

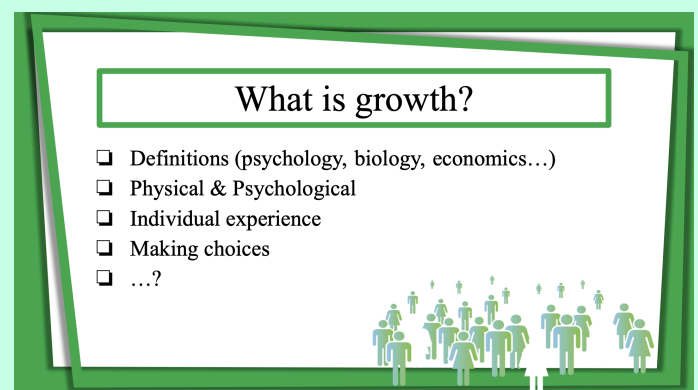
RASL Minor Notes and Stuff

Pressure Cooker presentation

Audience & Relevance:

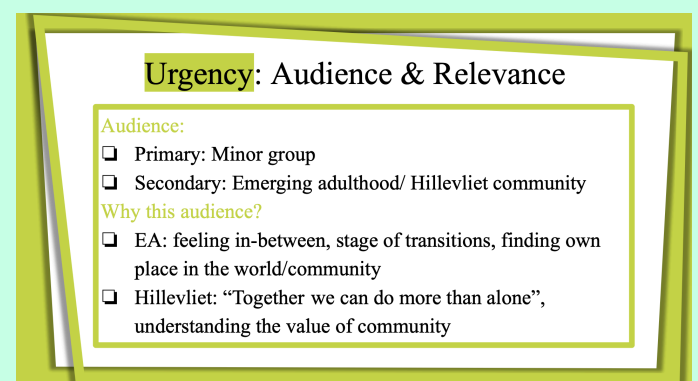
We believe that everyone can find something useful or new from our learning experience but our exhibition is specifically targeted for emerging adulthood and the Hillevliet community. The topic of growth is important for emerging adults because this transitory stage of life is often defined with self exploration and confusion on personal goals. From a psychological point of view, the most defining characteristic of emerging adults is ‘feeling in-between’ meaning that individuals in this stage are finding their way from adolescence to adulthood, and we believe that our learning experience can give tools and guidance for individuals searching for themselves.

While researching the website of Hillevliet building, we noticed that they value the community and believe that “together we can do more than alone” and based on this, we believe that our learning experience can reinforce the value of community and communal learning within the individuals working in Hillevliet Building. We believe that our exhibition can provide insight on personal growth for individuals and inspire individuals to explore the possibilities within themselves as well as their communities.

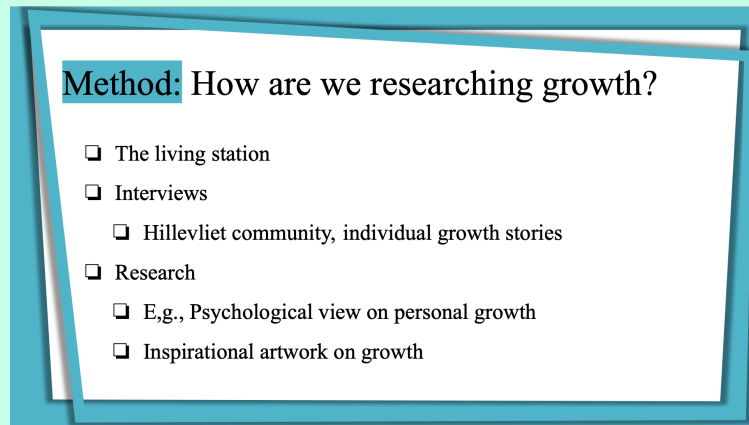


Methods/research:

For our learning experience, we have two primary research questions that we are interested in. Firstly, we want to explore the concept of growth from multiple perspectives and secondly, we want to hear personal growth stories from the individuals working in and around the Hillevliet Building. When we initially got interested in studying personal growth, we were stuck with a psychological view on mental development but came to realize that growth is so much more than just a simple monodisciplinary concept. For our research on growth, we are interested to hear how different people (e.g., age, education, socioeconomic status) understand the word ‘growth’ and for that we are going to interview the Hillevliet community as well as invite the students from the minor to share their perceptions on growth. We are also going to search definitions and studies on growth from a variety of disciplines and find inspirational artwork on growth as a part of our research. In addition, on Thursday 21.9.2023 we had the pleasure to meet with the Living Station Lab from WDKA and interview them on the topic.



For our learning experience, we also want to gather individual growth stories and interview individuals on how the Hilleliet community has helped them grow as individuals. We believe that there is power in sharing personal growth stories and ideas on how the community can improve both collaborative and individual growth. By presenting these growth stories in the exhibition, we invite the participants to think of their own growth as individuals and in communities, and share their stories and understanding through our collaborative art work.



Living Station Stuff:

Notes from the first meeting:

- ☐ knowledge multiplies when it is shared (10e example)
- ☐ growth in the economy etc → tensions between definitions of growth
- ☐ different experiences of growth - framing different questions leading to certain types of growth
- ☐ growth is relational → you can't see growth without comparing current to previous
- ☐ for one to grow can mean that another cannot grow anymore
- ☐ degrowth, decay, losing growth
- ☐ need for growth/always growing → implicitly saying that you are not ready, not good enough
- ☐ When does growing end? death?
 - ☐ we are bacteria in a petri dish that eventually die
 - ☐ are we the only species that have a possibility to make a choice of growth
- ☐ growing plants → giving a seed to participants
- ☐ mycelium → seeing the growth and decay of it → visual perspective

My answers to the interview questions

1. How have you changed/growed while working in this building/community?
 - I have learned to work on interdisciplinary ways and use new methods to conduct research.
2. What was a defining moment in your life that changed you?
 - Moving to Australia after graduating from high school.
3. How do you define growth? / What is growth for you?

- Growth is an expansion of something, whether it is a tree, your height, the knowledge in your memory or the amount of photos on your camera roll
- Growth is a personal experience and it shapes who we are and who we are to become. Growth should be noticed and respected

4. What should be done to make Hillevliet a better growing environment.

- Our learning experience ;)

5. How can you relate growth to your profession?

- Psychology studies human growth on multiple levels, for example my research below.

Research: How can art enhance personal growth?

How can art improve personal growth?

<https://artseeapp.com/blog/five-powerful-ways-art-impact-personal-growth#:~:text=Empowerment%20From%20Mental%20Health,of%20a%20positive%20mental%20identity.>

- Creativity relieves stress
- Art helps people to communicate and prevents cognitive decline
- A form of self-expression
 - building a positive mental identity (e.g., as kids)
- Art can help in overcoming traumatic experiences
 - Allows individuals to memorize the event and grief → art makes loss more visible
 - Helpful for both the artist and the viewer
 - Viewer can recognize themselves in others and see that they are not alone with their thoughts → connectedness
- Art can help mental growth e.g., in fear management and uncertainty
- Art is a witness to cultural civil rights movements that greatly affects our personal growth. Like our human growth, art grows and continues to change due to varying life events.
- In our personal societal growth, art speaks to us on an emotional level. It is as if we are all on one accord through the power of art. We don't walk alone in our personal growth. We are surrounded by poor communities, immigrants, and exploitations of varying kinds. Art brings forth these images and is part of the community conversation

How can you use tools of art therapy?

<https://blog.daisie.com/the-power-of-creative-introspection-for-personal-growth-and-development/>

- Benefits of art therapy include:
 - Reduced stress and anxiety
 - Increased self-esteem and self-confidence
 - Improved emotional resilience
 - Enhanced problem-solving and coping skills
 - A deeper understanding of oneself and one's emotions

- Stress reduction: The act of focusing on your art can bring you into a state of flow, where you are fully engaged and present in the moment.
 - Choose a low-pressure art activity, such as doodling or coloring.
 - Create a calming environment by playing soothing music or lighting a scented candle.
 - Focus on the process of creating, rather than the final outcome of your artwork.
- Emotional expression: By engaging in emotional expression through art, you can gain a deeper understanding of yourself and your experiences
 - Choose a medium or technique that resonates with your current emotional state.
 - Express your feelings through color, shape, or texture, rather than focusing on creating a realistic image.
 - Reflect on the emotions and thoughts that arise as you create your artwork.
- Mindfulness practices: By focusing on the sensations and experiences of creating art, you can develop a deeper connection to the present moment and foster personal growth.
 - Take a few deep breaths before beginning your art practice, centering yourself in the present.
 - As you create, pay attention to the sensations of your materials, such as the texture of the paint or the weight of the clay.
 - Notice any thoughts or emotions that arise during your art practice, without judgment.
- Art can play a crucial role in building confidence and self-esteem, as it encourages self-expression and personal exploration. By engaging in creative activities, you can develop a greater sense of self-worth and overcome self-doubt. → more detailed info in the article about embracing imperfections, overcoming fears and celebrating progress

In the context of Hillevliet community, this might be useful:

Connecting with Others

Art can facilitate meaningful connections with others, as it provides a common ground for sharing ideas, perspectives, and emotions. By engaging with fellow artists or art enthusiasts, you can develop a greater sense of empathy and understanding. To connect with others through art, consider these ideas:

- Join local art clubs or groups, participating in workshops, discussions, or collaborative projects.
- Attend art-related events, such as gallery openings or artist talks, to meet new people and exchange ideas.
- Share your artwork and thoughts on social media or online forums, inviting feedback and engaging in conversations with others.

Through expanding your perspectives via art, you can foster personal growth and develop a greater understanding of the diverse world around you.

Art therapy as a personal growth method:

<https://www.aristotlescafe.com/blog/art-therapy/>

5 Ways art can impact your personal growth (not a good article)

<https://www.french-new-wave.com/5-powerful-ways-art-can-impact-your-personal-growth.php>

How Does Viewing Artwork Online Benefit Your Mental Health?

<https://www.discovermagazine.com/mind/how-does-viewing-artwork-online-benefit-your-mental-health#>

- “Various studies have shown that viewing art can heighten our mood, reduce anxiety and stress, and increase our overall sense of wellness and contentment,”

Art and Psychological Well-Being: Linking the Brain to the Aesthetic Emotion

<https://www.frontiersin.org/articles/10.3389/fpsyg.2019.00739/full>

Good quotes?

<https://artsengine.engin.umich.edu/personal-growth/>

How can art improve connectivity in communities?

<https://knightfoundation.org/speeches/art-binds-people-to-place-and-to-each-other/>

- Art brings people together physically — at galleries, museums, performance spaces — and culturally, through its capacity to tell a community's shared story, to inspire reflection, and form connections that transcend differences.
- Arts can confer benefits for individuals, such as enjoyment, learning and new perspectives, as well as community-level benefits like social capital, community identity, and new relationships among people.

Art at a workplace

<https://www.workdesign.com/2016/10/art-workplace-need-choose/>

- Displaying art in the workplace can elevate employee performance, mood, and physical well-being, as well as bolster interpersonal bonds between employees and clients.

Inspiration:

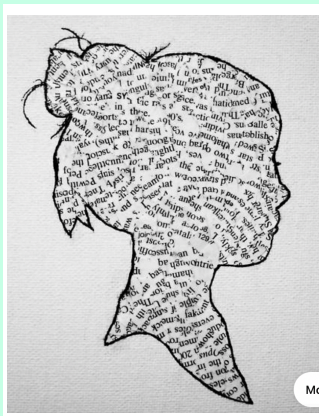
ChatGPT:

What is growth?

- Growth generally refers to an increase or development in size, quantity, or capacity over time. It can apply to various aspects of life such as physical growth (e.g., height or weight), economic growth (e.g., expansion in productivity or financial gains), personal growth (e.g., self-improvement or maturation), or organizational growth (e.g., expansion in operations or market share). Growth often signifies progress, improvement, or advancement.

Definitions on growth?

1. Growth refers to the process of increasing in size, quantity, or volume. It can occur in various aspects such as physical growth of living organisms, growth in population, or growth of objects such as plants, structures, or economies.
2. In economics, growth refers to increasing productivity, employment, and overall economic output over a specific period.
3. In personal development, growth refers to the process of improving oneself mentally, emotionally, or spiritually. It can involve gaining knowledge, acquiring new skills, or becoming more self-aware.
4. Growth can also refer to the progress or advancement of an idea, concept, or movement. It signifies the development and expansion of a specific field, industry, or sector.
5. In biology, growth refers to the process through which living organisms grow, mature, and develop from birth to adulthood. It involves an increase in size, complexity, and functionality.



Growth

/grōTH/ *noun*

a belief that human abilities are not fixed but can be developed over time; a belief that anyone is capable of improving, changing and evolving to become the best version of themselves



The Laundromat Project (US)

“Go to where the people are” is a phrase that should always be step one in community engagement strategies. In order to amplify the creative power of artists, the Laundromat Project in New York has made this their core principle. Based in Harlem, the project supports artists to create new, community-engaged work based in laundromats, a place where people are going to be and have the time to collaborate. Projects have included renaming streets based on personal and social history, transforming laundromats into yoga studios or English classrooms, and creating community mix tapes. This approach opens communities to new ideas of what it means to be an artist and builds power through creative expression.



growth

[grōth] noun • *English*

the process of change. the process of evolving into who you are becoming. rising from failure and adapting to the unknown. striving to learn without fear. reaching for the best to come.



Collaborative art work for the exhibition?

1. WWF Ideas

- a. <https://www.place2be.org.uk/media/8d88cab7a10d210/place2be-and-wwf-growth-project.pdf>

2. Communal mural
3. Postcard thing
4. Communal plantation

Previous projects:

- "Mapping My Growth" - A series of interactive maps created by the artist, visualizing their personal growth and highlighting the key milestones and lessons learned along the way.
- "Building Bridges" - A community art project in which participants create and decorate small wooden bridges, symbolizing their personal growth and their willingness to connect with others.
- "From Darkness to Light" - A mural painted on a public wall, symbolizing the artist's journey of overcoming personal challenges and finding inner strength and fulfillment.



Posters/Pictures

Themes:

- Pictures + growth stories from people
- Hillevliet pictures, old and new
- Definitions on growth
- Go and grow toolkit
- Darkness of growth

Workshop/Conversation Corner

1. Tree
2. Seeds
3. Origami birds

Go and Grow -Toolkit

How to promote togetherness/collaboration at a workplace?

1. Create a sense of belonging and identification
2. Do activities as a community
 - a. Arrange events together (xmas party, benefit events for the neighborhood, clothing exchange events, picnics at the garden)
3. Create a space where people can hang out with each other
 - a. Lunch/coffee area reserved for people working at Hillevliet
4. Build a purpose:
 - a. What is the meaning of community? Why do you want to be a part of the community?
5. Make people feel welcome and included in the community
- 6.