Cultivating Deliberate Hope in the Face of Complex Societal Challenges



# Positech@CSCW2025



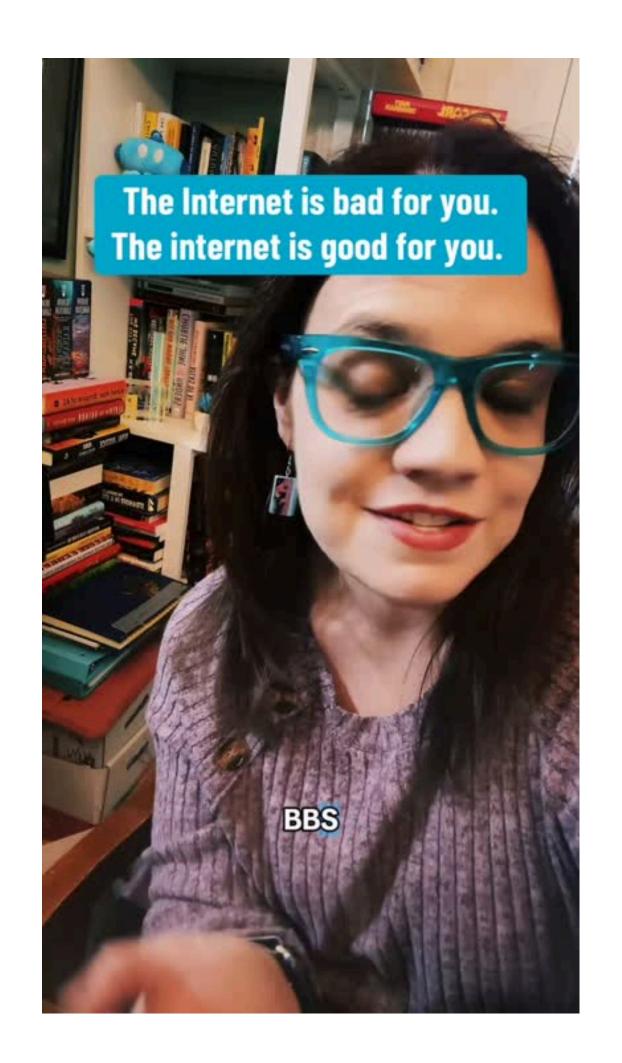
09:00-09:05 <b>V</b>	Welcome & agenda
09:05-09:10 V	Workshop goal writing
09:10-09:20 <b>F</b>	Positech community & organizer introduction
09:20-09:50 <b>P</b>	Participant introduction
09:50-10:10 <b>V</b>	Norkshop theme presentation
10:10-10:30 <b>C</b>	Coffee break
10:30-12:00 D	Design exercises
12:00-13:40 <b>L</b> i	unch break
13:40-14:00 <b>N</b>	Nap time & stretch
14:00-15:00 Pa	anel: Hopeful Design Practices
15:00-15:10 H	lope journaling
15:10-15:30 <b>C</b>	offee break & project pitch set-up
15:30-16:20 PI	roject pitching & project planning
16:20-16:40 <b>G</b>	aroup & individual plan sharing
16:40-17:00 <b>D</b>	ebrief, closing remark



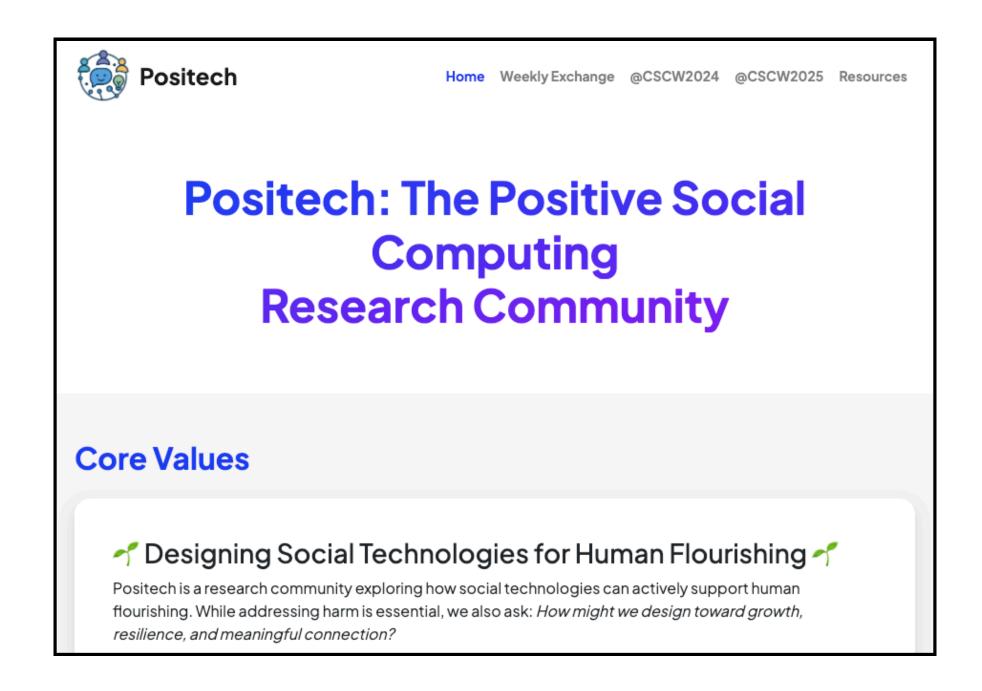
# Positech@CSCW2025

09:00-09:05	Welcome & agenda
09:05-09:10	Workshop goal writing
09:10-09:20	Positech community & organizer introduction
09:20-09:50	Participant introduction
09:50-10:10	Workshop theme presentation
10:10-10:30	Coffee break
10:30-12:00	Design exercises
12:00-13:40	Lunch break
13:40-14:00	Nap time & stretch
14:00-15:00	Panel: Hopeful Design Practices
15:00-15:10	Hope journaling
15:10-15:30	Coffee break & project pitch set-up
15:30-16:20	Project pitching & project planning
16:20-16:40	Group & individual plan sharing
16:40-17:00	Debrief, closing remark









https://positech.github.io



# Positech Weekly Exchange

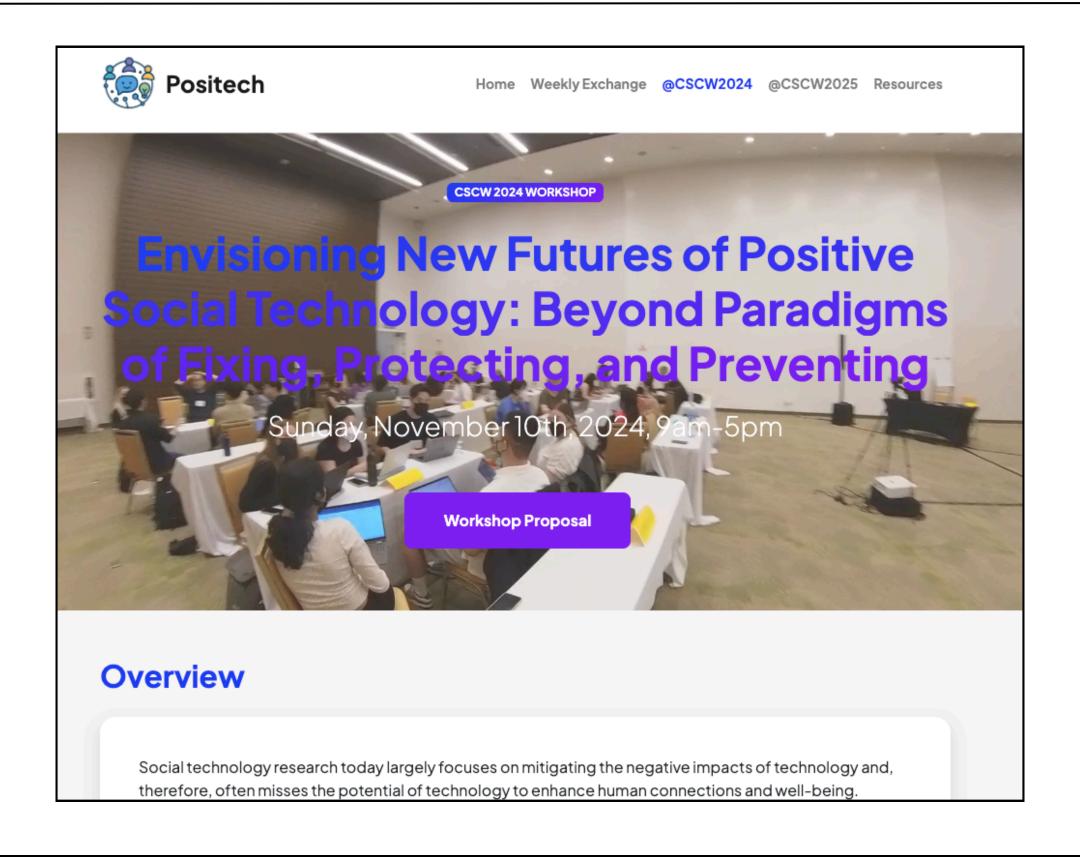
### **Overview**

The Weekly Exchange is a 50-minute gathering for PhD students across institutions to connect, share, and support one another. Each week, one member leads a session. Sometimes they present ongoing research or invite feedback; other times they share something they care about outside of academia. Whether it's a deep dive into a social computing project or an exploration of creative passions, these sessions help us build trust, surface insights, and reimagine what it means to grow together in research.

Over time, these informal exchanges have become the foundation for workshops and collaborations within Positech. In many ways, we see the exchange itself as an open-ended exploration. What does it mean to build a loosely connected but consistent, low-stakes yet meaningfully engaged research community? How can it support the kind of work and life we're trying to cultivate?

If you're interested in joining, feel free to reach out at <u>positech.research@gmail.com</u> with a short note about who you are, what you're working on, and how it relates to the broader themes Positech is thinking about. To help keep the group aligned and grounded, new members are brought in by consensus. Usually, that means having a personal connection with someone already in the group. This helps us keep the space intentional and supportive as it evolves!







# **Reading List (Live Doc)**

### Positech Syllabus (Working Document)

This is a living, working document and will be updated as we go. Please check back regularly for updates. We're also actively inviting contributions. If you have ideas, questions, or readings relevant to Positech, please share them using the suggestion form linked below. We would especially welcome suggestions for new modules to incorporate.

- Submit a suggestion or relevant idea for Positech
- Overview of Social Science / Humanities Literature on Human Flourishing / Positive Psychology
  - Diener, E., Lucas, R. E., & Oishi, S., Subjective Well-Being: The Science of Happiness and Life Satisfaction, in Handbook of Positive Psychology
  - Seligman, M. E. P., & Csikszentmihalyi, M. (2000). Positive psychology: An introduction. American Psychologist, 55(1), 5–14. https://doi.org/10.1037/0003-066X.55.1.5
    - Seligman, M. E. (2002). Positive psychology, positive prevention, and positive therapy. Handbook of positive psychology, 2(2002), 3-12.
  - Seligman, M. E. (2019). Positive psychology: A personal history. Annual Review of Clinical Psychology, 15(1), 1-23.
  - Gable, S. L.; Haidt, J. (2005). What (and why) is positive psychology? Review of General Psychology, 9(2): 103–110. https://doi.org/10.1037/1089-2680.9.2.103



Positech@CSCW2025

What is Positech? Call for Participation Agenda Organizers

CSCW 2025 WORKSHOP

# Design for Hope: Cultivating Deliberate Hope in the Face of Complex Societal Challenges

Saturday, October 18th, 2025, 9am-5pm (TBU)

Workshop Proposal

### Overview

Societal challenges, such as those at the heart of CSCW research, are often complex, and responses to them frequently prioritize harm reduction and prevention as immediate goals. While these efforts are essential, they can unintentionally narrow our sense of what is possible, centering our attention on mitigating risks rather than expanding possibilities.





University of Washington



Cassidy Pyle\*
University of Michigan



Alexis Hiniker
University of Washington



**Hua Shen**University of Washington



Yasmine Kotturi
University of Maryland, Baltimore County



Jiaying "Lizzy" Liu\*
University of Texas at Austin



Ahmer Arif
University of Texas at Austin



Wendy Ju Cornell University



Sowmya Somanath
University of Victoria



Lindsay Popowski\*
Stanford University



Gillian R. Hayes
University of California, Irvine



Florian 'Floyd' Mueller

Monash University



Casey Fiesler
University of Colorado Boulder

# Positech@CSCW2025



09:00-09:05	Welcome & agenda
09:05-09:10	Workshop goal writing
09:10-09:20	Positech community & organizer introduction
09:20-09:50	Participant introduction
09:50-10:10	Workshop theme presentation
10:10-10:30	Coffee break
10:30-12:00	Design exercises
12:00-13:40	Lunch break
13:40-14:00	Nap time & stretch
14:00-15:00	Panel: Hopeful Design Practices
15:00-15:10	Hope journaling
15:10-15:30	Coffee break & project pitch set-up
15:30-16:20	Project pitching & project planning
16:20-16:40	Group & individual plan sharing
16:40-17:00	Debrief, closing remark

# Privacy as Social Norm:

Systematically Reducing

Dysfunctional Privacy Concerns on Social Media





JaeWon Kim
Univ. of Washington



Soobin Cho\*
Univ. of Washington



Robert Wolfe\*
Univ. of Washington
(Rutgers University)



Jishnu Hari Nair
Univ. of Washington
(Meta)



Alexis Hiniker
Univ. of Washington



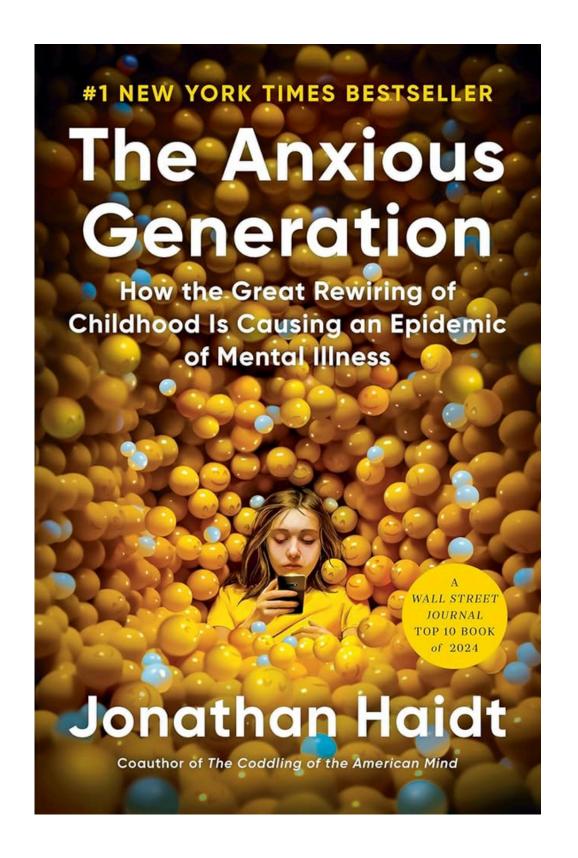












The U.S. Surgeon General recently called for warning labels on social media and declared gun violence a national health crisis.

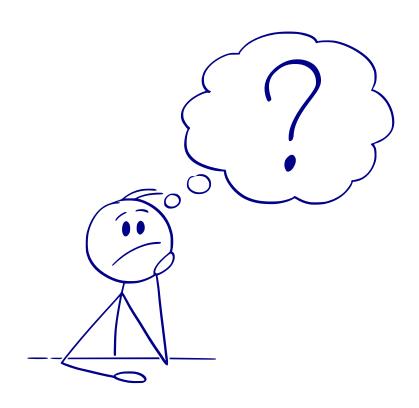




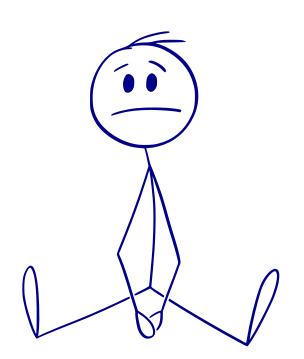




# Is it <u>helpful</u> for us to believe that social media is evil?



# Framing social media as evil isn't helpful, at least for the youth.



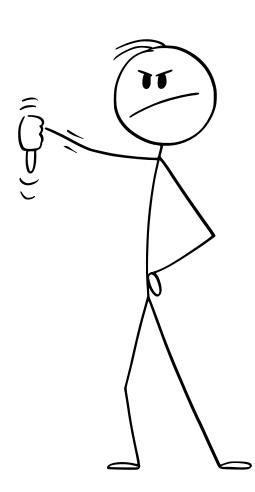
Simply believing that social media is evil can, on its own, negatively affect their mental health.

Fear-based narratives often lead to dysfunctional fear, extreme anxiety that lowers quality of life but does \*not\* lead to constructive actions

Out of 72 teens with a private account, **15.3%** reported experiencing dysfunctional fear.

Out of 64 teens with a public account, 28.1% did.

# Is social media inherently bad?



# Social Media is defined as,

for example,

"a group of Internet-based applications that build on the ideological and technological foundations of Web 2.0, and allow the creation and exchange of user generated content"

Andreas M. Kaplan and Michael Haenlein. 2010. Users of the world, unite! The challenges and opportunities of Social Media. Business horizons 53, 1: 59–68. <a href="https://doi.org/10.1016/j.bushor.2009.09.003">https://doi.org/10.1016/j.bushor.2009.09.003</a>

It was hard to walk away from last week's TikTok hearing with much optimism. Over the

course

mental

between

Rep. Fra

hours, i

the risk

As I wat

"Laughing so I don't cry": How TikTok users employ humor and compassion to connect around psychiatric hospitalization

> Anastasia Schaadhardt Information School University of Washington Seattle, Washington, USA aschaad@uw.edu

Cory Gennari Pratt Seattle Academy Seattle, Washington, USA corygennaripratt@gmail.com Yue Fu

**Information School** University of Washington Seattle, Washington, USA chrisfu@uw.edu

Wanda Pratt Information School University of Washington Seattle, Washington, USA wpratt@uw.edu for us. Social media is also good for us—poth of these things can be true at the same time. misunderstandings of content moderation

This may seem obvious, but our conversations about tech regulation ra

that truth I'm a tech ethics and policy professor and a lot of my resea

# Queer Joy on Social Media: Exploring the Expression and **Facilitation of Queer Joy in Online Platforms**

Madeleine Steeds School of Information and **Communication Studies** University College Dublin Dublin, Ireland madeleine.steeds@ucd.ie

Genavee Brown Northumbria University Newcastle, United Kingdom genavee.brown@northumbria.ac.uk

Sarah Clinch Department of Computer Science The University of Manchester Manchester, United Kingdom sarah.clinch@manchester.ac.uk

Ben Dalton Leeds Beckett University Leeds, United Kingdom b.dalton@leedsbeckett.ac.uk

Alice Wilson

Independent Researcher

York, United Kingdom

xcbm32@gmail.com

Dawn Woolley Leeds Arts University Leeds, United Kingdom dawn.woolley@leeds-art.ac.uk

Carolina Are Centre for Digital Citizens Northumbria University Newcastle, United Kingdom carolina.are@northumbria.ac.uk

Lexi Webster University of Southampton Southampton, United Kingdom l.webster@soton.ac.uk

# The Algorithmic Crystal: Conceptualizing the Self through Algorithmic Personalization on TikTok

ANGELA Y. LEE\*, Department of Communication, Stanford University, USA HANNAH MIECZKOWSKI\*, Department of Communication, Stanford University, USA NICOLE B. ELLISON, School of Information, University of Michigan, USA JEFFREY T. HANCOCK, Department of Communication, Stanford University, USA

kTok is used by many, ing those risks within the sidering more middle ronger privacy protections itical to identify and deeply them-while also not

he start,

weigh

s bad

exciting videos on Til @professorcasey The TikTok hearing demonstrated some fundamental midunderstanding ... See more original sound - Professor Casey Fiesler

undermining the unquestionable good that can be found on social media.

Is social media bad? Should we ban youth from using social media?



Is social media bad? Should we ban youth from using social media?

Social media isn't ALL bad, but it's quite horrible. How do we fix all the problems on those platforms?





Is social media bad?
Should we ban youth from using social media?

Social media isn't ALL bad, but it's quite horrible. How do we fix all the problems on those platforms?

What is social media? Is it just Instagram/TikTok? What are its potential? Can it actually be not bad?







Is social media bad?

Should we ban youth from using social media?

Social media isn't ALL bad, but it's quite horrible. How do we fix all the problems on those platforms?

What is social media? Is it just Instagram/TikTok? What are its potential? Can it actually be not bad?

Youth seek meaningful social connection online. How can we support the interactions they seek?









# Social Media Should Feel Like Minecraft, Not Instagram: 3D Gamer Youth Visions for Meaningful Social Connections through Fictional Inquiry



JaeWon Kim
Univ. of Washington



Hyunsung Cho
Carnegie Mellon Univ.



Fannie Liu JPMorgan Chase & Co.



Alexis Hiniker
Univ. of Washington

**Under Review** 

https://arxiv.org/pdf/2502.06696







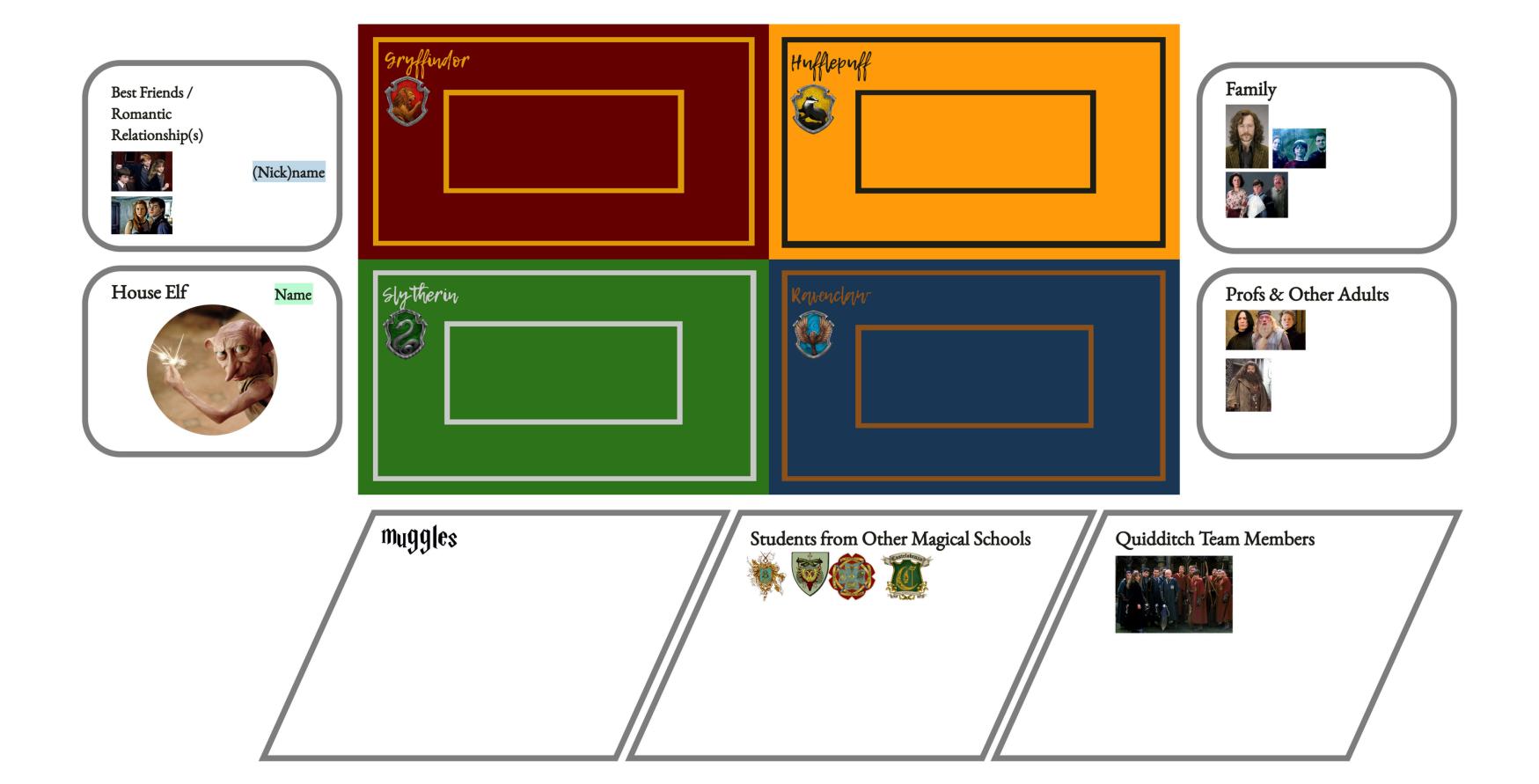
Information School UNIVERSITY of WASHINGTON



We conducted Fictional Inquiry design workshops with 23 3D-gamers aged 15 to 24 to explore how youth imagine a social platform designed for meaningful connections, free from current-world constraints.

"social media" (X)

magical support for remote social interactions (O)





**Towns, Neighbors, Paths** 



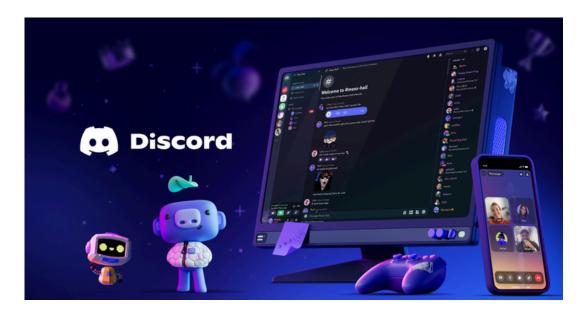
**Memory Transfer** 



Sceneries, Co-existing



**Shared Activities/Goals** 



**Seemless Conversations** 



Holographic, Magical

# "[SMH is a] breath of fresh air" (P22)

"When we started, I literally was giving all these suggestions, which was completely the same thing which existed. . . I was repeating their concepts. So I think throughout this entire interview, I evolved my idea. . . actually thinking about what is new. . . So I think this has been a super hit. I like the entire conversation." (P15)

"I don't know what else you could do, because it's online. . . so I really don't know what else there could be to make it more meaningful." (P14)



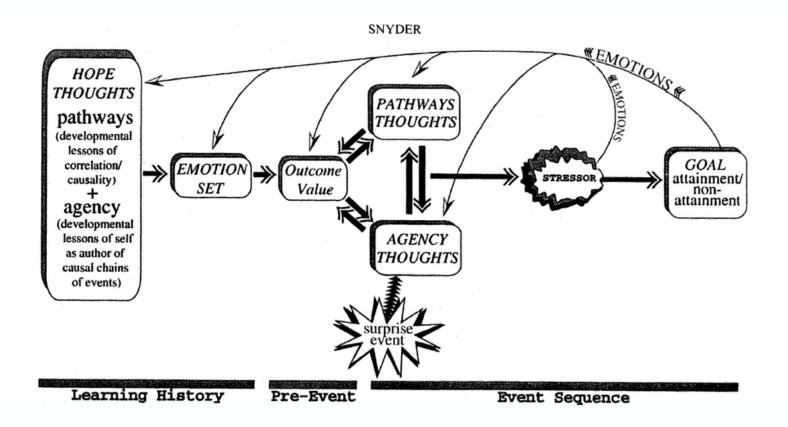


"I'm not really a tech person. So I don't really think about [how to make social media better] that much. But I feel like this fake scenario. . . [helped] remind myself, 'Girl, you have full control, this is no restrictions.' After I got into that I. . . have a way bigger vision of what social media can become." (P14)

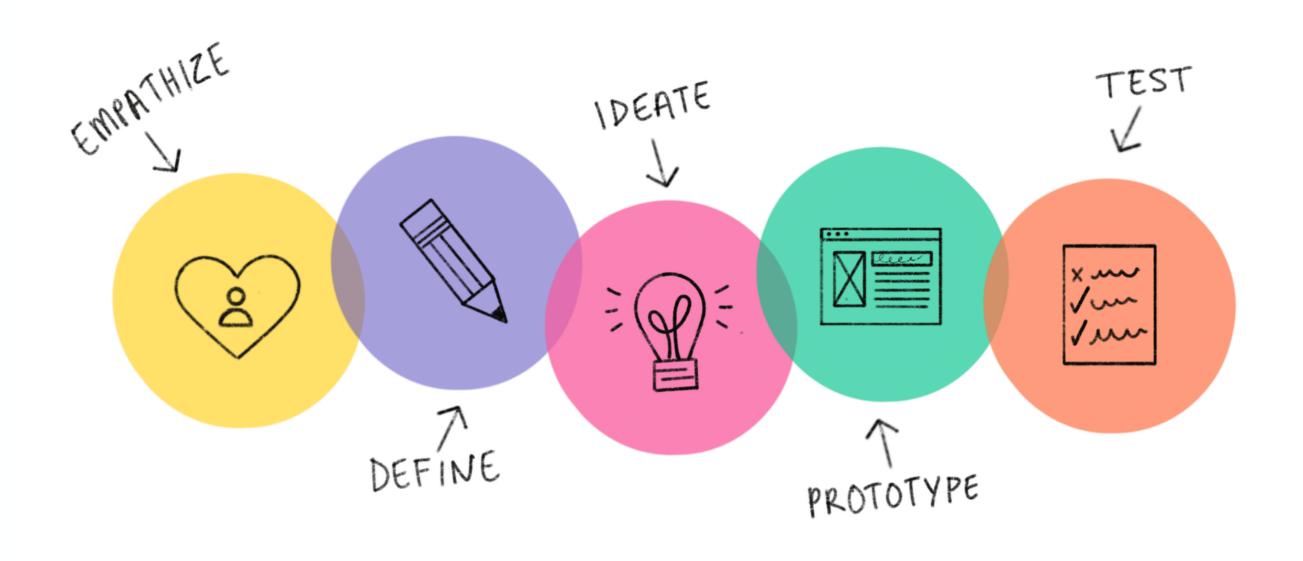


# Snyder's Hope Theory (2003)

- <u>Hope:</u> the perception that one can reach desired goals
- Pathways thinking: ability to develop multiple routes to a goal
- Agentic thinking: the motivation to pursue those routes



# Design Thinking



# Hope in Research

**Generative question** 

Methods for effective generation

Agency, empowerment









### **Core Values**

## T Designing Social Technologies for Human Flourishing

Positech is a research community exploring how social technologies can actively support human flourishing. While addressing harm is essential, we also ask: *How might we design toward growth, resilience, and meaningful connection?* 

### 1. Center Human Flourishing

Design and research with human well-being, agency, and joy as central values, not just as the absence of harm, but the presence of meaningful possibility.

# Complement Harm Reduction by Generating Meaningful Possibilities

While it is critical to prevent harm and protect users, Positech puts intentional attention to expanding the space of what is possible, to explore new directions that enrich human experience.

### 3. Reimagine Constraints and Defaults

Question existing assumptions about what social technologies should be. Use design and reflection to imagine alternative futures grounded in care, creativity, and context.

### 4. Progress Reflectively and Intentionally Through Community

Move forward through collaborative reflection that draws on diverse perspectives. By grounding action in shared insight and pluralistic dialogue, we navigate complexity with both humility and direction.

### 5. Cultivate Emotional and Community Solidarity

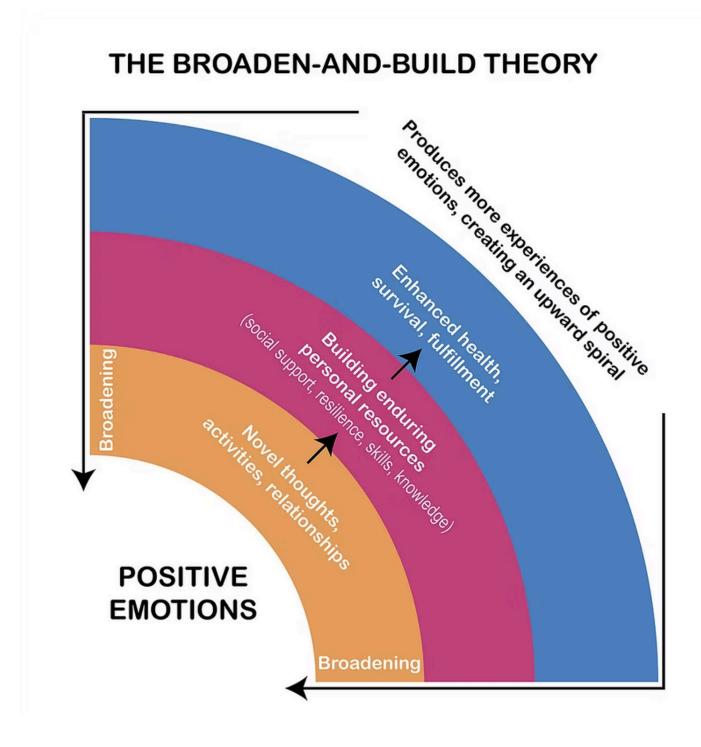
Build supportive research environments that help sustain motivation, resilience, and a sense of shared purpose, especially when facing complexity or uncertainty.

# Researchers

# **Participants**

# **Problem Space**





Fredrickson BL. **The broaden-and-build theory of positive emotions.** Philos Trans R Soc Lond B Biol Sci. 2004 Sep 29;359(1449):1367-78. doi: 10.1098/rstb.2004.1512. PMID: 15347528; PMCID: PMC1693418.





Home Weekly Exchange @CSCW2024 @CSCW2025 Resources

# Positech: The Positive Social Computing Research Community

#### **Core Values**



Positech is a research community exploring how social technologies can actively support human flourishing. While addressing harm is essential, we also ask: *How might we design toward growth, resilience, and meaningful connection?* 



#### **Core Values**

#### Designing Social Technologies for Human Flourishing

Positech is a research community exploring how social technologies can actively support human flourishing. While addressing harm is essential, we also ask: *How might we design toward growth, resilience, and meaningful connection?* 

#### 1. Center Human Flourishing

Design and research with human well-being, agency, and joy as central values, not just as the absence of harm, but the presence of meaningful possibility.

# 2. Complement Harm Reduction by Generating Meaningful Possibilities

While it is critical to prevent harm and protect users, Positech puts intentional attention to expanding the space of what is possible, to explore new directions that enrich human experience.

#### Reimagine Constraints and Defaults

Question existing assumptions about what social technologies should be. Use design and reflection to imagine alternative futures grounded in care, creativity, and context.

#### 4. Progress Reflectively and Intentionally Through Community

Move forward through collaborative reflection that draws on diverse perspectives. By grounding action in shared insight and pluralistic dialogue, we navigate complexity with both humility and direction.

#### 5. Cultivate Emotional and Community Solidarity

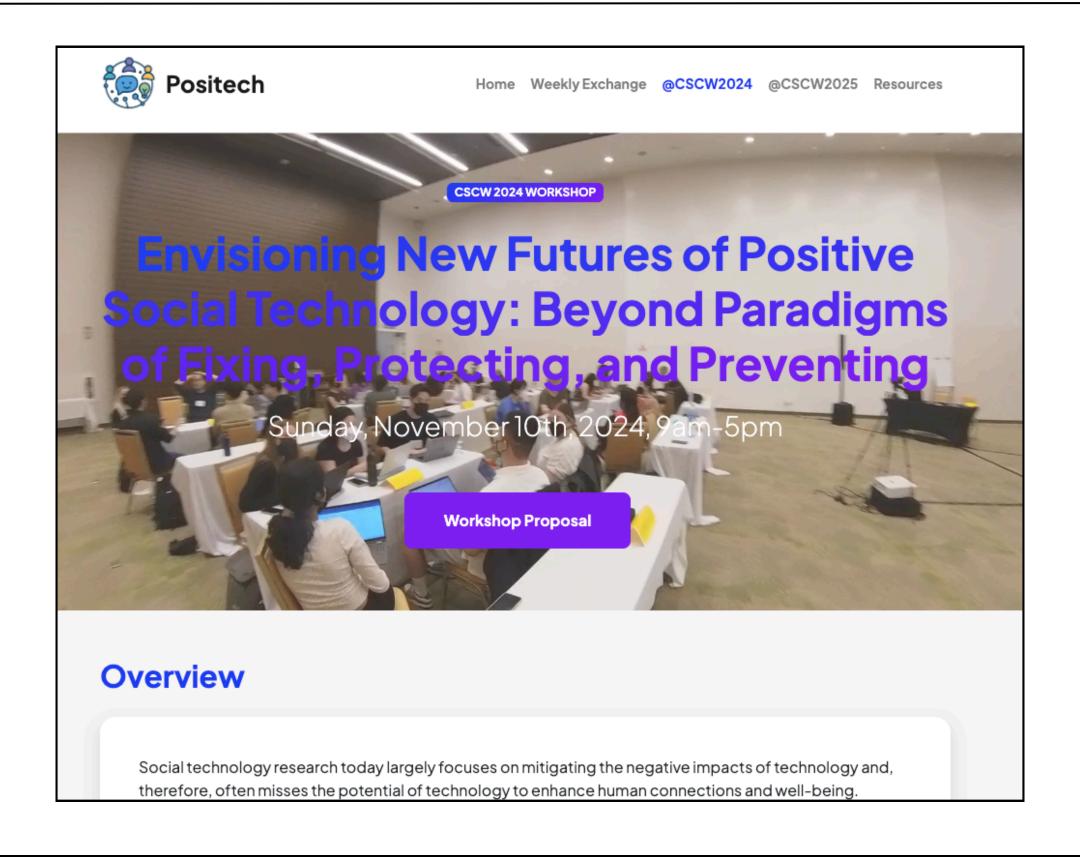
Build supportive research environments that help sustain motivation, resilience, and a sense of shared purpose, especially when facing complexity or uncertainty.

# Researchers

# Problem Space

# **Participants**







#### **Core Values**

#### Designing Social Technologies for Human Flourishing

Positech is a research community exploring how social technologies can actively support human flourishing. While addressing harm is essential, we also ask: *How might we design toward growth, resilience, and meaningful connection?* 

#### 1. Center Human Flourishing

Design and research with human well-being, agency, and joy as central values, not just as the absence of harm, but the presence of meaningful possibility.

# 2. Complement Harm Reduction by Generating Meaningful Possibilities

While it is critical to prevent harm and protect users, Positech puts intentional attention to expanding the space of what is possible, to explore new directions that enrich human experience.

#### 3. Reimagine Constraints and Defaults

Question existing assumptions about what social technologies should be. Use design and reflection to imagine alternative futures grounded in care, creativity, and context.

#### 4. Progress Reflectively and Intentionally Through Community

Move forward through collaborative reflection that draws on diverse perspectives. By grounding action in shared insight and pluralistic dialogue, we navigate complexity with both humility and direction.

#### 5. Cultivate Emotional and Community Solidarity

Build supportive research environments that help sustain motivation, resilience, and a sense of shared purpose, especially when facing complexity or uncertainty.

# Researchers

# **Problem Space**

# **Participants**



Positech@CSCW2025

What is Positech? Call for Participation Agenda Organizers

CSCW 2025 WORKSHOP

# Design for Hope: Cultivating Deliberate Hope in the Face of Complex Societal Challenges

Saturday, October 18th, 2025, 9am-5pm (TBU)

Workshop Proposal

#### Overview

Societal challenges, such as those at the heart of CSCW research, are often complex, and responses to them frequently prioritize harm reduction and prevention as immediate goals. While these efforts are essential, they can unintentionally narrow our sense of what is possible, centering our attention on mitigating risks rather than expanding possibilities.

# Hope in Research

**Generative question** 

Methods for effective generation

Agency, empowerment

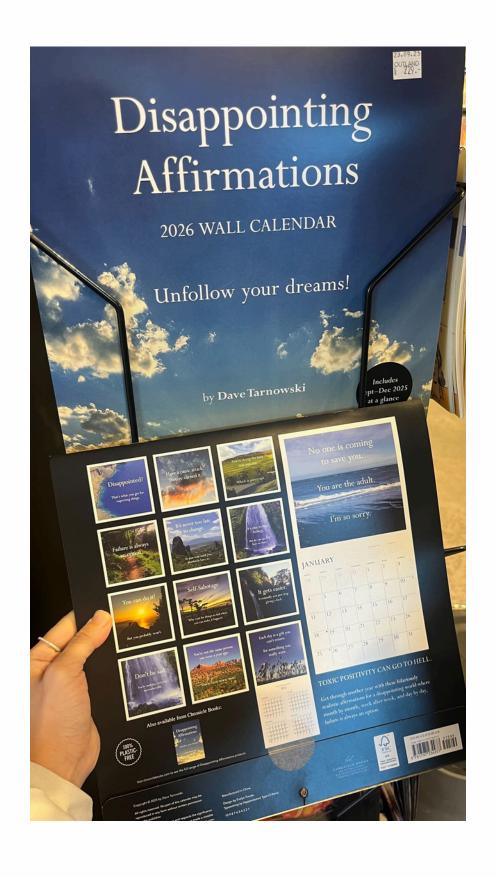


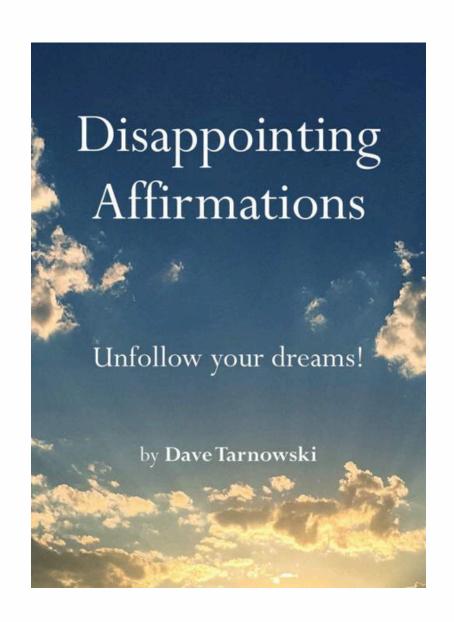
Action,
"the next best step"

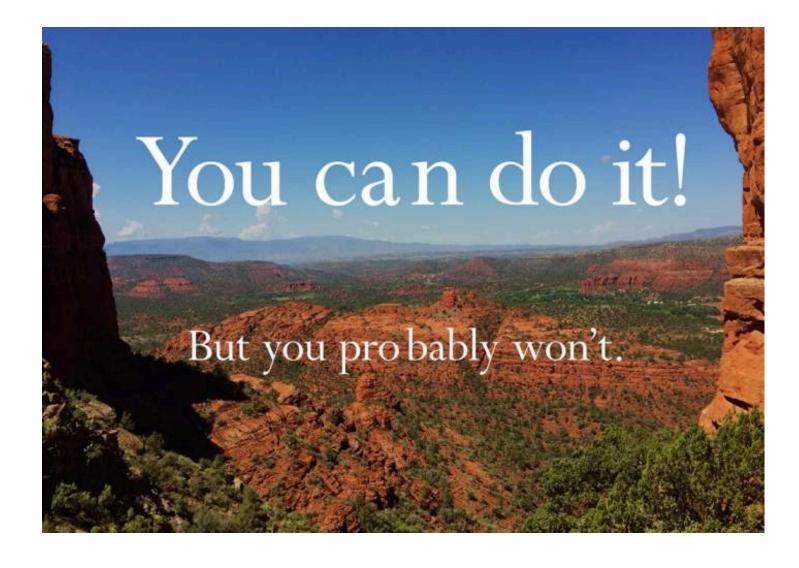


Self-care,
Positive emotions,
Creativity/resourcefulness









# **Design for Hope**

# Positech@CSCW2025



09:00-09:05	Welcome & agenda
09:05-09:10	Workshop goal writing
09:10-09:20	Positech community & organizer introduction
09:20-09:50	Participant introduction
09:50-10:10	Workshop theme presentation
10:10-10:30	Coffee break
10:30-12:00	Design exercises
12:00-13:40	Lunch break
13:40-14:00	Nap time & stretch
14:00-15:00	Panel: Hopeful Design Practices
15:00-15:10	Hope journaling
15:10-15:30	Coffee break & project pitch set-up
15:30-16:20	Project pitching & project planning
16:20-16:40	Group & individual plan sharing
16:40-17:00	Debrief, closing remark



# Gillian Hayes (she/her/they)

Professor and Vice Provost Informatics/UC Irvine/Irvine CA USA

gillianrh@ics.uci.edu

#### Research:

Youth access and inclusion, digital mental health, assistive tech, co-design/community participation

### Current, recent, and potential projects:

Perceptions and bias around autism and other disabilities in AI, AI support for mental health and educational access, large scale longitudinal studies of youth, technology, and mental health; caregiving in the age of AI

### What brings you to Positech:

We all need a little joy and optimism at the moment



#### Talk to me about:

Research of course but also happy to talk about life in administration, mom life, baking, or anything else.

# Alexis Hiniker (she/her)

Associate Professor University of Washington Information School

# alexisr@uw.edu

#### Research:

In my work in human-computer interaction (HCI), I study how the attention economy incentivizes designs that exploit users of all ages, and children in particular, and I build systems that illustrate how technology can instead help them thrive. I am fortunate to work with a lab of fantastic PhD students and collaborators with whom I design, build, and test novel technologies. I am a Jacobs Foundation Early Career Fellow, a Google Research Scholar, and an advisor to numerous regulatory bodies investigating the harms caused by manipulative design.

#Online Conversation, #Dark Patterns, #Compulsive Technology Use, #Children's Technology, #Personified Interfaces



Note from JaeWon (advisee): I made this so assume <100% accuracy:D

# Matt Ratto (he/him)

Prof @U of Toronto Social Agentics Lab

#### Research & Work

(Current) Critique of concept of 'general' intelligence (AGI) and development and study of contextually-bound artificial intelligence (ACI).

(Middle) Concepts and methods for addressing humanities' theories and perspectives within technical practice.

(Lifetime) How social production of knowledge relates to changing digital technologies.

### Projects → happy to chat!

- Haraway's 'god trick' and AGI
- Epistemic commitments and Scopus Al
- Conversational agents in health care
- Know-how vs know-what in financial advising chatbots

# matt.ratto@utoronto.ca



# Angela D. R. Smith (she/her)

Assistant Professor School of Information, U of Texas at Austin adrsmith@utexas.edu

#### **Projects:**

- BIPOC flourishing, led to most recent paper: <u>Constructing a</u>
   <u>Community of Play: Black Sims Players and Game Modding</u>
   (Honorable Mention Check it out!)
- Afrofuturism and creativity
- I examine how technology intersects with race, class, gender, and other marginalized identities through lenses of Critical Race
   Theory, Black Feminist Thought, and Intersectionality

#### Ask me about:

- Trashy television
- Martial Arts
- Matcha tea
- Understanding the arc of critical consciousness, and how we can
  use different mediums to explore the construct.

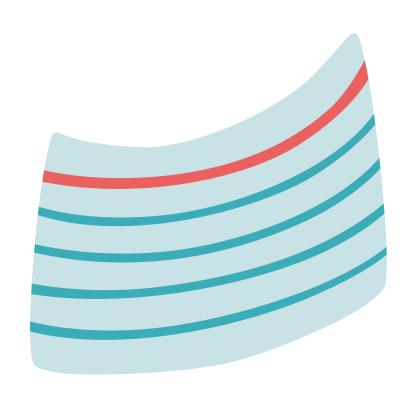


# **Design for Hope**

# Positech@CSCW2025



09:00-09:05	5 Welcome & agenda	
09:05-09:10	Workshop goal writing	
09:10-09:20	Positech community & organizer introduction	1
09:20-09:50	Participant introduction	
09:50-10:10	Workshop theme presentation	
10:10-10:30	Coffee break	
10:30-12:00	Design exercises	
12:00-13:40	Lunch break	
13:40-14:00	Nap time & stretch	V
14:00-15:00	Panel: Hopeful Design Practices	
15:00-15:10	Hope journaling	
15:10-15:30	Coffee break & project pitch set-up	F
15:30-16:20	Project pitching & project planning	е
16:20-16:40	Group & individual plan sharing	t
16:40-17:00	Debrief, closing remark	



What does "Design for hope" look like:

- for you as a researcher in your day to day
- for/with participants of your work
- in the problem space you work on

Reflect on the workshop theme, design exercise, panel, your experiences outside of this workshop, etc.

# **Design for Hope**

# Positech@CSCW2025



09:00-09:05	Welcome & agenda
09:05-09:10	Workshop goal writing
09:10-09:20	Positech community & organizer introduction
09:20-09:50	Participant introduction
09:50-10:10	Workshop theme presentation
10:10-10:30	Coffee break
10:30-12:00	Design exercises
12:00-13:40	Lunch break
13:40-14:00	Nap time & stretch
14:00-15:00	Panel: Hopeful Design Practices
15:00-15:10	Hope journaling
15:10-15:30	Coffee break & project pitch set-up
15:30-16:20	Project pitching & project planning
16:20-16:40	Group & individual plan sharing
16:40-17:00	Debrief, closing remark

# Hope in Research

**Generative question** 

Methods for effective generation

Agency, empowerment



Action,
"the next best step"



Self-care, Creativity/resourcefulness



