

Wacky Wednesday Creative Sketchbook Exercise #2

Visual Journaling

After viewing the Art in Dialogue: Visual Journaling video, students will post a brief write-up with their personal thoughts on the discussion.

[Video: Art in Dialogue: Visual Journaling](https://www.youtube.com/watch?v=g-tWMvBXeZg) (https://www.youtube.com/watch?v=g-tWMvBXeZg)

The discussion with Ian Birky, the director of Lehigh's Counseling and Psychological Services, was presented by Lehigh University Art Galleries last year and features some timely thoughts on the value of visual journaling, creativity and immersive experiences relative to the pandemic and mental health.

In addition, students will create one piece of art that reflects a "visual journal" of a current personal experience. There are no restrictions on materials or media, but the image should reflect a personal response to the current pandemic environment. This could be a representational drawing (the confines of your current location, a self-portrait etc.) or an abstract composition that focuses on a more psychological response. Mixed media, photography and digital media can all be incorporated.

The write up and exercise should be included in one blog post with the categories Your name > Visual Journaling. Below are some student examples and a visual journal by AAD's Amy Forsyth.

