

Visualized me : Creative ways of Thinking and using visual tools

OPEN UNIVESITY

Laura Isoniemi 2020

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Study program

Time: 7.3 -29.4 2020 17.30-20.00

Place : Väre, H003 M001 Otaniemi

Credits ; 5 ect.

Workload and Methods

Lectures 24 h (3 h 2xweek) 8 times .introductions, examples ,demos

10 h exhibitions, excursions,,20h exhibition preparations ,78 h independent working :together all 132 h

Exercises, evaluations and reflections

Study material

artistic workshop, slideshows, exercises, excursion to exhibition, reflections, discussion, literature on self-understanding through art making.

Target:

Achieve different ways to express visually yourself. 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.

Outcome: Strengthened self-understanding that supports working and studying. New perspective to yourself. 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.

Content:

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

Program

- week 10 1. Fri 7.3 17.30-20 H003
Beginning of the course. Intro and lecture *Who am I?*
Exercise 1. on copy machine with jewelry and hardware metals. Written task.
- week 11 2. Mon 9.3 17.30-20 H003
Evaluation of last lessons works.
Exercises2. with given tools, paper cutting technic and needles.
- week 13 3. Wed 25.3 17.30-20 H003
Visit to museum .
- week 13 4. Fri 27.3 17.30-20 H003
Lecture: *The anatomy of a portrait.*
Exercise: 3.with pictures and selfportraits + body as part of yourself.
Evaluation of last weeks works.
- week 14 5. Wed 1.4 17.30-20 H003 Evaluation. Lecture: *In new shoes.* Exercise 4.
Visit to flea market, finding shoes, return to university.
- week 14 6. Fri 3.4 22.1 17.30-20 H003 Making the new shoes.
- week 15 7. Wed 8.4 17.30-20 H003 Making the new shoes,finishing.Evaluation.
- week 16 8. Wed 15.4 17.30-20 H003 Lecture: *Identity toolbox.* Visual lecture about dolls.
Starting to work all items for the box, material gathering ,making of toolbox
- week 16 9. Fri 17.4 17.30-20 making of toolbox

week 17 10. Wed 22.4 17.30-20 Making toolbox *Exhibition planning* ,
choosing of final exhibition works, planning exhibition structures, making them
week 17 11. Fri 24.4 16-21 Finishing works ,making things ready ,exhibition building
week 18 12. Wed 29.4 17.30-20 Course evaluation and visit to our exhibition

Program is built so that on weeks 11 and 12 student will get visual and theoretical tools for visual expression , on weeks 13 and 14 we make self portraits and reflections of them and weeks 15-18 are for Identity toolbox creating and weeks 17 exhibition planning and building.

Each lecture usually includes short lecture, reflection of the previous lessons exercise done and the practical art exercises.

Litarature ,Visualized me

Patterned mind, creative methods fo surface design.Laura Isoniemi Aalto ARTS books

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