



**Visualized Me :**  
**Creative Ways of Thinking and Using Visual Tools**  
**Uwas,Aalto University 2019**  
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# Creative Ways of Thinking and Using Visual Tools

- Content

The course offers students creative and experiential ways to find the inner invisible potential in each student and make them visible and usable through different ways of art and design. Course offers the possibilities to make them usable in everyday challenges both in working life and studies.

Make abstract and invisible things visible through art based tasks and exercises ,that benefit various artistic, creative ways of working and thinking.

- Target

Create a *visual toolbox* for each student, contains 6 different ingredients (can be used again for different purposes), written mind maps, written story on yourself, a pair of remade shoes, self-portraits, diary.



- Outcome:

Strengthened self-understanding that supports working and studying.  
New perspective to yourself. New visual tools to express yourself.

Support your identity with visual expression.

Understanding the possibilities of creativity as a tool to handle your emotions and hidden potentials aiming to turn them for fuel to your life.

Small exhibition of the portraits to make the “souls” visible.





- **Ways:**

- Self reflections
- Questions
- Dialogue with
  - 1.yourself
  - 2. the picture you make
  - 3. group
  - 4. teacher





# 1. Who am I?

- We are defined by
- Society
- Family
- Age
- Sex
- Nationality
- Occupation
- District where we live or are from





Work of Kim Simonsson





The rolepaly of a woman Laura Isoniemi 2017

## 2.Am I?

- **You** should **firstly define by yourself** – only then by others
- One way to define yourself is doing it by art
- Asking questions from the pictures that you make out yourself builds you up .It makes such sides of yourself visible, that you perhaps do not know, find or have forgotten.

*DIALOGUE* is the keyword and action with yourself







# How I am?

- The way you want to exist
- The way you want to be noticed
- The way you were
- The way you would want to be
- The way you do not want to be
- The person you would love to be
- The person you could be
- The person you are



## Literature

**Paper works**, published by Ginko press ISBN 987-1-58423-432-6

**The art of the body** for children and adults, Margaret Steele ,Cindy Estes  
published by Moca ISBN 0-914-357-58-1

**Now and then**, The cabinet card paintings of Alex Cross,  
published Ginko press ISBN 978-1584234876

**Der gemiedene Schlüssel** ,Alice Miller, Suhrkamp Verlag ISBN 951-0-15568-3

**Visuaalisen kulttuurin monilukukirja**,Marjo Räsänen, Aalto arts books 2015 ISBN978-952-60-6128-3

Building Bridges: Experiential Art Understanding; A Work of Art as a Means of Understanding and Constructing Self. ,Marjo Räsänen 2000.

**Taideterapian perusteet**, Rankanen, Mantere, Hentinen.Duodecim 2007



**Thank you!**  
Portraits by Matti Pikkujämsä