

**Visualized me : Creative ways of Thinking and using visual tools** Laura Isoniemi 2019

Teacher: MA art pedagogue, Idbmpro Laura Isoniemi, [laura.isoniemi@aalto.fi](mailto:laura.isoniemi@aalto.fi) tel 0405087090

**Study program**

Time 2.5 2019- 10.6 2019 17.30-20.00

Place : Väre, H003 Otaniemi

Credits ; 5 ect.

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 18 1. Thu 2.5 17.30 -20.00  
Beginning of the course. Intro and lecture *Who am I?*  
Exercise 1. on copy machine with jewelry and hardware metals. Written task.
- week 19 2. Mon 6.5 17.30 -20 Evaluation of last lessons works.  
Exercises2. with given tools, paper cutting technic and needles.  
3 . Wed 8.5 17.30 -20 Visit to Amos Rex museum to Magritte exhibition with a task.
- week 20 4. Mon 13.5 17.30-20. Lecture: *The anatomy of a portrait*.  
Exercise: 3.with pictures and selfportraits + body as part of yourself.  
Evaluation of last weeks works.  
5. Thu 16.5 17.30-20 Evaluation. Lecture: *In new shoes*. Exercise 5.  
Visit to flea market, finding shoes, return to university.
- week 21 6. Mon 20.5 17.30-20 Making the new shoes.  
7. Thu 23.5 17.30-20 Making the new shoes,finishing.  
8. Fri 24.5 17.30-20 Lecture: *Identity toolbox*. Doll- lecture. Shoes evaluation  
Starting to work all items for the box, material gathering ,making of toolbox
- week 22 9. 31.5 17.30-20 making of toolbox
- week 23 10. Mon 3.6 17.30-20 Making toolbox *Exhibition planning* ,choosing of final exhibition works  
planning exhibition structures, making them  
11. Thu 6.6 13.15-15 Finishing works ,making things ready ,exhibition building
- week 24 12 Mon 10.6 17.30-20 Course evaluation and visit to our exhibition

**Program is built so that on weeks 18,19 student will get visual and theoretical tools for visual expression , on weeks 20 and 21 we make self portrait reflections and weeks 22-24 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**

**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