

The problem

The number of teens with depression is ever-growing. A tool is designed to help teenagers. It aims to create an environment in which it is possible to learn for teens to deal with pressure and insecurities. It creates a space that shows the value of people and the differences between them.

The designed tool lets teenagers and their environment discover their talents. Knowing these increases self-knowledge and understanding. It offers a different way of looking at themselves.

The design incorporated teenagers during three different phases. It calls upon their self determination though games, offers them a sense of control and opens a conversation to show them they not the only ones with certain feelings.

Four cornerstones

- based on literature, interviews and teenagers

Find Talents



With Games



Give Control



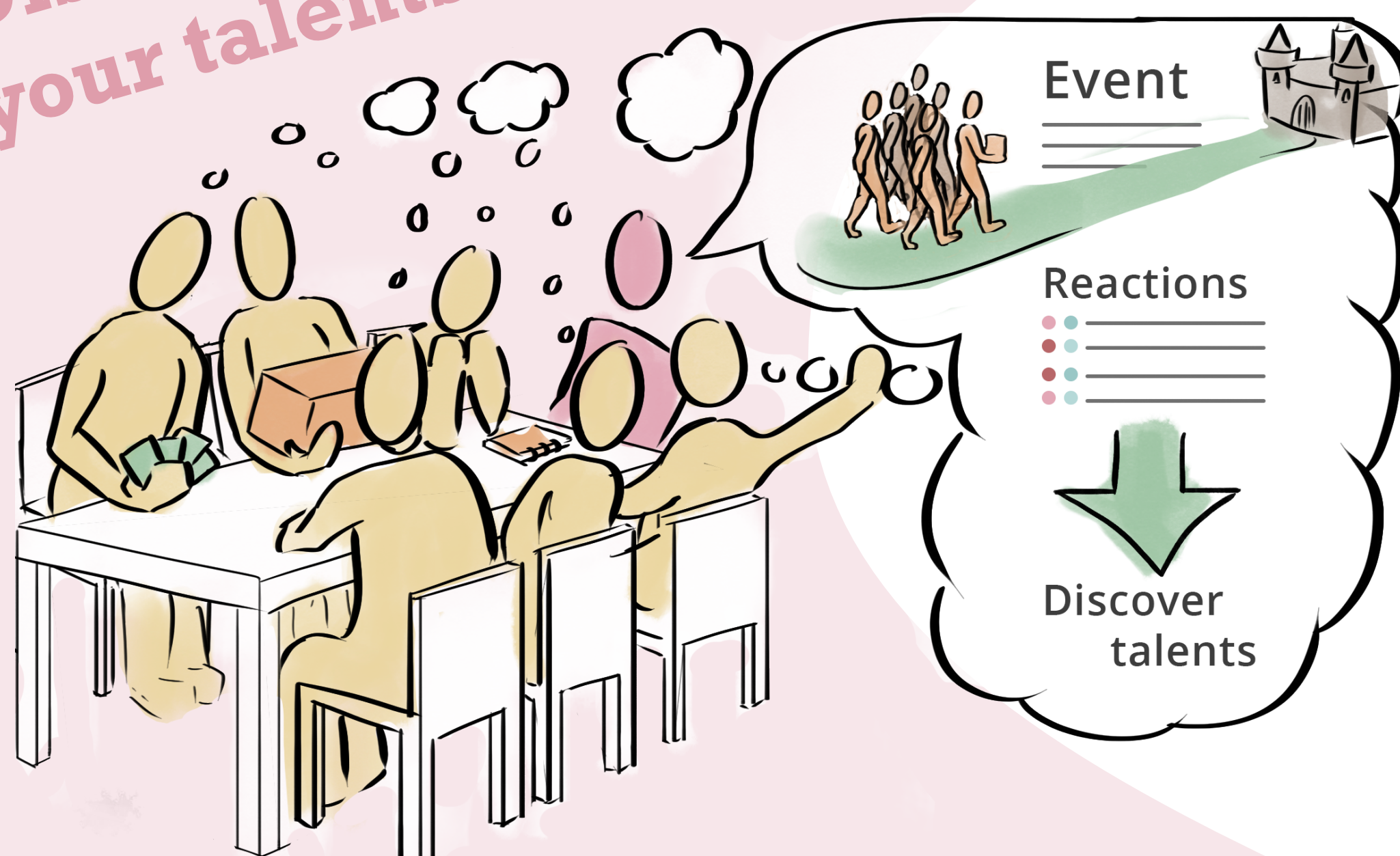
Not The Only Ones



The adventure to yourself

A tool that helps teenagers discover their talents and opens the conversation with teachers and mentors

Discover your talents



The Game

The tool is used to prepare teenagers for their course choices in third grade and later their studies.

The tool starts with a story based game that is played in which six players are asked to deliver a chest to the king. Throughout the journey, the players come across events.

The game leader, a teacher, facilitates them through these events and observes the players. The options the players choose and their reactions during discussion show which talents the teenagers most prominently display.

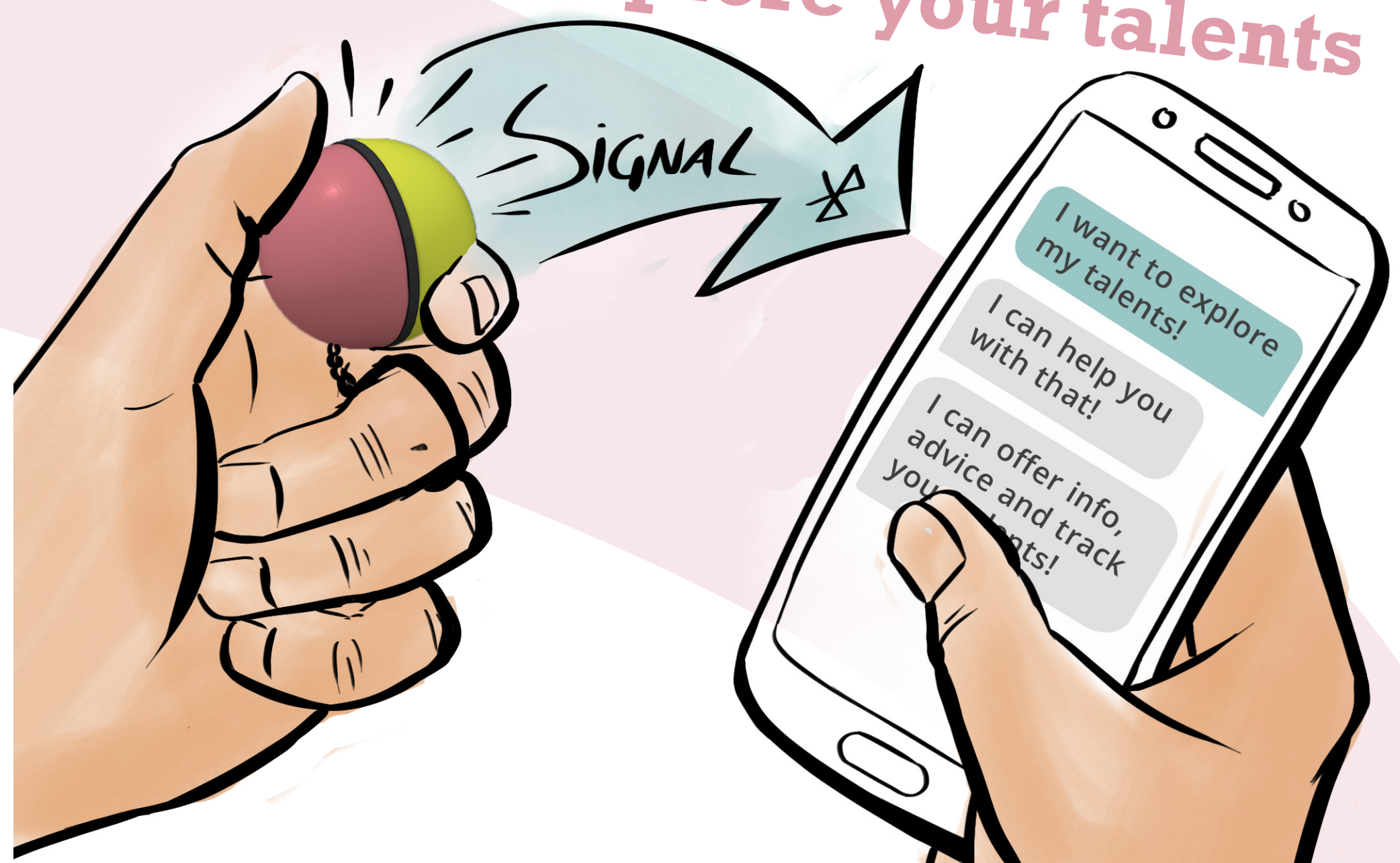
With these talents the players discover more about themselves and what careers, studies and courses.

The amulet and app

The amulet and application guides teens in exploring their talents. Over the course of a week, the teen touches the amulet during activities in which they do or don't use their talents. It acts as a cognitive offloading mechanism. The app guides players in better recognizing their talents. The app asks the teenager what they were doing and to breakdown the activity to see when and where they used their talents.

These insights will provide confidence in the teenager. They can use these insights to start a conversation with their mentor about themselves rather than their grades.

Explore your talents



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Helping teens to express their feelings

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Integrated Product Design

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