**Visualized me : Creative ways of Thinking and using visual tools**  Laura Isoniemi 2020

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**Study program**

Time 25.92020-10.11 2020 17.30-20.00

Place : Otakaari 1, majakka-room , Otaniemi

# Credits ; 5 ects.

Workload and Methods

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

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

Exercises, evaluations and reflections

**Study material**

Workshops, slideshows, exercises, excursion to exhibition, reflections, discussion, movies, 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 39 1. Fri 25.9 17.30 -20.00

Beginning of the course. Intro and lecture *Who am I?*

Exercise 1. on copy machine with jewerly and hardware metals. Written task.

week 40 2. Wed 30.9 17.30 -20 Evaluation of last lessons works.

Exercises2. with given tools, paper cutting technic and needles.

3 .Fri 2.10 17.30 -20 Visit to museum with a task.

week 41 4. Fri 9.10 17.30-20. Lecture*: The anatomy of a portrait.*

Exercise: 3.with pictures and selfportaits + body as part of yourself.

Evaluation of last weeks works.

week 42 5. Thu 15.10 17.30-20. Evaluation. Lecture: *In new shoes*. Exercise 4..

6. Fri 16.10 17.30-20 Making the new shoes,

week 43 7 . Tue 20.10 17.30-20 Finishing the shoes

week 44 8. Mon 26.10 17.30-20 Shoe evaluation. Lecture*: Identity toolbox*. Doll- lecture.

Starting to work all items for the box, material gathering , making of toolbox

9.Thu 29.10 17.30-20 Making toolbox

week 45 10. Tue 3.11 *Exhibition planning* ,choosing of final exhibition works

planning exhibition structures, making final works

week 45 11. Fri 6.11 17.30-20 Finishing works ,making things ready ,exhibition building

12. Tue 10.11 20 Course evaluation and visit to our exhibition

**Program is built so that on weeks 39,40 student will get visual and theoretical tools for creative visual expression , on weeks 41 and 42 we make self portraits reflections and weeks 43-43 are for Identity toolbox creating and 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**

**Pattrened mind,** Creative methods for surface design, Isoniemi,Laura .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 Schlussel** ,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**](https://www.researchgate.net/publication/229924947_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