Designing For Introverts
Introduction
- Identifying characteristics and misconceptions of introverts
- Taking inventory of indoor and outdoor public spaces on campus to evaluate their effectiveness for introverted students
- Applying design approaches that create a sense of refuge and safety for introverts
- Tools to convert extroverted spaces into nuanced zoning to support all students
- Introduction
  - What is an Introvert
  - Introverts on Campus
  - American Pedagogy
  - Introversion Test
- Colorado School of Mines Case Study
  - Introduction to Institution
  - New Freshmen Student Housing
- Group Project
- Questions and Answers
Introduction
What is an introvert?
Characteristics and Misconceptions
Extrovert:

People who tend to be energized when around other people, and are more prone to boredom when they by themselves.

- Thrive on energy of people and things around them
- Large social networks
- Tend to think out loud
- Make quick decisions
- Thrive on team-oriented open work setting
- Outgoing, enthusiastic, and positive

Positive Psychology Introversion- Extroversion Spectrum
Wikipedia: Extroversion and Introversion
Introvert:

People whose energy tends to expand through reflection and dwindle during interaction.

- Spending time in solitude to recharge
- One on one connections
- Think before they speak
- Prefer working in quiet independent environments
- More deeply focused on specific interests
- Can be seen as reserved

Positive Psychology Introversion-Extroversion Spectrum
Wikipedia: Extroversion and Introversion
Ambivert:

People moderately comfortable with groups and social interaction, but also relish time alone.

- Behavior changes with situation
- Can be outgoing in right context
- Looked at as “peace keepers”
- Limits to social comfort zone
- Tend to be socially flexible
- Take alone time in smaller doses
- Outgoing introvert/antisocial extrovert

Science of People Ambivert Text
Wikipedia: Extroversion and Introversion
Notes:

○ Extroversion/Introversion is a continuous spectrum.

○ Extroversion/Introversion only one aspect of personality

○ Introversion is different than shyness

○ Western Society tends to value extroversion over introversion

○ Introversion/Extroversion does not equate to individual happiness

○ Demographically only a small % of Americans are either very extroverted or very introverted. 77% fall between extremes.

Dan McAdams PHD, Chairman Psychology Dpt. NWU
Prevention Health: Mental Health, Introversion vs Extroversion
American Trends Panel 2014 5 Point Scale Survey
Neurodiversity:

- Neurodiversity: concept where neurological differences are to be recognized and respected as any other human variation. These differences include dyslexia, ADHD, Tourette Syndrome and ASD among others.

- Students who have Autism Spectrum Disorder (ASD) attending institutions of higher education in higher numbers.

- Students with ASD prefer solitude, resist change to surroundings or routine and can have intense reactions to their sensory environment. Residence halls can cause agitation, stress, anxiety, and can contribute to attrition of students with ASD.
I got really nervous and anxious about never having my own space. The lack of smaller study rooms and more intimate and less intimidating spaces was upsetting.

—Phoebe
I was uncomfortable trying to do some of the things I needed to do to recharge, in front of my roommates. Often, I would go to one of the study rooms to make a phone call home or do some meditation because that was where I could be alone, but I would feel bad because I knew I was taking a space that was meant for another purpose.

– Becca
For me, I would often recharge by hanging out in my room and playing some games alone. It was usually pretty easy, but sometimes it was harder to find quiet down times. There were a few times I tried to use the little study rooms, but they were often occupied.

-Chase
I can't speak for every hall, but at least in mine, the culture was such that it was taken as weird if you were in your room and had your door closed if you weren't sleeping. It got to the point that my only way to "have my own space" and recharge was to leave my residence hall and find somewhere more secluded on/near campus (this was usually outside - made it more difficult in bad weather).

- Gina
I needed some sort of "quiet room" where I could go for just 10 minutes out of my day to be alone and feel ready to go interact with people again.

– Becca
### The Extrovert Ideal

The shift from the culture of character to the culture of personality

<table>
<thead>
<tr>
<th>19th Century</th>
<th>20th Century</th>
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<tr>
<td>Citizenship</td>
<td>Magnetic</td>
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<td>Duty</td>
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*Cultural historian Warren Susman’s analysis of Self Help Guides; chart identifies the most frequently cited words in relation to attributes between 19th Century personality driven advice manuals and their 20th Century counterparts.*

*Quiet: The Power of Introverts in a World That Can’t Stop Talking*

Susan Cain
Shift from Passive to Active Learning

Active Learning

Flipped Classroom

Peer-Assisted Learning

Cooperative Learning

Collaborative Learning

Peer Tutoring

Problem-Based Learning
Shift from Passive to Active Learning Environments

Bishop & Verlager 2013
...but don’t forget the introvert!
The Orchid Hypothesis

Introverts are more like orchids: they wilt easily, but under the right conditions can grow strong and magnificent.
“Introverts prefer to work independently, and solitude can be a catalyst to innovation”

- Slowness
- Quiet
- Visual Privacy – Minimize Distraction
- Doing Separate Things Together
- Opportunities for Safe Refuge
- Interaction and Engagement on One’s Own Terms: Choice

Quiet: The Power of Introverts in a World That Can’t Stop Talking
Susan Cain
The Extrovert/Introvert
Active Learning Environments
“Create settings in which people are free to circulate in a shifting kaleidoscope of interactions”

*Quiet: The Power of Introverts in a World That Can’t Stop Talking*
Susan Cain
Introvert/ Extrovert Test
tinyurl.com/y5rda5gd
Introvert/Extrovert Test

How Do you Identify?
Different than expected?

BuzzFeed Are you more of an Introvert or an Extrovert Test
Colorado School of Mines Case Study
Colorado School of Mines
Golden, Colorado
The Campus
Colorado School of Mines Case Study
Small Town Campus Framework

1. Street Grid Defines Student Movement Systems

2. Open space determined by vacant sites and spaces in-between buildings

3. Uniform scale, texture and landscape
1. Remove the pedestrian/auto conflict - create a safe and clear pedestrian precinct

2. Landscape and texture as ‘wellness’ form-givers

3. Integrate a variety of outdoor spatial types to provide choice and comfort

4. Provide more places to find solace and solitude
Designing For Introverts
Spruce Hall

Colorado School of Mines Case Study
Spruce Hall
Wellness and Introversion at the site scale

Campus Mapping
Understanding the uniqueness of MINES

• Understanding existing places that resonate with CSM’s students
• Building on places that are important to students
• Mapping as a dialogue with students

Precinct Programming
A holistic approach to the precinct

• A fabric of amenities and choices
• A healthy mix of passive and active places within precinct
• Opportunities for introvert and extrovert activity
The Site

Colorado School of Mines Case Study
Person
Environmental Fit

Extrovert

Introvert

Journal of Research in Personality
University of Virginia
(Oishi, Talhelm, Lee)
Colorado School of Mines

Context
Spruce Hall

The Site
Spruce Hall
Transforming a ditch and damaged landscape into a form-giver for the scheme
Spruce Hall
Integration of Landscape with Building / The catalyst for addressing the Introvert/Extrovert Scale
Designing with the introvert in mind

- Develop a scheme that significantly connects students to nature
- Design outdoor environments that minimize visual and acoustical distractions
- Create a variety of scales with multiple levels of engagement
- Create a variety of outdoor typologies that promote a range of emotional and physical responses
- Develop exterior environments that engage all of the senses.

Spruce Hall
The Site

Extrovert-Introvert Scale
The Typology of Introversion
Optimal Levels of Arousal or “Sweet Spots”

seclusion
Environments for introspection and contemplation. The ability to be by oneself without distractions; the introverts method of revitalization

passive engagement
Places that enable people to see others and be seen. Relative control over the environment. Small select interactions

select group engagement
Spaces where individuals can join familiar small groups that support their idea of controlled interaction

active group engagement
Larger group activity spaces where the individuals and activities are less controllable but introverts can “act like extroverts”

detached group
Anonymity at a larger campus scale
Different arenas for introversion and extroversion

- Contemplation
- Meditation
- Observation
- Interaction
- Recreation
- Relaxation
Character
The Experiential Potentials of Spaces
Site Plan

1. Amphitheater
   *interactive; formal space*

2. Street Dining
   *active street scape*

3. Outdoor Project Space
   *group projects; creativity; interaction*

4. Quiet Study

5. Outdoor Dining

6. Recreation Space

7. Intimate Contemplative Space

8. Group Interaction Space

9. Select Group Interaction

10. Campus Interactions - Anonymity
Designing For Introverts
Spruce Hall

Designing For Introverts
Spruce Hall

Interior Extrovert to Introvert Scale
1. RESPITE
   haven

2. STUDENT TYPE
   engineering

3. CHANGE
   formations
The Typology of Introversion

Levels of Introversion vs Extroversion

seclusion | Intimate engagement | select group engagement | active group engagement
The Typology of Introversion

Levels of Introversion vs Extroversion Floor Plan
The Typology of Introversion

Upper Floor Plans
The Typology of Introversion

Upper Floor Plans
Group Project
Design for Exterior Spaces
Design for Exterior Spaces
Design Lounge or Maker Space
Design Lounge or Maker Space
Design Lounge or Maker Space
Question and Answer