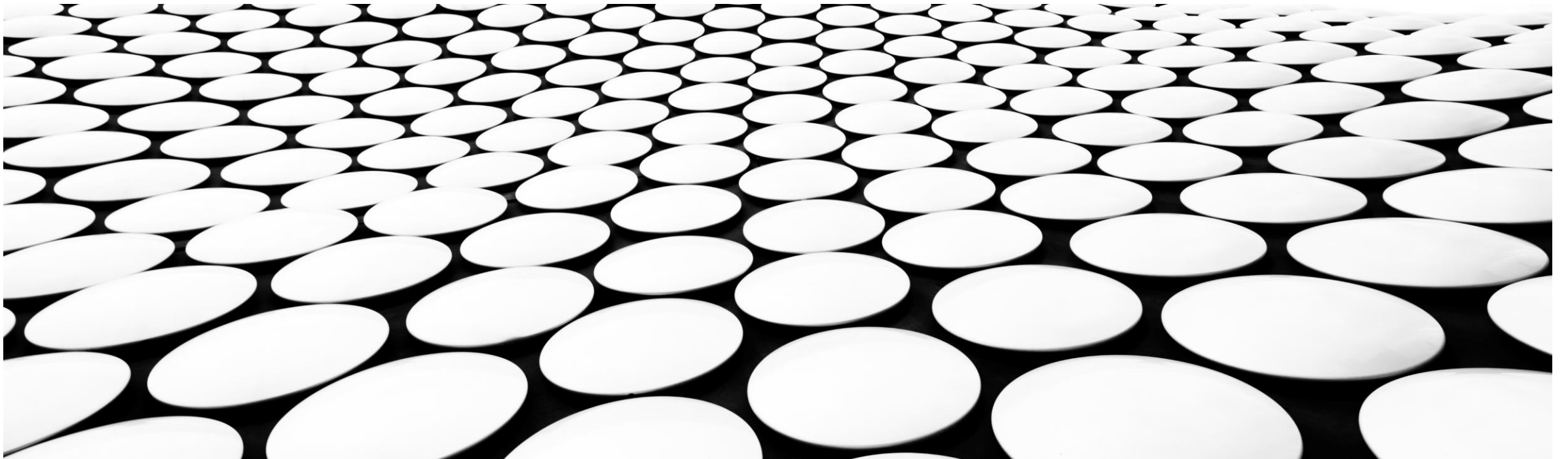

IN SEARCH OF **THE ART OF LIVING** IN THE DIGITAL AGE

在數碼時代活得美好：尋找生活的藝術

GEI 4006 GENERAL EDUCATION INTERDISCIPLINARY COURSE

COMMUNITIES OF PRACTICE (COP) MEETING [23 JUNE 2021]



Course Co-ordinator
Hayes Tang

Department of Education Policy and Leadership (EPL)

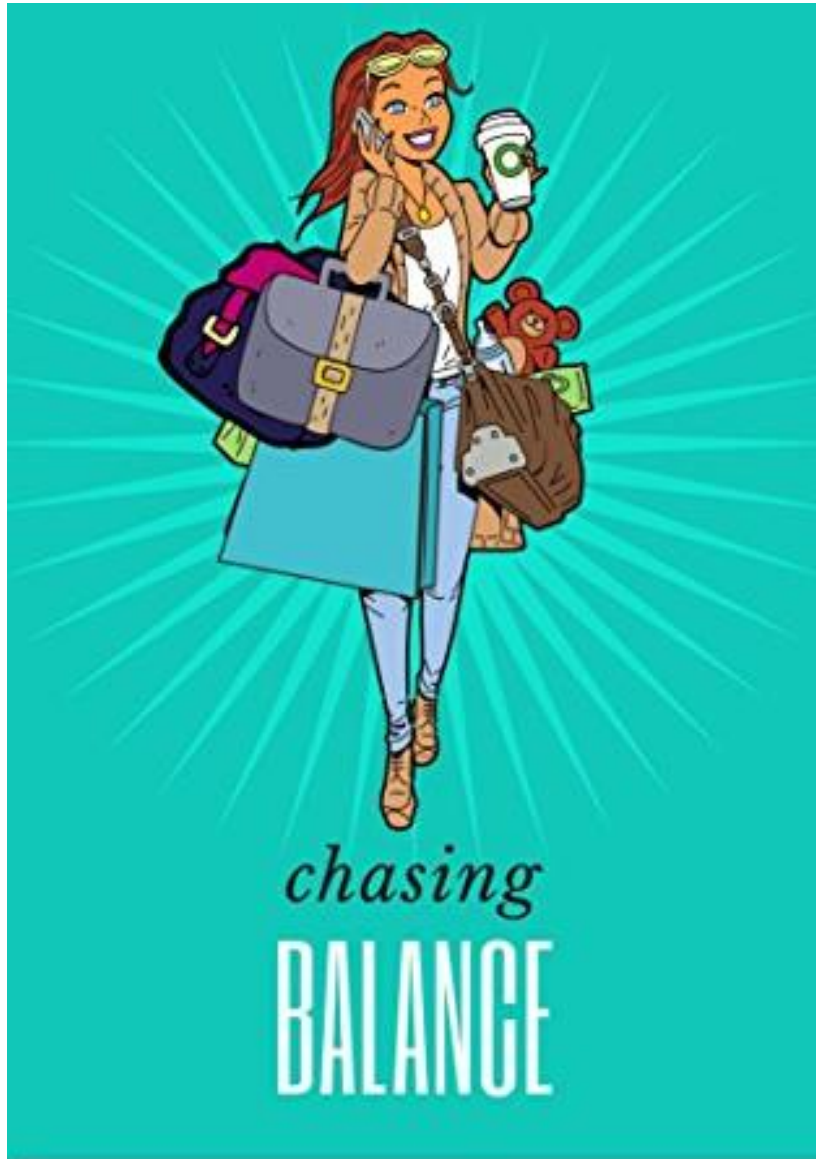
Other Course Lecturer

Wai Chin LI

Department of Science and Environmental Studies (SES)

Other Course Lecturer
Nicholas WONG

Department of Literature and Cultural Studies (LCS)



TRACI SYNATSCHK

WHY THE ART OF LIVING (IN THE DIGITAL AGE)?

- Pay attention, staying focused
- Multitasking and getting things done
- Mindfulness and peace of mind
- Being reflective and critical of the technological use
- Awareness of credible/fake information and **autonomy of emotions**
(the art of not being governed by (people who own) big data?)
 - Broader view of life and a purpose-driven life
 - **Becoming healthier, happier and hopeful!**

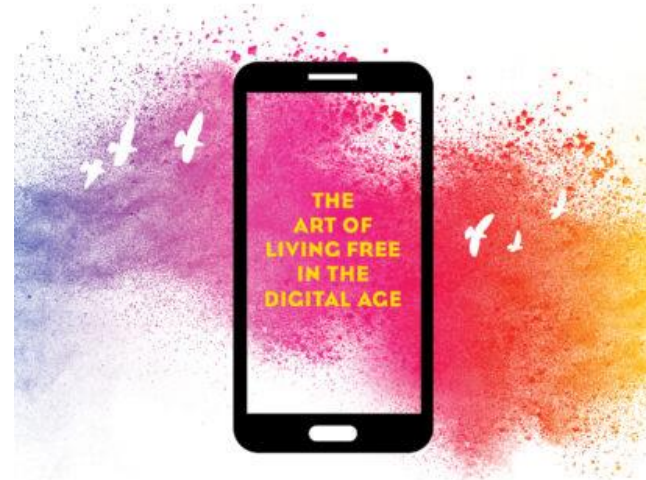
An updated book
for crafting the art of living free in the digital age

please browse this website: <https://theartoflivingfree.org/>

A clear, strong and important book for our times that offers inspiration and practical strategies to reconnect with this creative, vibrant and precious life.

— TARA BRACH, author of *Radical Acceptance*

Screened In



Anthony Silard

The game of life was thrown a curve ball when the first iPhone was released. If loneliness, anxiety, and depression are the indicators, we are striking out. If you want to get on base in the field of meaningful relationships, this is the one book you can't do without.

— MARSHALL GOLDSMITH, *New York Times* bestselling author of
What Got You Here Won't Get You There



The
Art of
Living
Free

CRAFTING YOUR ART OF LIVING IN THE DIGITAL AGE

- We are living in the new century which is being *powerfully transformed* by the advancement of technology.
- Technology-driven innovations appear to steer the world development towards a *commonly-shared* modernisation and civilisation.
- The direction is so evident, clear and forward-looking that we might *get lost in our personal vision*.
 - The breathtaking speed of transformation often does not allow for meaningful reflection.



PAUSE
breathe



CRAFTING *YOUR* ART OF LIVING IN THE DIGITAL AGE

- This course is for students to take pause – **to think, experience and make meaningful reflections** about the different and new/novel perspectives on the digital age;
 - and reconsider **how to live well in such new realities.**

Crafting *your* art of living in the digital age

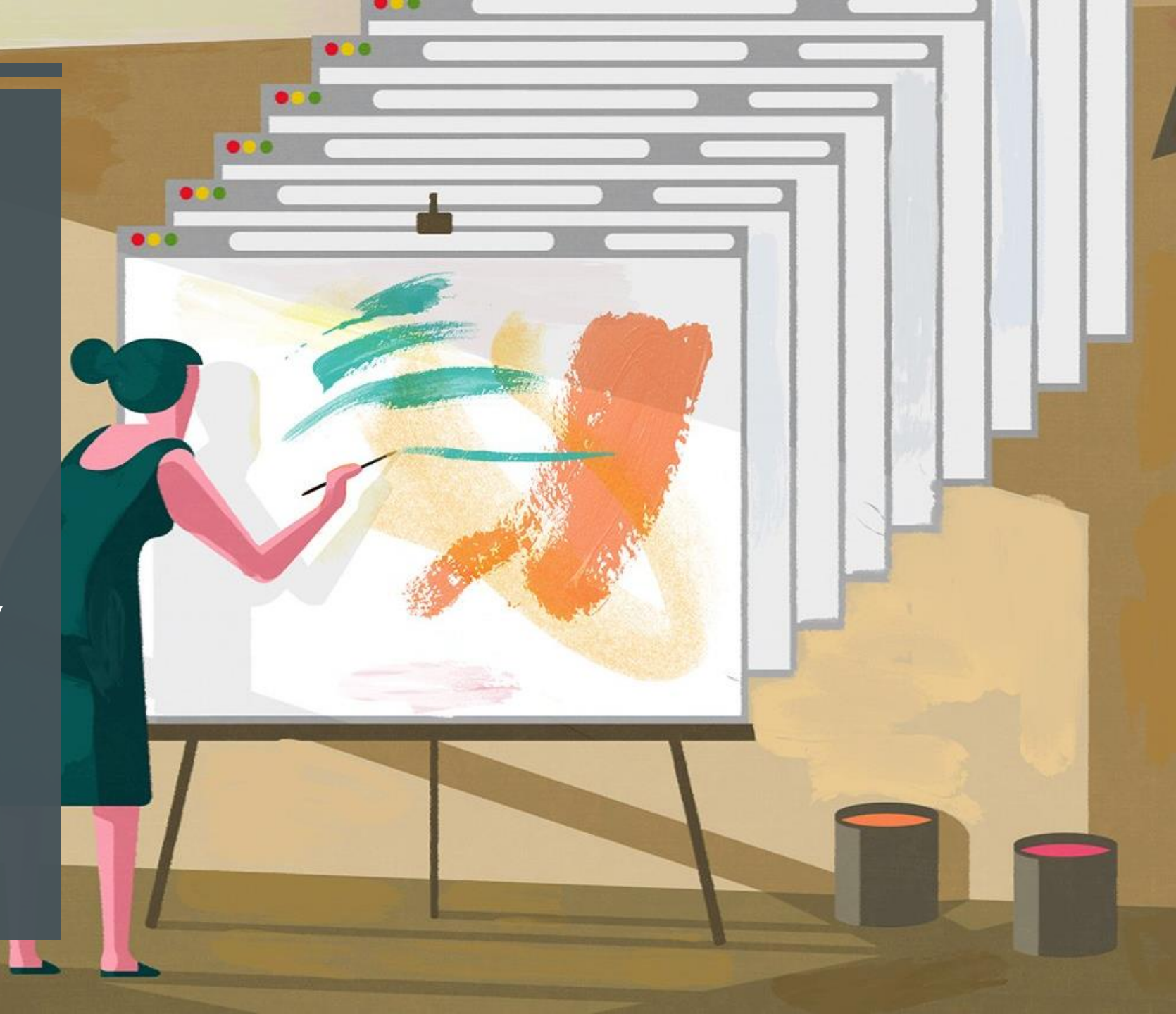
- ❖ This course take students through a stimulating and rewarding process of **meaningful reflections**
- ❖ upon the everyday experiences of (alterative) use of digital technology
- ❖ The **definition** of the art of living is not read from theories but by sincere and deep reflection by **individual students**



THE “IC” IDEA...

The **interdisciplinary focus**
of

- Reflexivity,
- Environmental sustainability
and
- Art of living
in the digital age



The world is the ‘textbook’ for this course

- We’ve established a **Facebook group** for sharing interesting updates with students:
- “Living Well in the Digital Age: Crafting the Art of Living”:
 - facebook.com/groups/450039082695398



JOIN OUR GROUP ON

Facebook

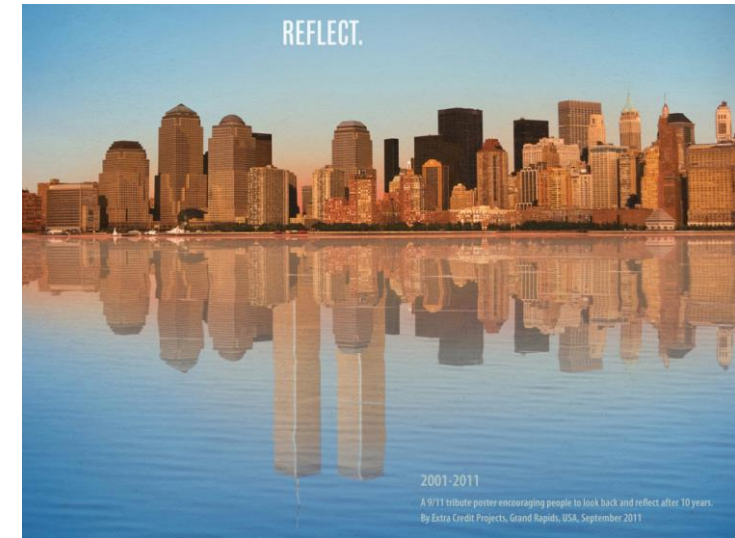
Course Intended Learning Outcomes (CILOs)



- CILO 1: Understand the **key issues, concepts, theories and debates**
 - about the interlocking **relationships between technology, society and individuals**
 - from global and holistic perspectives.

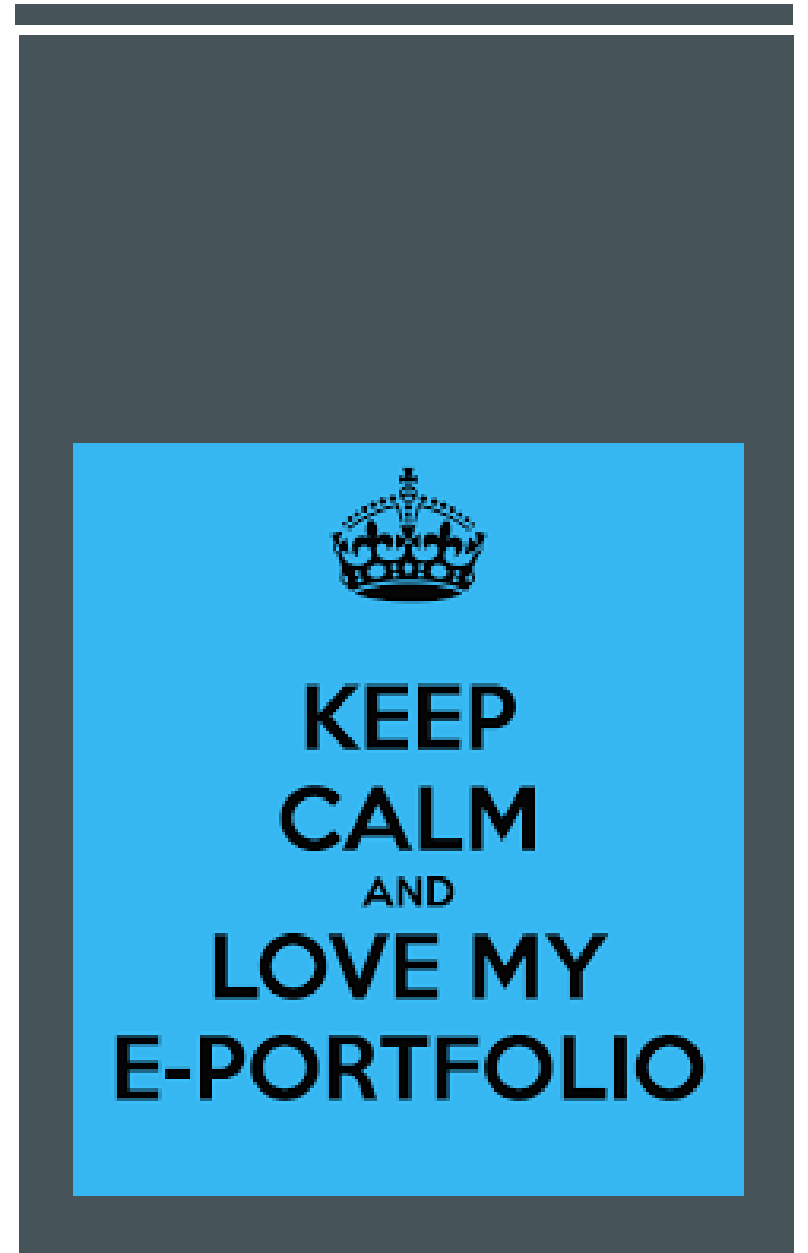
Course Intended Learning Outcomes (CILOs)

- CILO 2: Develop **awareness**
 - by analysing **diverse experiences of using technology**
 - through related concepts and theories, and examining the impact of technology on everyday-life issues.



Course Intended Learning Outcomes (CILOs)

- CILO 3: Reflect and communicate the **personal strategies**
 - for **living well**
 - as a responsible and well-informed citizen in the digital age.



Teaching Schedule

Hayes (FEHD):

- **Boarder Contexts and Concepts**
- **Awareness Building and Reflective Thinking**

Wai Chin (FLASS):

- **Sustainability**
- **Eco-tour**

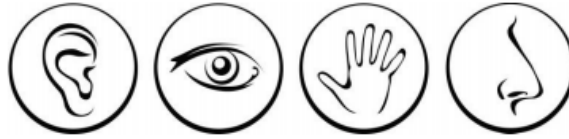
Nicholas (FHM):

- **Automatic Writing**
- **Conversation with Art**

Date	Topic(s)/ Theme(s)	Instructor
Jan 13	Introduction to the course: The <i>interdisciplinary</i> focus of the course design which centres on the concepts of environmental sustainability (FLASS) , reflexivity and reflective thinking (FEHD) , and art of living (FHM)	Hayes Tang
Jan 20	Awareness building: The impact of new technologies on human life and sustainable futures	Hayes Tang
Jan 27	Improving quality of life through <i>smart use of technology</i> and sustainable development <i>Briefing for outdoor experience</i> in natural place	Wai Chin Li
Feb 3	Outdoor experience in natural place: Eco-tour and appreciation of ecological balance	Wai Chin Li
Feb 10	<i>Personal vision</i> for achieving the goal of sustainable development	Wai Chin Li
Chinese New Year Holidays		
Feb 24	<i>Automatic writing</i> and strategies of <i>writing about visual arts</i> (known as 'ekphrasis')	Nic Wong
Mar 3	Class visit to an art museum or art exhibition (writing ekphrasis)	Nic Wong
Mar 10	Awakening: Demonstrate how the conceptual perspectives will guide students to develop their own coping strategies and craft the art of living well with technology Introduction to reflexivity (and reflective entry): Experiences and reflections about the (alternative) world of the digital age	Hayes Tang
Mar 17	Voluntary consultations: Discussion and academic advising for reflective entry	
March 20	<i>Submission of Reflective Entry (600-800 words focusing on 1 experience)</i>	
Mar 24	Small Group Consultations: - Feedback on reflective entry - Academic advising for individual presentation and electronic portfolio	
Mar 31	<i>Individual Presentations 1 (10 mins each)</i>	All instructors
Easter Break		
Apr 14	<i>Individual Presentations 2 (10 mins each)</i> Debriefing of the course	All instructors
	Crafting the art of living: Individual consultations of portfolio construction (<i>on need basis</i>)	

Eco-tour Field Guide & The Worksheet

Enjoying the Nature by Four Senses:



To connect us to the nature, engaging our five senses is one of joyful experience. Find a relaxing spot during your trip, take a sit on the stones or rocks and immerge yourself into the nature. Focus on the following five senses and describe what you have observed.

- **Sight:** You may look at the plants around you. Observe their shape of their leaves. What is the color of the leaves? Even on the same individual of the plants, the color of the leaves are different. Wait for some more time. Can you observe any movement in the surrounding? Often insects and other animals come out when you slow down and sit.
- **Listen:** If you close your eye, you can focus more on the sounds of nature. Can you listen to the sound of wind? The sound from the moving leaves of the forest. There may be also calls from birds. How many different kinds of birds are calling? In different seasons, the sound from the nature are different. In the summer, there are calls from frogs and toads.
- **Touch:** You can select plants and different surfaces (such as mosses) that is not poisonous to touch. Approach the plants and natural objects and place your hands on their surface. You can close your eye and focus on the feeling under your hands. Using your fingertips to feel the details of the surfaces. Compare the texture of leaves and tree bark from different plants.
- **Smell:** Use your nose to take in a slow deep breath, then breathe out from your mouth. Close your eyes and breathe again. Have you feel the smell of soil? During your walk, if you observe flowering plant individual, stop and try to smell again. Can you describe the scent from the flower/plant/object?

Remember the feeling from your senses and record what you have observed in the nature field trip in the following questions using the four senses:

Automatic Writing

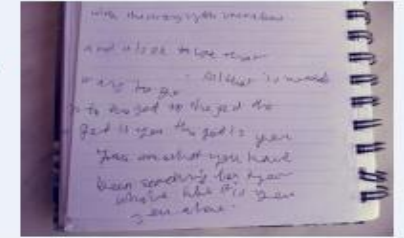
- As its name indicates, automatic writing a type of writing that is performed ‘casually’, ‘**unthinkingly**’, without paying attention to what begins to appear on the page, in other words, **without exercising those critical and judgmental mechanisms** that lie at the basis of relating writing as a communicative way of transmitting, in a comprehensible and organised manner, a clear message. (Epstein-Jannai, 2010, p. 58)

How do we do it?

- Write in any languages that know or a mix of them
- Write as much as you can, as if it is a stream
- **Don't** censor your thoughts
- **Don't** worry about grammar/ structure/ organization

Example from

<https://lonerwolf.com/automatic-writing/>



8



9


"Pick up a pen"



Having deep *conversation* with artists and the art

Ekphrasis



- a literary description of art—for example, a painting, a drawing, a sculpture, music and dance
 - often based on **real works of art**—works that you can see in life or look up on the internet
 - Ekphrastic poetry—poetry inspired by a work of art—not only illustrates the artwork but also **interprets** it
 - a conversation with the artists or the subject of the work themselves
- 

ASSESSMENTS

ONE REFLECTIVE ENTRY (15%)

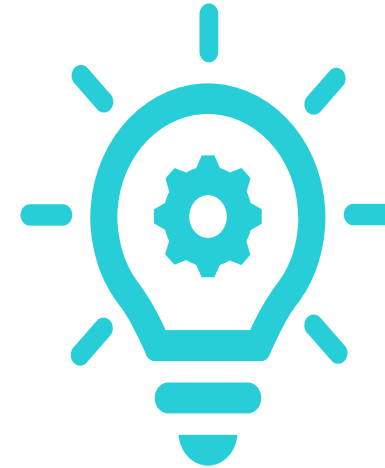
- **600-800 words**
- Students are to
 - select one recent everyday experience of alternative use of digital technology
 - **reflect** upon the experience and
 - **relate it** to the wider context and development of society, economy and globalisation

ASSESSMENTS

ONE REFLECTIVE ENTRY (15%)



- The reflective entry should demonstrate **awareness** of the diverse usages of digital technology and their impact on personal life, society and global environment.



- We used class time and a *voluntary* consultation session to help you well prepared for the reflective entry

New experiment in the new year of 2021

Alternative use of digital technology

What is alternative use of digital technology ?

- A specially designed/scheduled **time slot** and **condition**
 - which enable you to use digital technology
 - in a way that is **different from** what you **habitually** do



New experiment in the new year of 2021

Alternative use of digital technology

Examples:

- *Spend a Saturday without WiFi/ Internet access*
- *Switch the smart phone to focused / Do Not Disturb(DND) mode around 2-3 hours at a scheduled time per day*
 - *Apple/iOS:* <https://support.apple.com/en-us/HT204321#:~:text=Go%20to%20Settings%20%E2%80%A2Do%20Not,manually%20or%20set%20a%20schedule.&text=to%20turn%20it%20on%20or,set%20and%20manage%20your%20alarms.>
 - *Android:* <https://www.androidinfotech.com/methods-activate-do-not-disturb/>
- *Uninstall any apps which tend to be addictive*
 - *Change a habit of social media use*
 - *etc.*

Guiding questions for class discussions and reflective entry

Suggested questions and allocation of words

(please feel free to modify or use your own framework if you have a better one)

1. What is your living experience of **alternative use of technology**? How was the experience like? Can you use 2-3 adjectives to describe it? (80-100 words)
2. Why were they **special** and **significant** that you wanted to select them? (80-100 words)
3. What have you learned about the experience, for example in terms of (a) **new perspectives/ new thinking**, (b) **knowledge/ concepts** (about the interlocking relationships between technology, society and individuals)? How and why did you learn these? (80-100 words)
4. By **analysing** this experience of **alternative use of technology** (through related concepts and theories), what do you think **the impact of technology on your everyday-life**? (80-100 words)
5. In what ways did the experience **adjust** or **confirm** your **everyday habits, personal values, beliefs and goals**? (80-100 words)
6. How may the experience affect understanding about **yourself/your attitudes, your future and personal vision for living a worthwhile life**? (80-100 words)
7. Did you have chance to reflect upon your everyday use of technology in the past? **How has this GE Interdisciplinary Course developed my reflective thinking skills**? (80-100 words)

ASSESSMENTS

INDIVIDUAL PRESENTATION (25%)

- Presentation contents:
Progress report of your reflective thinking (about 2-3 experiences) toward constructing the e-portfolio
- Duration: **15 mins**

Guiding questions for presentation

Suggested contents for your presentation

- (1) Introducing (a) **two to three living experiences of (alternative) use of technology** and (b) a **tentative theme which connects the experiences**
- (2) **Highlighting the one (or two) experience(s)** that you found the most 'impactful' to you. **Why were they/ was it special and significant** that you wanted to highlight them/it?
- (3) **What have you learned** in terms of (a) **new perspectives/ new thinking**, (b) **knowledge/ concepts** (about the interlocking relationships between technology, society and individuals)?
- (4) In what ways did the experience (s) **adjust** or **confirm** your **everyday habits, personal values, beliefs and goals**?
- (5) By *analysing* the selected experiences of (alternative) use of technology (through related concepts and theories), how do you consider **the impact of technology on your everyday-life**?
- (6) **Small decisions/resolutions** for your everyday life and future plans (as your own version of **'art of living' in the digital age**)
- (7) (optional) Next steps for e-portfolio development (you can include the main challenges which you expect)

ASSESSMENTS

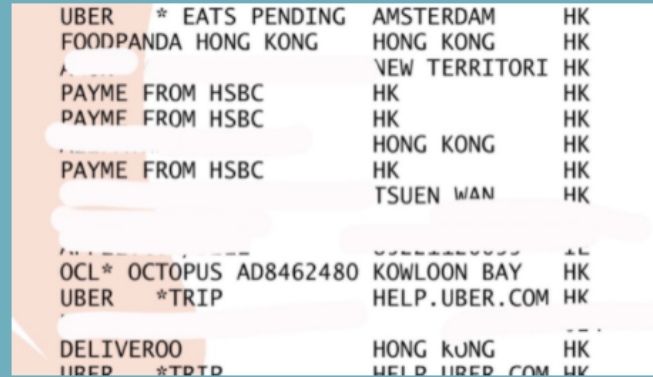
E-PORTFOLIO (60%)

- Adopt about **one focal theme** for accumulating, reflecting on and organising evidences of your digital use experiences (about 2-3 experiences)
- Include both a **reflective account** with both (1) evidence (artefacts, etc.) and (2) your own personal interpretation

Impact of the GEIC course:

Some interesting cases

Theme of the e-Portfolio
Reconnecting With Nature And Reconsidering Everyday Use Of Technology



UBER * EATS PENDING	AMSTERDAM	HK
FOODPANDA HONG KONG	HONG KONG	HK
A	VEW TERRITORI	HK
PAYME FROM HSBC	HK	HK
PAYME FROM HSBC	HK	HK
	HONG KONG	HK
PAYME FROM HSBC	HK	HK
	TSUEN WAN	HK
OCL* OCTOPUS AD8462480	KOWLOON BAY	HK
UBER *TRIP	HELP. UBER.COM	HK
DELIVEROO	HONG KONG	HK
UBER *TRIP	HELP. UBER.COM	HK

CREDIT CARD BILL

This is my credit card bill from last year. You can easily see my online shopping habit. I ordered takeaway from my mobile phone. I also used electronic money constantly to facilitate my online payment.

Reflection

1. Making a wrong comfort zone for us

Technology makes our life more convenient. We can do a lot of things through technology without going outside. For example, we can gather with friends through WhatsApp or Signal, learn and work through Zoom and email, shop and buy food or necessary thing through Foodpanda or Deliveroo. This phenomenon has also made many APPs popular in society. For example, Foodpanda, Payme, Instagram, HKTV mall. In the Covid-19, I feel more about it.

It makes a comfort zone that we can rely on technology for everything we do. So there is no reason to let us go out. When you can't even go out to buy daily necessities, why do you have to go hiking and which is hard and make you tired? Therefore, the convenience of technology makes us have a comfort zone, which allows us to stay away from or resist contact with nature.

2. Causing environmental generational amnesia

Environmental Generational Amnesia means the new generation don't contact with nature and they have a wrong understanding of the environment. (Matei, 2017)

In the past, the environment is equal to nature. At the age of our parents or grandparents, everything was not so developed. They live in a rural place, playing house to see that creek, trees, or farmland. This is the environment of nature.

Theme of the e-Portfolio



*Reconnecting With
Nature And
Reconsidering Everyday
Use of Technology*

In the beginning, I thought that hiking was a very hard task. ... Honestly, I hate hiking a little.

But because of this homework, I hiked with my friends.... Maybe this time I have a destination planned by myself... The whole hiking experience did not make me feel hard

On the contrary, I felt happy with it....

you cannot get a sense of success on the mountain during shopping.

After this time,.... I am willing to go hiking in the future.

Theme of the e-Portfolio
*Reconnecting With
Nature And
Reconsidering Everyday
Use of Technology*



The photo of my first camping
in Ma On Shan Ngong Ping

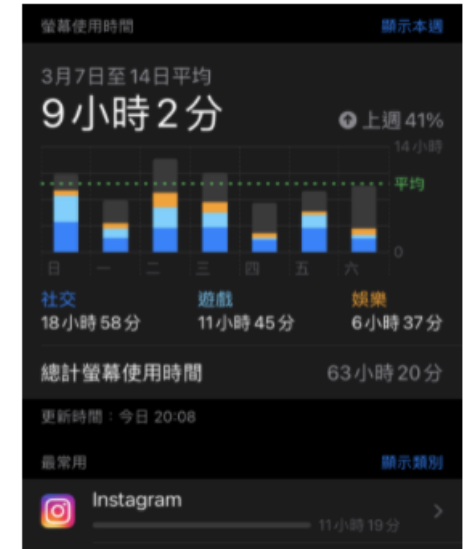
My Second camping in Pak Lap Wan

Minimising screen time, Gaining focus...

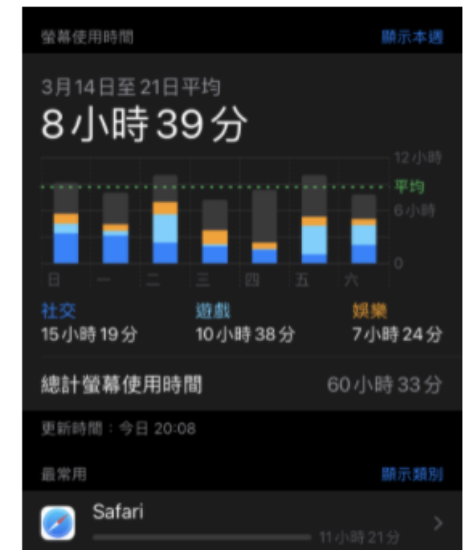
RELATIONSHIPS BETWEEN TECHNOLOGY, SOCIETY, AND INDIVIDUALS

Since I opened the do not disturb mode I would not get any notification except if I get my telephone. I found that I can zero in on my tasks for quite a while and I am more productive. I am a deadline fighter however now I could complete the paper a week sooner. Without the temptation, I spent less time on my phone, especially I can see a decrease in using social media, from 19 hours to 15 hours. What is more, the pressure to reply to the text also reduce a lot as I would not know who had found me at that time. I found that the greater part of the message does not expect me to answer it quickly. The pressing factor is added without anyone else, on the grounds that I would prefer not to be rude to others. Presently, as indicated by my strategies for the art of living is to **LOVE MYSELF, DO WHAT I LOVE, LOVE WHAT I DO**. I think I should not give pressure on myself anymore.

As a rule, I consider innovation is harming individuals' quality of life. Because of innovative headway, we can speak with others helpfully, it just requires one moment to convey the message. Numerous people need to work after the authority time since they get the call or WhatsApp and it begins to turn into a standard which individuals ought to do as such. We all were grabbed by innovation, and I might want to escape the circumstance. The experience adjusts my thoughts. For example, I am figuring out how to **LOVE MYSELF**, how to prioritize myself over others, how to not be affected by the social norms just **DO WHAT I LOVE, LOVE WHAT I DO** to achieve well-being.



SCREEN TIME BEFORE I USE DNDM



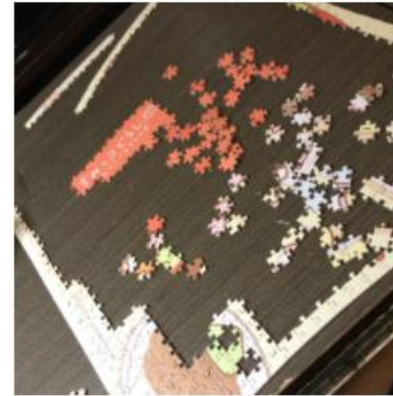
SCREEN TIME AFTER I USE DNDM

Minimising screen time Gaining focus...

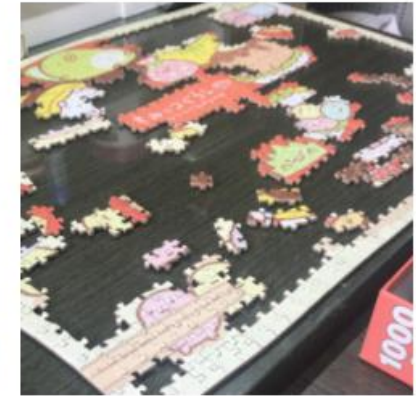
I do the jigsaw puzzle at 08:00. It took me around 4 hours to wrap up. It is significantly less than I anticipated. I thought that maybe I cannot finish within that day. At the point when I saw the entire picture is finished without anyone else, I am so proud of myself as I completed the challenge. It did not cause me much time to finish it, but why I did not start it is due to I do not have any desire to quit hurrying. When I start to slow down and enjoy my life, the process is very healing. Studies suggest that it can bring a sense of calm and serenity. External worries and stress vanish as the mind tunes into something meditative and satisfying. Puzzles can rid the clutter from your life and refresh thoughts and mood, bringing peace, clarity, and contentment.



08:30



09:00



10:00



10:30



11:30



11:44

Theme of the e-Portfolio

Stolen Time by Technology

2. Print Art Exhibition



Yea, I was really addicted to my smart phone but something changed after I went to the Print Art Exhibition ...

I went to the 20/20 Hong Kong Print Art Exhibition at Hong Kong Heritage Museum a few weeks ago. I saw many print art works in that exhibition. I enjoyed this trip and I would use healing and reborn to describe the trip. I did an auto writing in front of an artwork. The artwork was called "At the Wharf" (1948) and was printed by Mr Huang Xinbo. The artwork boldly depicted half of the protagonist's face and using negative images to highlight the plight of the workers. I was shocked by the color of the artwork. It uses black and white to perform a strong contrast. It was a very simple usage of color but it still provides a strong feeling to me. The artwork brought up my emotion and started to recall my memory about the bad news that happened in Hong Kong these years.



Let's chat – and share ideas!

THANK YOU!