

Building Design Resilience

Exploring AI on supporting design students’ mental well-being throughout the design study

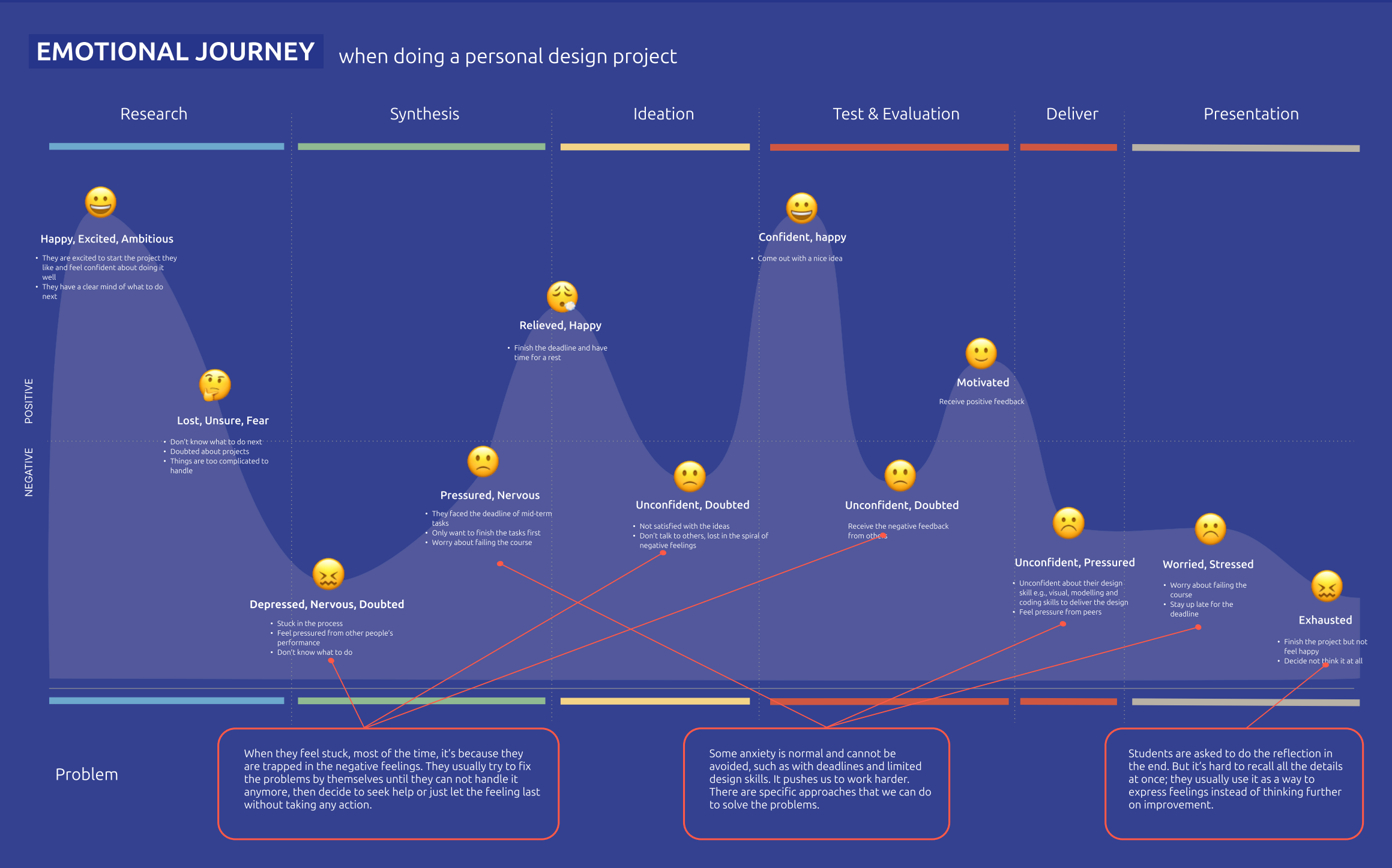
BACKGROUND

Mental health concerns are increasingly prevalent among university students. Due to the unique nature of design subjects, design students experience different challenges during the study which often trigger anxiety. While anxiety is commonly regarded as a negative emotion, psychology suggests it can also serve as a catalyst for resilience and growth when addressed constructively. This project explores how to support design students’ mental health by targeting at their anxiety, help them to build mental resilience during their study.

LITERATURE BASE

The final outcome - LUMI, was built on psychological theory, positive psychology, the Resilient Designer principles and wide implementations of AI in mental health fields by addressing the emerging field of integrating resilience into design education

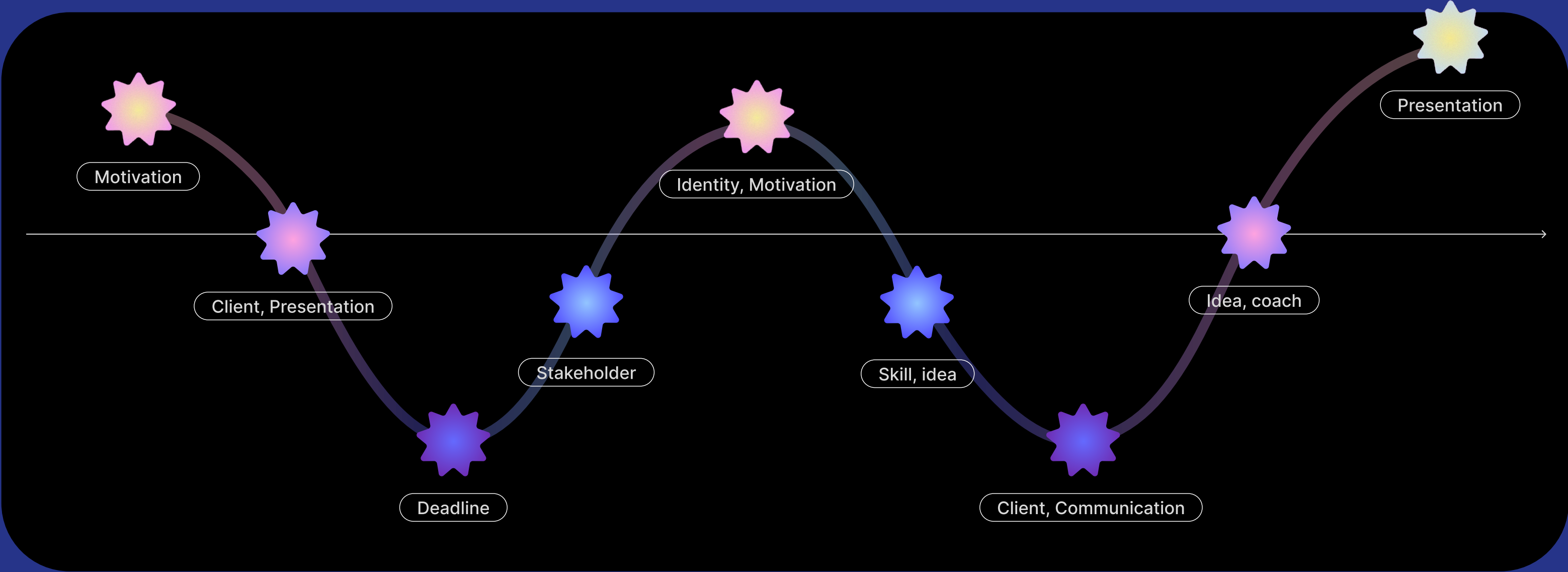
USER RESEARCH FINDINGS



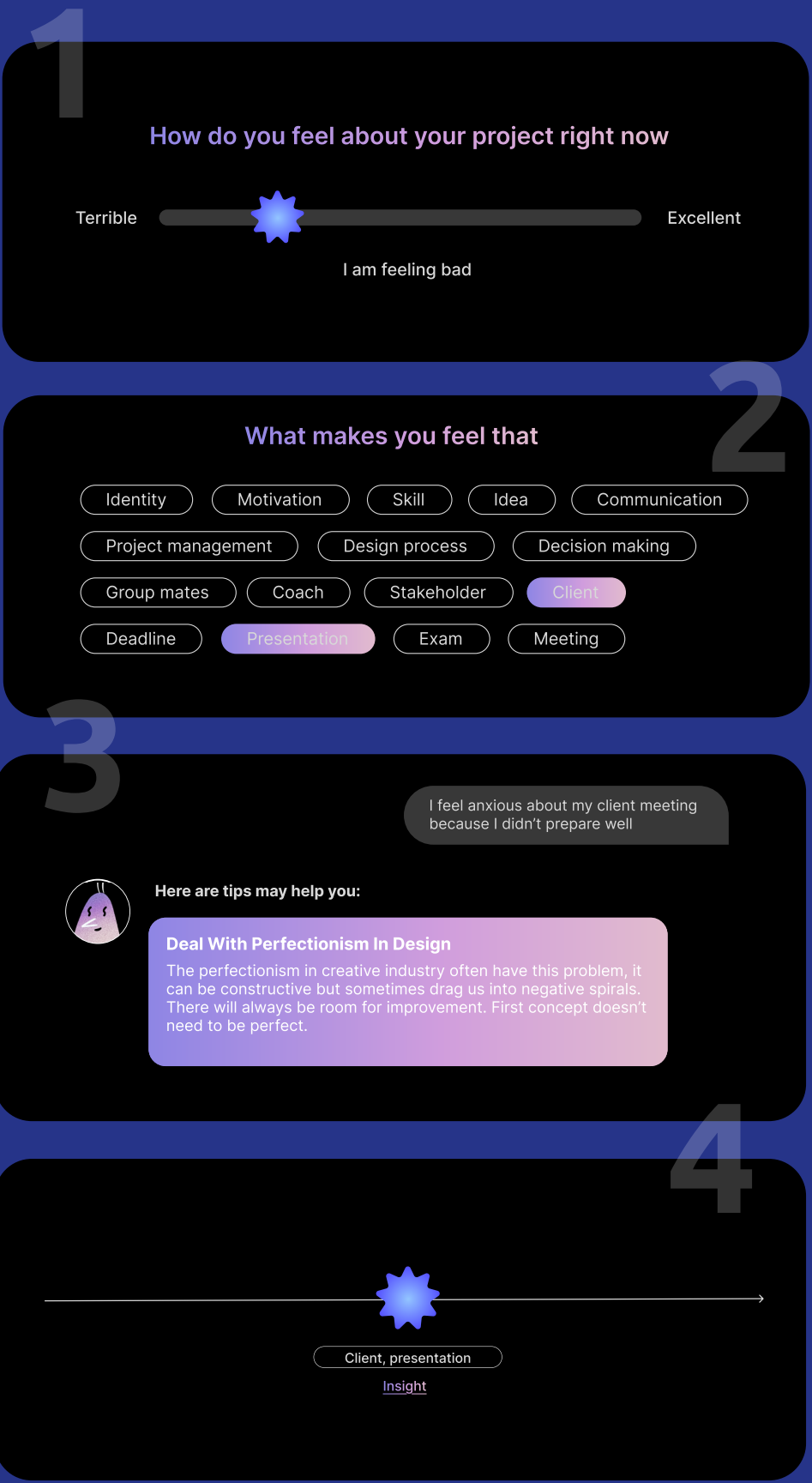
LUMI

Discover your design journey

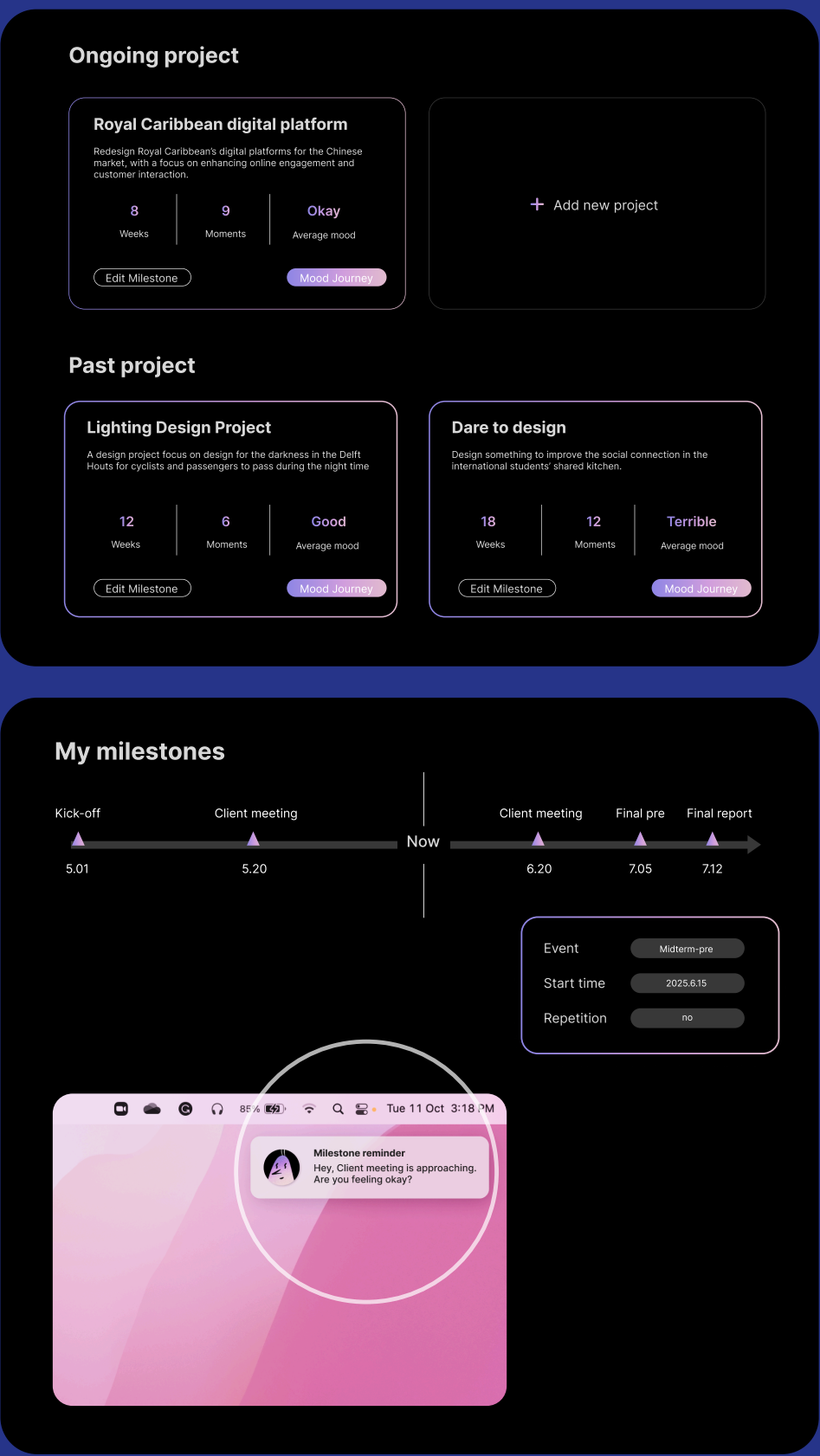
Lumi is a mental health support tool designed for design students’ mental well-being. It aims to help and coach you on how to cope with design anxiety and generate personal insights through your design study.



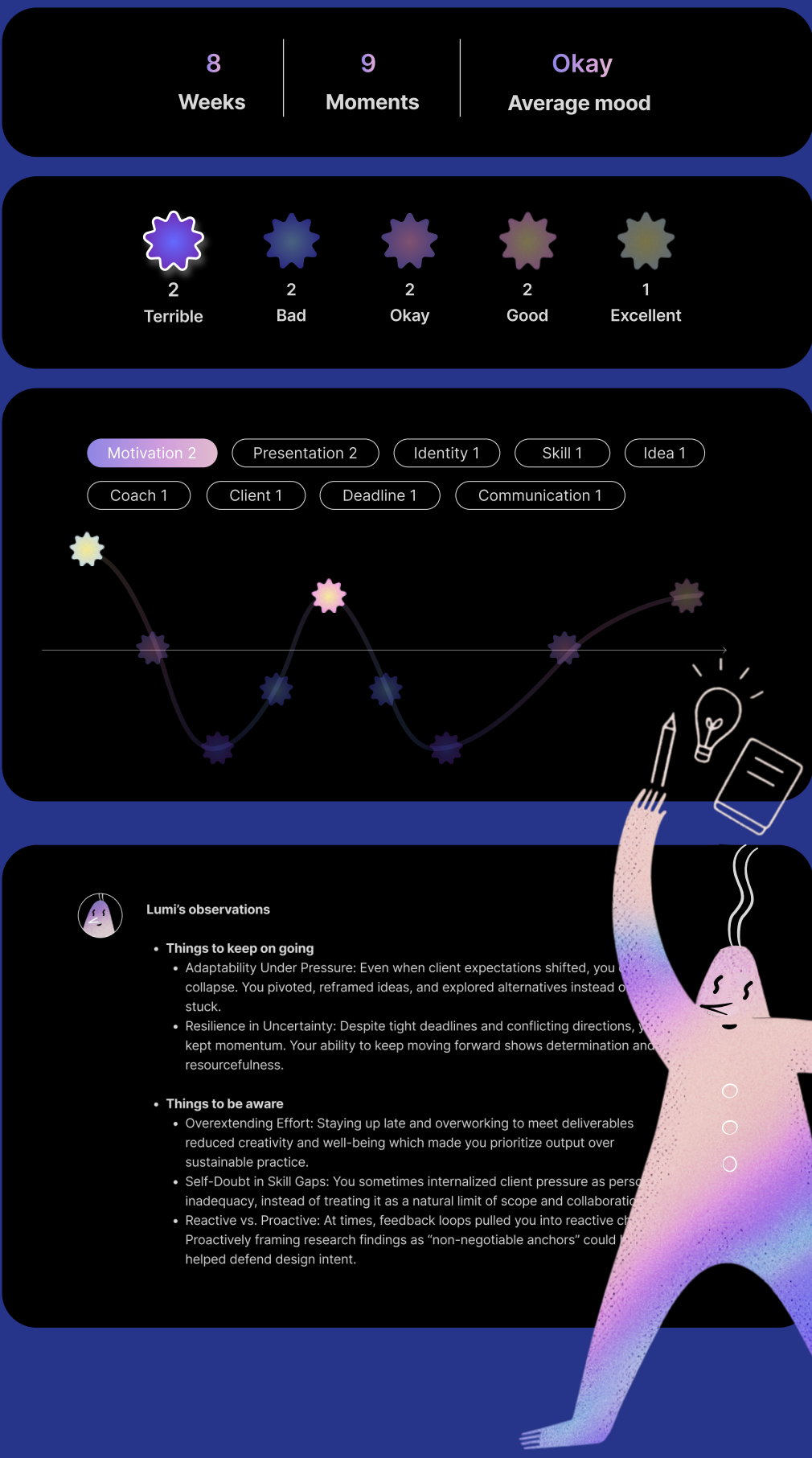
Project feeling logging & Anxiety coping



Project management & milestone check-in



End-of-project reflection



Thesis
Building Design Resilience: Exploring AI on supporting design students’ mental well-being through the design study

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