

MAKING / A PRACTICAL METHOD

The Field Guide to Interdisciplinary Making

A compact guide to taking one meaningful question across research, writing, design and testing—without confusing a persuasive artifact with a verified result.

01 / DEFINE THE QUESTION

Begin with one observable tension. Example: “Why does someone intend to do a task, yet not begin?” Avoid a question whose only acceptable answer confirms your favourite theory.

02 / LOCATE THE PEOPLE

Who experiences the problem? What constraints, incentives, material realities and power differences shape it?

03 / DECIDE THE ARTIFACT

Choose one: a clear essay, a simple prototype, a small simulation, a workshop prompt or a research proposal.

01 / THE EVIDENCE LEDGER

Three tags can prevent big confusion

Before writing the first dramatic headline, mark your claims. The labels can remain visible on the finished page.

01 / FACT / SOURCE

A claim with a named source or inspectable observation. Include boundaries: time, place, method and limitations.

02 / INTERPRETATION / REASON

What you think the fact might mean. Name at least one competing explanation.

03 / HYPOTHESIS / TEST

What you predict might happen and how you could test it. Specify what result would weaken your idea.

04 / METAPHOR / NOT DATA

A useful image or story to help a visitor understand a concept. Declare that it is an illustration, not measurement.

02 / THE CROSS-DOMAIN TRANSFER

Borrow an idea without stealing its certainty

A concept may be useful outside its original field, but transfer creates new assumptions.

01 / ORIGIN

Write where the concept came from. Do not simply replace its original authors with your own website title.

02 / TRANSLATION

Explain what the concept means in its home domain and exactly how you are using it in this new context.

03 / LIMITS

What does the analogy leave out? Where might it fail? What could make it harmful if taken literally?

04 / CREDIT

List primary references and link to related work only where the reader genuinely benefits.

03 / BUILD A SMALL EXPERIENCE

Make the insight playable, not just pretty

Interaction should clarify a mechanism, reveal a trade-off or invite reflection. Decorative motion alone is not a learning outcome.

01 / CHOOSE ONE DECISION

What can the visitor change? Pick 2–4 inputs with comprehensible labels and sensible defaults.

02 / SHOW CONSEQUENCES

Make changed outcomes visible in both motion and text. Avoid false precision and invented metrics.

03 / MAKE IT INSPECTABLE

Let users read rules, assumptions, uncertainty and model limitations. Support keyboard, mobile and reduced motion.

04 / LEAVE THE USER FREE

Allow replay, exit, reflection or download. Avoid forced accounts, unnecessary trackers and manipulative urgency.

04 / LAUNCH, REVIEW, REVISE

A minimal pre-publication audit

A site is not “done” when an AI gives you a ZIP. Observe the real page in a browser before announcing it as live.

01 / VISUAL

Inspect at 360, 768 and 1440 pixels. Make sure heading, buttons, cards and the first visible screen actually render.

02 / FUNCTIONAL

Test every button, form, route and download; verify link destinations, titles and redirects.

03 / ACCESSIBILITY

Check focus indicators, contrast, labels, tab order, skip link and reduced-motion behaviour.

04 / SUBSTANCE

Check originality, attribution, factual claims, data collection disclosure and the limits of interactive models.

05 / EDIT

Write down two things the first visitor found confusing. Revise the artifact, not the visitor.

05 / REFERENCES & PATHS

A conversation with existing work

The questions of motivation, human development and personal identity do not begin with this portfolio. Read widely and verify before making claims.

01 / PRIMARY READING

Deci & Ryan (2000), "The what and why of goal pursuits: Human needs and the self-determination of behavior", *Psychological Inquiry* 11(4), 227-268. DOI: 10.1207/S15327965PLI1104_01.

02 / PRIMARY READING

Bandura (1982), "Self-efficacy mechanism in human agency", *American Psychologist* 37(2), 122-147. DOI: 10.1037/0003-066X.37.2.122.

03 / CONTEXT

Stanford Encyclopedia of Philosophy, "Personal Identity": plato.stanford.edu/entries/personal-identity/.

04 / RELATED WORLDS

[about.sahilverse.online](#) | [me.sahilverse.online](#) | [identityaction.sahiltayal.com](#) | [humancapital.sahiltayal.com](#) | [synth.sahiltayal.com](#) | [olfactorycathedral.sahiltayal.com](#) | [sahiltayal.com](#).

05 / PARTING QUESTION

What would have to be true for the next version of your project to genuinely help someone?