning experience.

I think the course has a very good balance between personal/individual work and lectures.

The workload was quite alright. I liked that it was flexible how much and when we could spend time on the project.

Comments (I worked: 30-32 timmar/vecka)

Jag valde att lägga mycket tid på kursen då jag tyckte den var otroligt givande och inspirerande.



## LEARNING EXPERIENCE

---

---

The polar diagrams below show the average response to the LEQ statements for different groups of respondents (only valid responses are included). The scale that is used in the diagrams is defined by:

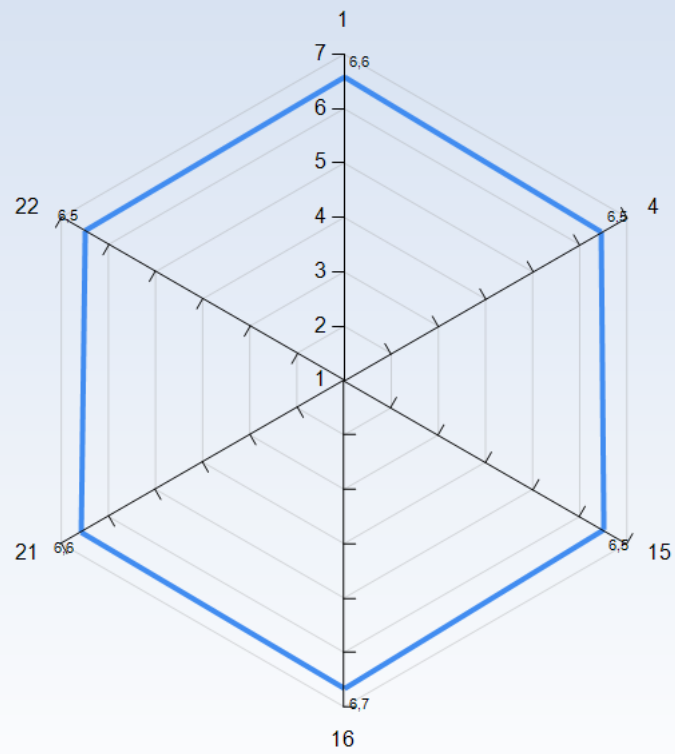
1 = No, I strongly disagree with the statement

4 = I am neutral to the statement

7 = Yes, I strongly agree with the statement

**Note! A group has to include at least 3 respondents in order to appear in a diagram.**

### Average response to LEQ statements - all respondents



— Medelvärde



## **KTH Learning Experience Questionnaire v3.1.4**

### **Meaningfulness - emotional level**

#### *Stimulating tasks*

1. I worked with interesting issues (a)

#### *Exploration and own experience*

2. I explored parts of the subject on my own (a)

3. I was able to learn by trying out my own ideas (b)

#### *Challenge*

4. The course was challenging in a stimulating way (c)

#### *Belonging*

5. I felt togetherness with others on the course (d)

6. The atmosphere on the course was open and inclusive (d)

### **Comprehensibility - cognitive level**

#### *Clear goals and organization*

7. The intended learning outcomes helped me to understand what I was expected to achieve (e)

8. The course was organized in a way that supported my learning (e)

#### *Understanding of subject matter*

9. I understood what the teachers were talking about (f)

10. I was able to learn from concrete examples that I could relate to (g)

11. Understanding of key concepts had high priority (h)



### *Constructive alignment*

- 12. The course activities helped me to achieve the intended learning outcomes efficiently (i)
- 13. I understood what I was expected to learn in order to obtain a certain grade (i)

### *Feedback and security*

- 14. I received regular feedback that helped me to see my progress (j)
- 15. I could practice and receive feedback without being graded (j)
- 16. The assessment on the course was fair and honest (k)

## **Manageability - instrumental level**

### *Sufficient background knowledge*

- 17. My background knowledge was sufficient to follow the course (f)

### *Time to reflect*

- 18. I regularly spent time to reflect on what I learned (l)

### *Variation and participation*

- 19. The course activities enabled me to learn in different ways (m)
- 20. I had opportunities to influence the course activities (m)

### *Collaboration*

- 21. I was able to learn by collaborating and discussing with others (n)

### *Support*

- 22. I was able to get support if I needed it (c)



## **Learning factors from the literature that LEQ intends to examine**

We tend to learn most effectively (in ways that make a sustained, substantial, and positive influence on the way we think, reflect, act or feel) when:

- a) We are trying to answer questions, solve problems or acquire skills that we find interesting, exciting or important
- b) We are able to speculate, test ideas (intellectually or practically) and learn from experience, even before we know much about the subject
- c) We are able to do so in a challenging and at the same time supportive environment
- d) We feel that we are part of a community and believe that other people have confidence in our ability to learn
- e) We understand the meaning of the intended learning outcomes, how the environment is organized, and what is expected of us
- f) We have adequate prior knowledge to deal with the current learning situation
- g) We are able to learn inductively by moving from concrete examples and experiences to general principles, rather than the reverse
- h) We are challenged to develop a true understanding of key concepts and gradually create a coherent whole from the content
- i) We believe that the work we are expected to do will help us to achieve the intended learning outcomes
- j) We are able to try, fail, and receive feedback before, and separate from, each summative assessment of our efforts
- k) We believe that our work will be considered in an honest and fair way
- l) We have sufficient time for learning and devote the time needed to do so



m) We believe that we have control over our own learning, and not that we are being manipulated

n) We are able to collaborate with other learners struggling with the same problems

## Literature

Bain, K. (2004). *What the Best College Teachers Do*, Chapter 5, pp. 98-134. Cambridge: Harvard University Press.

Biggs J. & Tang, C. (2011). *Teaching for Quality Learning at University*, Chapter 6, pp. 95-110. Maidenhead: McGraw Hill.

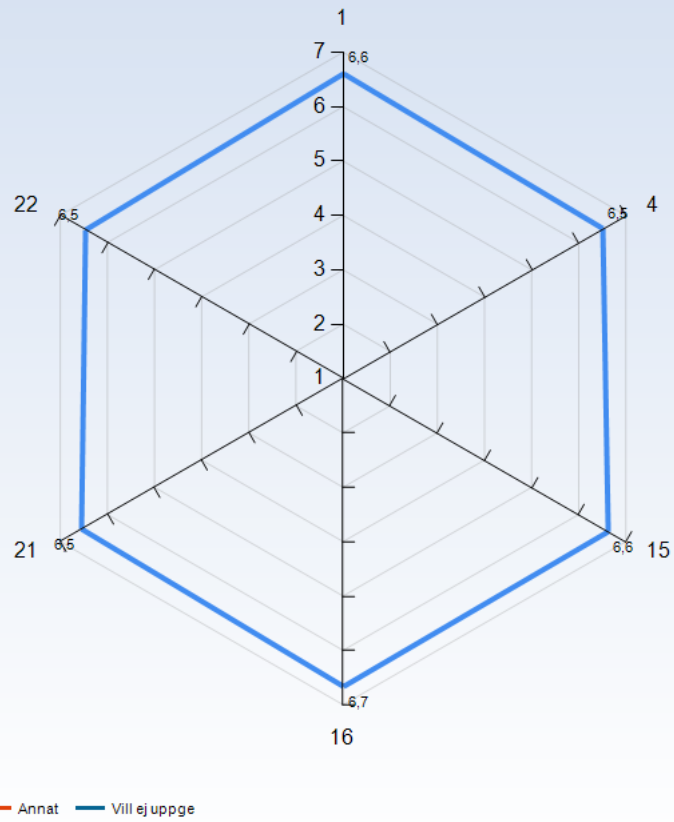
Elmgren, M. & Henriksson, A-S. (2014). *Academic Teaching*, Chapter 3, pp. 57-72. Lund: Studentlitteratur.

Kember, K. & McNaught, C. (2007). *Enhancing University Teaching: Lessons from Research into Award-Winning Teachers*, Chapter 5, pp. 31-40. Abingdon: Routledge.

Ramsden, P. (2003). *Learning to Teach in Higher Education*, Chapter 6, pp. 84-105. New York: RoutledgeFalmer.



### Average response to LEQ statements - per gender

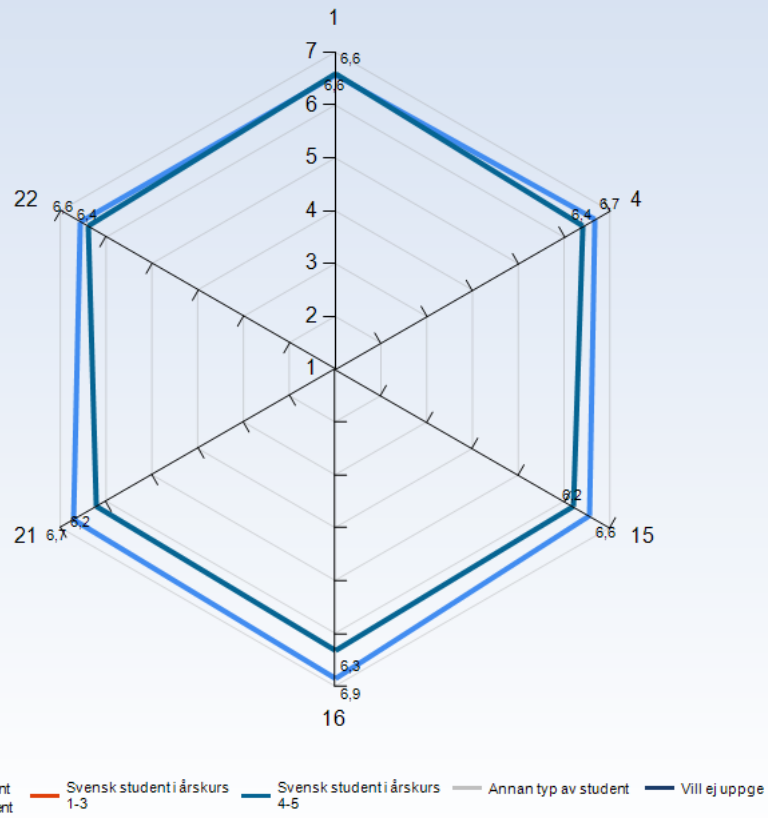


#### Comments

Comments (I am: Kvinna)

Mycket bra utifrån detta perspektiv – två kvinnliga kursansvariga med feminisktisk approach.

### Average response to LEQ statements - per type of student



### Comments

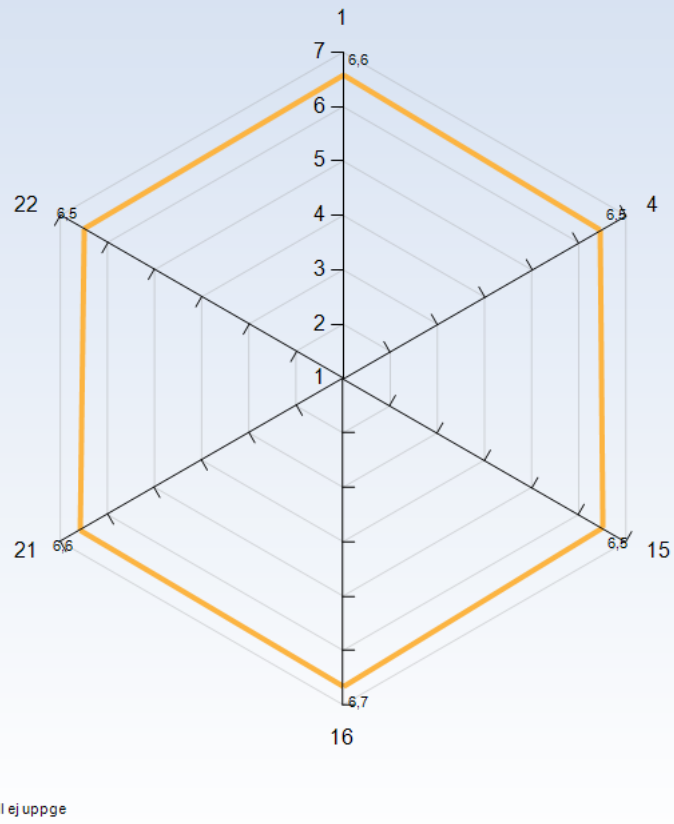
Comments (I am: Internationell masterstudent)

Atleast makes me think that paying for this course wasn't a waste of money.

Comments (I am: Svensk student i årskurs 4-5)

I wish I had read this course sooner!

### Average response to LEQ statements - per disability



Comments



## GENERAL QUESTIONS

---

---

### What was the best aspect of the course?

What was the best aspect of the course? (I worked: 3-5 timmar/vecka)

I learned what was soma design, which was a totally new thing for me. It's very interesting, I'd like to go further in this direction.

What was the best aspect of the course? (I worked: 6-8 timmar/vecka)

The course content, guest lectures and reading seminars

What was the best aspect of the course? (I worked: 9-11 timmar/vecka)

The workload was manageable for the project. The whole journey from identifying the real-world problem to how to address the issue with timely feedback helped to explore different methodologies.

I think it was an interesting course since it worked with more physical and tangible problem statements, which is kind of new to me. I quite enjoyed the process even though I was a bit skeptical in the beginning. I liked the reading seminars since they gave some depth into the subject and what is currently done in the area.

The alternative approach it presents when it comes to design.

To learn about something that puts the human body in focus and to have teachers that cared about what we were creating and learning.

What was the best aspect of the course? (I worked: 12-14 timmar/vecka)

The discussions and way that we could talk about the subject with both students and teachers.

What was the best aspect of the course? (I worked: 18-20 timmar/vecka)

The readings, and comprehensive introduction to soma design methods. This is one of my favorite courses in the masters program so far.

I loved the setup of the reading seminars. Being in charge of presenting a paper makes you read it much more closely, because in order to adequately explain it to someone else you need to be sure to understand it in enough depth yourself. This paradigm was super successful I think, as opposed to other classes where everyone reads the same paper, or something like that.

The lectures were amazing, and guest seminars that were sprinkled throughout. So much information and knowledge that felt thoughtfully prepared and put together. Compared to other lectures in the department, these lectures felt curated and put together in such interesting ways. I can tell how much work and preparation went into creating this course.

I loved the balance of bodily exercises and lectures. Kia and Claudia are both so knowledgeable and I love the balance and different perspectives they bring. They are obviously working in the same field, but I appreciated and could really tell they have their individual perspectives. I am so appreciative of both teachers' generous approach. They are so willing to share what they know and have experience with, while totally respecting your view and opinion, even as a newbie.

What I am most appreciative of this course is having gained a better understanding of the interaction design field. After completing the course, I feel I have valuable context for what's going on in the field, and how I can contribute in meaningful ways.

Lastly, the readings chosen have been amazing. I am so grateful to be exposed to such high quality, interesting research and am already bookmarking and using it in my other classes.

The course was an amazing challenge! Despite the pandemic, I feel that Claudia and Kia taught me a lot. Not only knowledge but also how to understand myself, how to collaborate, how to deal with the design space. The best aspect of this course was that both professors made me "slow down" my design process. I am coming from CS and I was thought how to efficiently design. This course is reteaching us the process of design and for me, this approach worked as a major inspiration!

I loved the fact that this course challenged the way design often is done in (user-centered). I feel like I got so much perspective just by reading the reading seminar papers. I enjoyed that a lot. I feel also like I will dare to use my own experiences more as a designer, without it being a bad thing.

I liked that we got to practice soma design through a project.

I also enjoyed the exercises we did together during the seminars, even though they were often not very useful for our project.

All in all, I am very happy I took this course. Even though I am not very impressed by our final project results, it was fun and interesting to learn the methods.

What was the best aspect of the course? (I worked: 21-23 timmar/vecka)

This was one of the few courses in the one year masters that I have attended here which made me feel that the teachers put some effort. At least there were live lectures. I also appreciate the fact that there were Feldenkrais sessions conducted by an external expert. I enjoyed being given the opportunity to explore different somatic methods using magic machine workshops, A-labs etc.

What was the best aspect of the course? (I worked: 30-32 timmar/vecka)

Jag tycker det bästa med kursen var undervisningstillfällena. Det var väldigt givande att få ta del av olika metoder under guidning av kunniga inom området.



### What would you suggest to improve?

What would you suggest to improve? (I worked: 3-5 timmar/vecka)

Under pandemic, some seminars have to be held online, I think the experience can be improved after that.

What would you suggest to improve? (I worked: 6-8 timmar/vecka)

It's good the way it is. Maybe some one-to-one discussion session

What would you suggest to improve? (I worked: 9-11 timmar/vecka)

Nothing

My group had a hard time in the beginning since none of us really understood what we were supposed to do or how it was going to work, would have been nice with an earlier first feedback session. Also, it would have been nice to have access to some old projects just to see how their processes worked.

I believe it could be better taught on-site, given that its content can be hard to grasp initially and discussions are necessary (given that zoom is not an optimal discussion platform)

Nothing!

What would you suggest to improve? (I worked: 12-14 timmar/vecka)

Cannot think of anything in particular, just that I would have wanted to have more information from the beginning in regards to the group project and the work process. It was quite hard to get into it, even though it has worked out very good until now!

What would you suggest to improve? (I worked: 18-20 timmar/vecka)

It was hard to engage in group work in the pandemic. I know this is a problem for everyone, but it did often feel stressful to think how we'd be able to pull off a soma based group project when we didn't meet in person until the last couple of weeks.

I would have liked more supervision and check-ins for week to week progress. We spent a lot of time as a group wondering if what we were doing was "on track" and mostly checked in with other class mates to compare. In the end, I think this was fine, and might have contributed to our growth and learning to be stuck in uncomfortable moments of decision making.

I don't have much to suggest for improvement. I think Kia and Claudia have thoughtfully and successfully navigated the adverse effects of teaching in a pandemic. I am so appreciative of the kits! Receiving a physical gift, so to speak, made me feel a part of the class in a deeper way, and excited to engage with the materials + activities

More practice and please don't be afraid to ask more from the students! I felt that sometimes people were getting away with superficial comments and I am sure nobody enjoys that. But overall, I think that they did the best they could considering the pandemic.

I would suggest a clearer layout of the project, what is expected until when. Now it felt like it was such a rush to prototype something from our ideas.

Also, I felt like our group was not prepared for the prototyping stage. We were supposed to explore more and then all of a sudden we had to do a prototype and a video of it. Would be great with a clear method for how to bridge the gap between our soma research and the prototyping

What would you suggest to improve? (I worked: 21-23 timmar/vecka)

I wish we could have magic machine facilitated by Kristina herself. Even virtually, I would have loved to experience that. I wish A-labs etc could have been more in person rather than virtual. Though I really enjoyed this course, I wish we could have been paired with people who wanted to meet in person to work to reduce the zoom fatigue. I wish people would have experienced the soma mat and the breathing light to understand the importance of somatic design and where it can lead us.

What would you suggest to improve? (I worked: 30-32 timmar/vecka)

Jag hade uppskattat att ha mer utbyte med de andra grupperna och ha fler schemalagda handledningstillfällen.



### What advice would you like to give to future participants?

What advice would you like to give to future participants? (I worked: 3-5 timmar/vecka)

It's interesting, funny. Take it!

What advice would you like to give to future participants? (I worked: 6-8 timmar/vecka)

Enjoy it

What advice would you like to give to future participants? (I worked: 9-11 timmar/vecka)

Try to focus more on your surroundings for the real problems that you have, narrow down the issue as soon as you can so you will have more time to work on the solution.

Set up clear guidelines within the project group early, about how you are going to work and make sure everyone is on the same page. Communication is key.

To be curious and ask questions, even if you do not feel you fully understand something

Don't forget about the individual diary! It was quite easy to neglect it during the middle and the end of the course, when a lot of time was spent on the group work.

What advice would you like to give to future participants? (I worked: 12-14 timmar/vecka)

Have an open mind, read a lot on the subjects and really participate in asking questions if something is hard to grasp.

What advice would you like to give to future participants? (I worked: 18-20 timmar/vecka)

Be engaged – this class is such a wonderful opportunity to learn, grow and try firsthand what it's like to use some design methods. I love what Kia shared once, that they really are just exposing us to a bunch of different things to add to our repertory, but then it's up to us to try and see what fits and what we'd like to keep using in our design practice.

This class is a gift, it is a chance to learn from amazing professors, engage in meaningful somatic exercises and critical discussions, and emerge with a deeper understanding, a breadth of new tools, and hopefully a cool project to add to your portfolio.

I would recommend this class 100%.

Open up, listen to the professors, don't be afraid to slow down and connect with the design space! Design is personal and we should embrace this!!

Narrow down your area of interest pretty hard. There is not much time in this course for wide explorations.

What advice would you like to give to future participants? (I worked: 21-23 timmar/vecka)

Go with the flow. Try to experience what is being told even if you don't understand it. Be open.

What advice would you like to give to future participants? (I worked: 30-32 timmar/vecka)

Att vara aktiv från början, lyssna, och dokumentera allt.



### Is there anything else you would like to add?

Is there anything else you would like to add? (I worked: 9-11 timmar/vecka)

No

Is there anything else you would like to add? (I worked: 12-14 timmar/vecka)

Great course! I like that it has introduced me to work that is "not-so-technical"-ish, like the work about menopause and all things bodily movement. It has been refreshing to see in between all things apps and data and code.

Is there anything else you would like to add? (I worked: 18-20 timmar/vecka)

I would like to say that this course regenerated my eagerness to study interaction design. I felt I learn new things about myself and about the scientific field. The dynamic between Kia and Claudia is unique. Kia is motivating you, pushing you one step forward and then Claudia is inspiring you to slow down and re-think. It was obvious that both of them devoted their time to us, gave us their honest opinions, and cared about our projects. As a student at KTH, I know that this is not very common. This course shaped me, challenged me!

I would like to see more of what soma design can do for "useful" technologies. Right now, it felt like a lot of what we saw and were encouraged to do was about technologies meant for meditation, self-reflection, body-awareness etc. I am a pragmatic person, so even though I would likely enjoy sitting under a Breathing Light or wear a cape that makes sound when I move my arms, I would love to see what else could be done with this methodology that isn't so "hippie" (I don't mean to be offensive!). We saw I think one presentation where they did a "camp fire" technology for communication over distance, which seemed intriguing. But the rest of the research was quite fluffy in that sense.

I also feel that that fluffy mentality was in focus for the entire course, and that we were encouraged to embrace that and make a project based on that. Which I think is a pity because the methodologies could probably be used for a much wider range of projects.

Is there anything else you would like to add? (I worked: 21-23 timmar/vecka)

Thank you Kia and Claudia for this course. This was one of the more interesting courses I have attended here. I learnt something which I don't think I would have been able to learn elsewhere and for that I am really grateful.

Is there anything else you would like to add? (I worked: 30-32 timmar/vecka)

Jag upplevde att arbetsfördelningen i projektet var ojämn. Det var svårt att i en stor grupp få alla engagerade, vilket var tråkigt då jag var väldigt investerad i projektet och kursen i stort. Projektindelningen kanske kunde ske på premisser av hur mycket tid och energi man är beredd att lägga.

## SPECIFIC QUESTIONS

---

---

## RESPONSE DATA

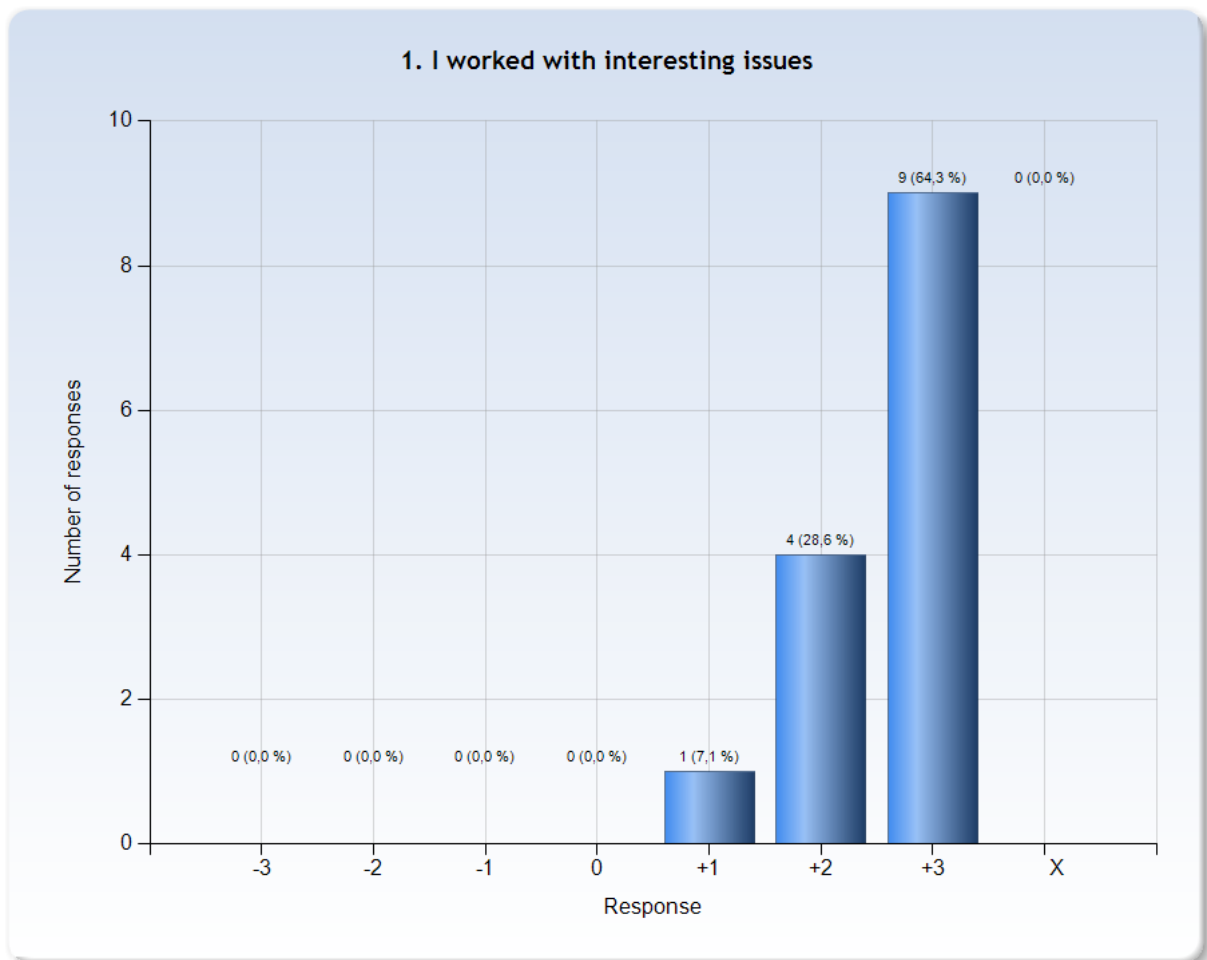
The diagrams below show the detailed response to the LEQ statements. The response scale is defined by:

-3 = No, I strongly disagree with the statement

0 = I am neutral to the statement

+3 = Yes, I strongly agree with the statement

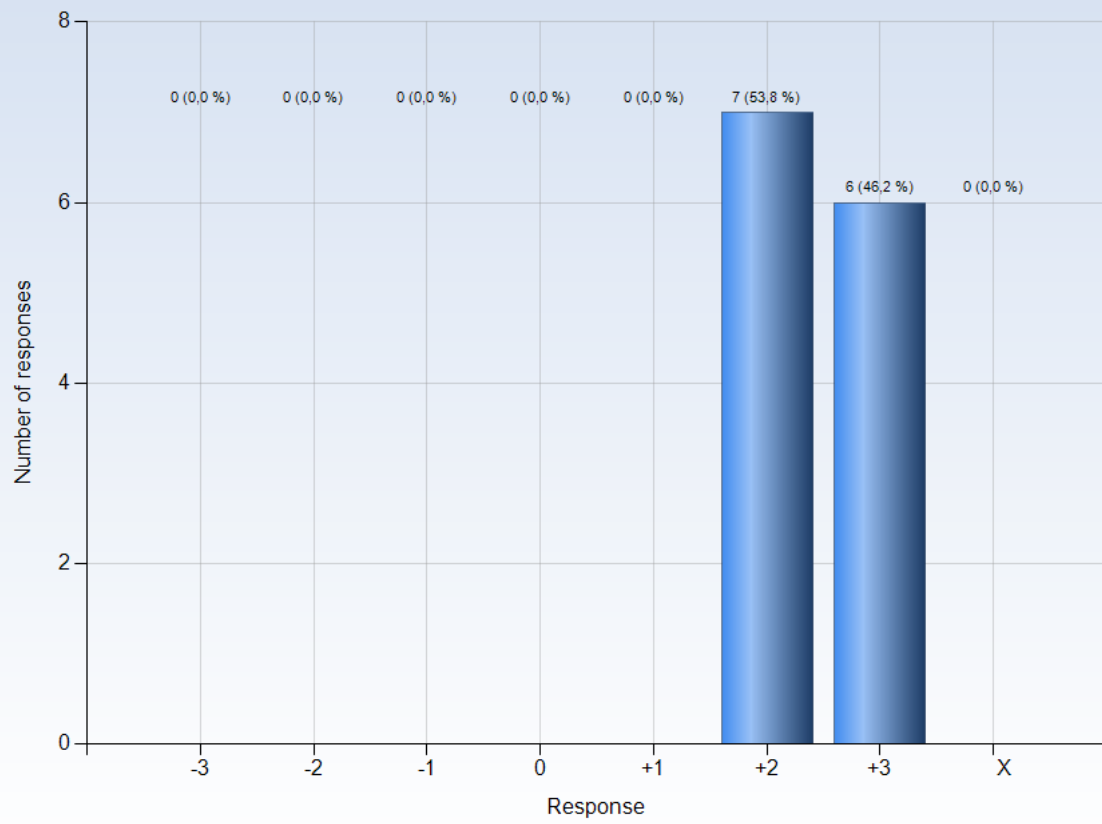
X = I decline to take a position on the statement



Comments

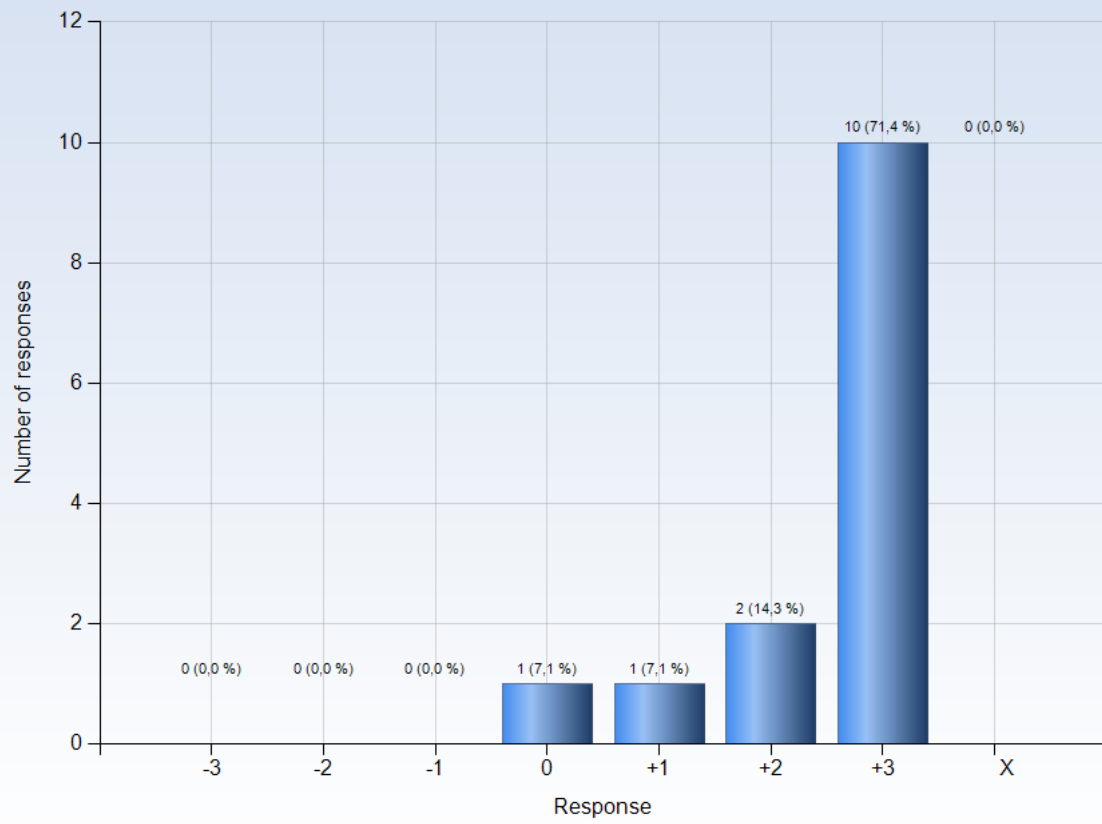


#### 4. The course was challenging in a stimulating way



Comments

### 15. I was able to practice and receive feedback without being graded

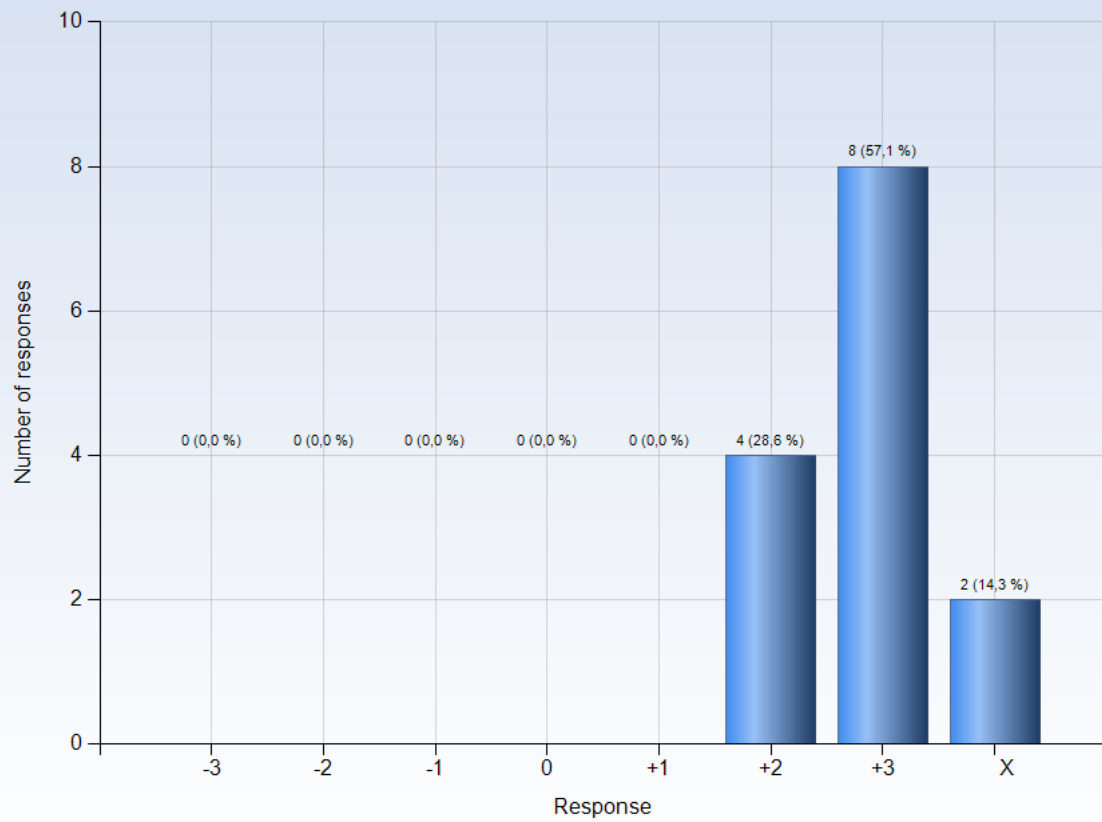


#### Comments

Comments (My response was: +2)

The feedback was sometimes difficult to grasp

### 16. The assessment on the course was fair and honest

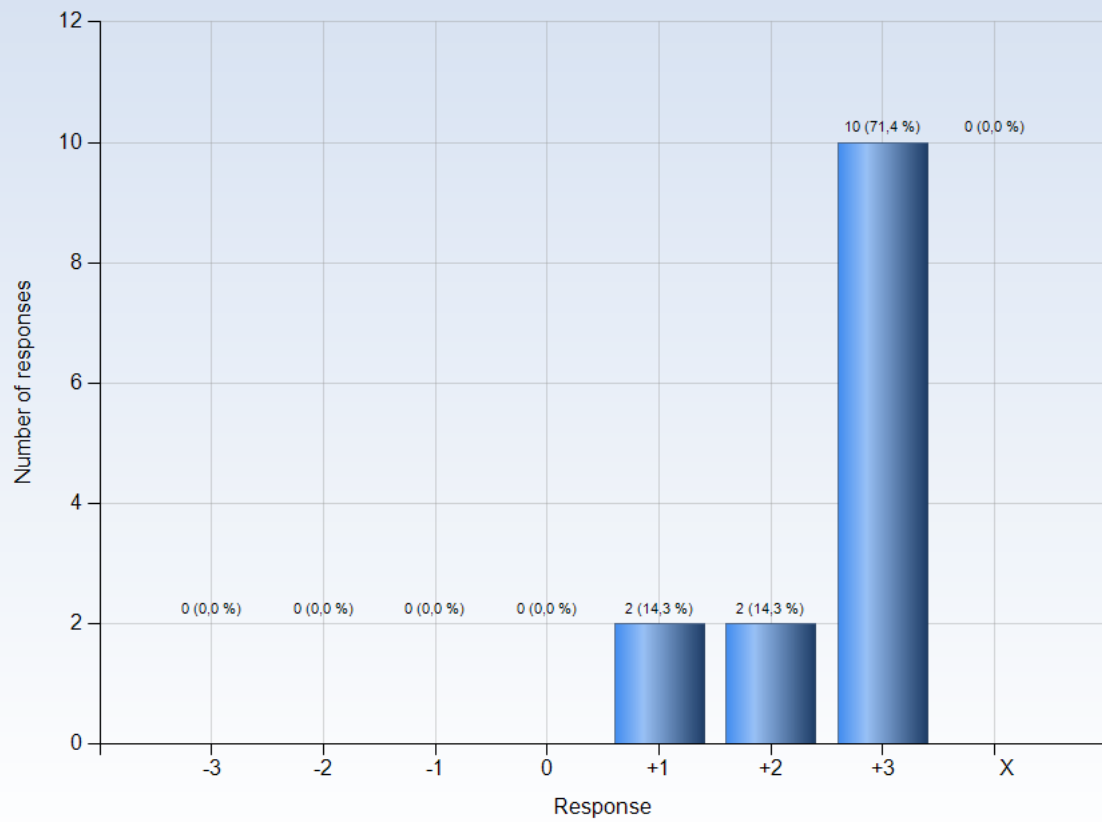


#### Comments

Comments (My response was: X )

I haven't recieved my grade yet so I don't know

### 21. I was able to learn by collaborating and discussing with others



#### Comments

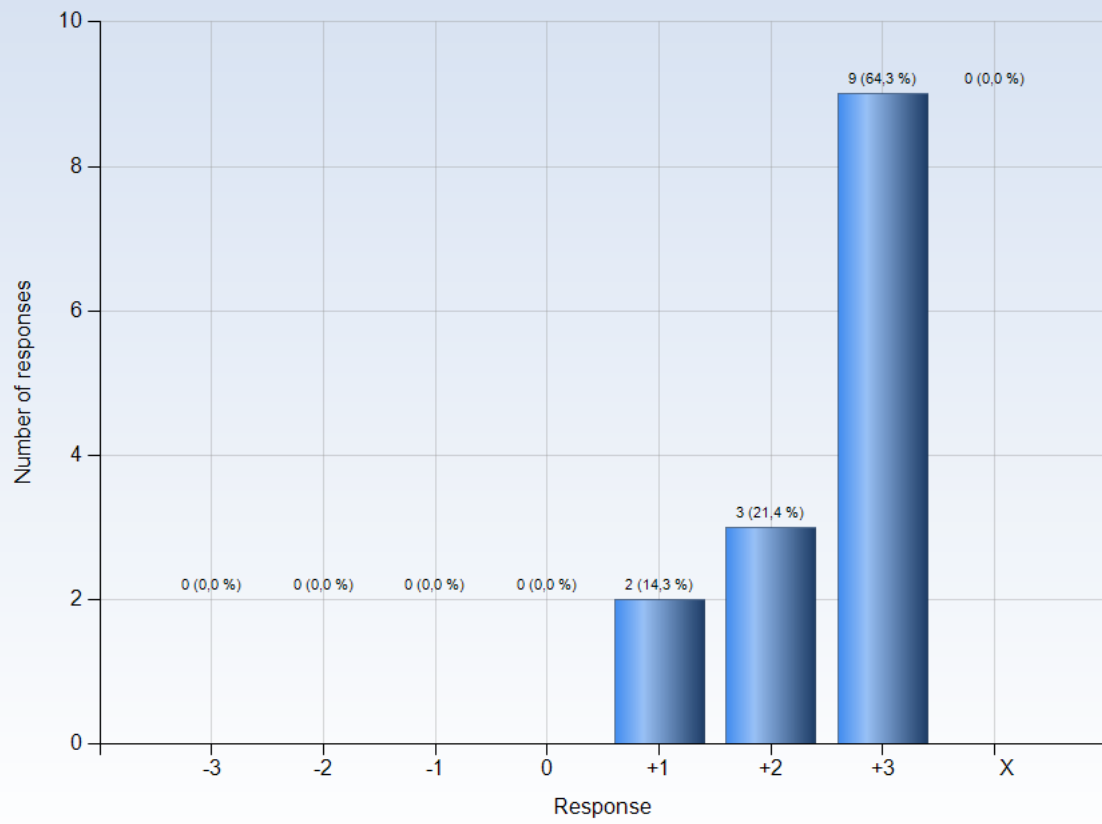
Comments (My response was: +1)

Could definitely be more of this.

Comments (My response was: +2)

This is unfortunately something that the course responsables couldn't control. Even though group work was part of the course, I don't believe that everyone contributed equally in effort and investment.

### 22. I was able to get support if I needed it



Comments