Alton's Sidewalks

Jenna Flemming
Sheridan College

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**A Guide to Reading This Journal**

This guide will help you understand the contents of this journal, and the nature of this project. This creative journal was assigned in a course called Creative Thinking, taught by Iryna Molodecky in 2018.

**Assignment:**
Journals entries were divided into parts, which were focused on different aspects of creating, experiencing, and learning. Students were asked to summarize experiences or situations in detail, as well as the impact of the experiences. They were then asked to identify what future actions these experiences had inspired in them. The journal was largely assessed on the reflection, insights, added value, and overall connection to the course content.

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<tr>
<td>Which creativity card resonated with you and why?</td>
<td>In what areas of your life is your creativity expressed? (Hands activity)</td>
<td>Be open to experience things in a new way; shake yourself out of familiarity. Try a new creative outlet or a totally different medium of expression; take a new route home; change your routine; seek out a new group of people with different interests or values that you might learn from. 1. Record what you did and how it felt. 2. Did it change you? 3. What did you learn from it?</td>
<td>Exercise your curiosity by coming up with (alone or with others) 30 good questions about this course.</td>
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<th>Journal Entry Week 2</th>
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<th>Activity #2: Reflect</th>
<th>Activity #3: Observe</th>
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<td>Many ancient cultures believed that creative inspiration came from God or the gods. Where does yours come from? Describe your beliefs about creative inspiration.</td>
<td>Add to your thinking about the ways in which you express creativity by playing with the Creative Focus Matrix. Reflect on any discoveries: is there an area of focus that you prefer or overlook?</td>
<td>Practice focusing when you work. Carve out a period of time in which distractions will not be allowed to tempt you. Report in your journal: what did you do and did it have an effect on how you felt and/or your productivity?</td>
<td>Write a haiku poem each day (or at least three times this week). Try this as a technique for focusing on the present moment. What are you thinking or feeling in the moment?</td>
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<th>Activity #3: Be Intentionally Creative</th>
<th>Activity #4: Building Attitudes Conducive To Creativity</th>
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<td>Put your imagination to work. Think of a challenge you have (e.g. finding a job). Imagine a perfect solution to your problem – see it, feel it, believe it. Ask “What if...?” or “Wouldn’t it be great if...?” for ideas that help build your imagined, more powerful solution.</td>
<td>Using your imagination and play, create something new (to you). What did you do? How did you use your imagination? What did you do that was playful? In what ways might continuing activities like this develop your creative confidence?</td>
<td>Take a 30 minute curiosity safari. Follow your curiosity to a part of the school you’ve never explored before. Speak to someone there about what they do. Report back to your journal about what you did and how you felt.</td>
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### Journal Entry Week 4

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<th>Activity #1: Big “C” Creativity</th>
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<th>Activity #3: Place</th>
<th>Activity #4: Creativity Blocks</th>
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<td>Research one eminently famous creative person and write why you think they were so creative. What were their creative traits, process of creating, creative output? (50-100 words)</td>
<td>In your field/domain, what is the most preferred way to generate lots of ideas? Show an example of your method of generating ideas. You can include photos. What is your creative process for your field? How do you think of an ad campaign? Show an example of how you come up with an idea?</td>
<td>Spend some time in a supportive space that is conducive to your creativity (e.g. a coffee shop, family kitchen or a community space on the internet). Using the criteria for a safe creative space (freedom, idea support, trust, openness, playfulness, risk-taking), record how you felt when you shared your ideas in this space.</td>
<td>Creativity blocks: Write about one creativity block that you think you possess. How has it blocked your creativity in the past and how do you plan to overcome it?</td>
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### Journal Entry Week 5

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<th>Activity #1: Intrinsic Motivation</th>
<th>Activity #2: Lateral Thinking</th>
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<td>According to Teresa Amabile, people are most creative when they feel motivated primarily by the interest, satisfaction, and challenge of the work itself and not by external pressures. Describe one task or activity where you feel intrinsically motivated to do without any kind of external rewards (money, grades).</td>
<td>Choose a challenge you have (school project or personal). Apply all Six Thinking Hats types of thinking to your challenge. Challenge: Creating a book/ portfolio so that I can apply for creative advertising jobs and internships.</td>
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### Journal Entry Week 6

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<th>Activity #1: Intrinsic Motivation</th>
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<td>For this week's journal, explore mind mapping as a thinking tool by mapping out your dream or image of the future. Start with a central point -- one key word or image that describes something you love.</td>
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<tr>
<td>1. Draw at least four branches coming out of the center that define four areas of your topic.</td>
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<tr>
<td>2. Keep drawing ‘twigs’ for each main branch until you have at least two layers of information for each.</td>
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<tr>
<td>3. Use symbols or words to classify different types of thoughts and ideas.</td>
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<td>4. Use short keywords on lines.</td>
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MY CREATIVE KEY L泽
Reflect: Which Creativity Card Resonated with you and why?

Other than the fact that I am naturally drawn to alcohol... just kidding. Maybe, Maybe not kidding.

This card resonated with me first because of the unusual visual design of it, and the complementary colours which made it stand out from the other images.

I was also attracted to the absurd aesthetic of the image, from the colours of the liquids, to the shapes of the glasses.

When I looked at it through a creative lens, I saw that it could be viewed from so many different angles, and still maintained the same basic visual message. This makes it a highly adaptable image.

When we were asked to write how it represents creativity, I wrote "Open to Different Perspectives" because it can be visually interpreted from many different angles, and still makes sense.
Journal Entry Week 1 (Activity #2)

In what areas do I express...

School
Extracurriculars
Finances
Social Media
Cooking
I try to be creative with ingredients and trying new recipes when I meal prep.

I try to use social media as a creative outlet for my humour in how I write statuses, comments, messages and the occasional meme.

Being involved with clubs outside of class and pursuits has allowed me to expand my experience.

I always try to think of creative ways to budget and save my money.
OF MY LIFE

MY CREATIVEITY?

STUDYING
SUSTAINABILITY
INTERPERSONAL
FITNESS
JOURNAL ENTRY WEEK 1 (ACTIVITY #3)

CHALLENGE:

Interestingly enough, this is the one class that I decided to sit apart from my usual group of peers on the 1st day. I found it to be a positive experience because I was able to meet a whole new group of people in my program who are interesting and a lot of fun to talk to. I learned that to open yourself up to new experiences and new people, you have to let go of the fear of vulnerability and rejection, and just go for it. This is relevant to creativity as well.

I also joined the presentation team for a business club on campus, called Beanius. It is currently working on a project related to teaching young girls business skills, which I am very excited about. I was hesitant on trying because they told us that it is a high-commitment organization, but I think it is important to challenge myself. I’m not sure yet how this experience will change me, but I know it will definitely affect me, as I’m opening myself up to a brand new experience. I’m also learning that it is important to step out of my comfort zone in order to grow as a person.

EXPERIENCE THINGS IN A NEW WAY

I also started working out again and it has been really rewarding thus far. I am pushing myself harder than I did before and I’m trying to make my sessions great every time, go to the gym. I’m also trying new exercises that I would typically avoid doing in the gym due to fear of failing in public. It’s so rewarding when I’m finally able to do these exercises with proper form because I wasn’t afraid to try them in the first place. By making this small change in the way that I work out, it has made a huge difference in the way that I feel in public. I have so much more confidence in myself, and don’t concern myself with how others perceive me nearly as much as I used to.
32 Q's

1. How many years has this course been a part of this program?
2. Who created/designed this course?
3. Why did that person decide to create this course?
4. What is the most creative thing you've seen in a journal?
5. How creative can I be with this journal?
6. What is the most interesting format of a journal you've seen?
7. What is the most popular question you've seen for this exercise?
8. What is the most unique question you've seen for this exercise?
9. How candid/personal can I be with the content of this journal?
10. What will I learn about myself because of this course?
11. What will I learn about my fellow classmates in this course?
12. What is my personality type?
13. What are my classmates' personality types?
14. What is a problem that I could use for the capstone project?
15. Is this course designed to balance out the analytic and computer-based courses?
16. How will this course make me live differently?
17. How will this course change me?
18. What will be the most challenging part of this course for me?
19. What are some problems that I think need to be solved?
20. What are some solutions to these problems?
21. Will this course help my problem-solving skills?
22. Will I be more self-aware after completing this course?
23. Will I be happier after completing this course?
24. Will this course improve my writing skills?
25. Will this course be therapeutic for me?
26. What will be the most valuable thing I learn from this course?
27. How can I use my creativity to help others?
28. What are some ways that I can get over my fear of failure?
29. In what ways do I unknowingly practice creativity?
30. Is creativity somewhat hereditary or genetic?
31. Which "creative traits" did I inherit from my parents?
32. Who has influenced me the most creatively?
WHERE DOES YOUR CREATIVITY COME FROM?

(REFLECT)

POP CULTURE
- films
- magazines
- ads
- shows
- music
- comedy
- radio/podcasts

BOOKS
- art/photography
- poetry
- fiction
- humour
- autobiography/biography
- self-help

INTERPERSONAL
- Family
- Social Interactions
- Relationships

INTERNET
- Social media: Instagram, Facebook, Pinterest, YouTube, Imgur
- blogs
- memes
- Google images

I believe that creative ideas are made up of different influences, and that creative inspiration can come from anywhere. You just have to have the right mindset and be open to possibilities and connections. Once you start restricting where you find inspiration, inspiration is when you stop finding it.

Creativity is not something that should be limited in any way, and that includes where you find it. Anything has the power to spark an IDEA.
Reflection:
I definitely tend to focus more on working individually, but it is a pretty even split between an inward and an outward focus. It does not surprise me that there is a significant disparity between a preference to working individually, and less of a preference to working collaboratively, as I know myself to be more of an independent worker. I know that in order to succeed in my chosen field of advertising, I need to learn how to work effectively in teams, so it is something I am trying to improve by working on my communications skills and getting involved in extracurriculars.
**OBSERVE**

① TURN OFF ALL DISTRACTIONS
② GIVE AN ACTIVITY YOUR COMPLETE FOCUS

① DEVICES TURNED OFF:
→ Phone
→ Laptop
→ Apple Watch

**MY DISTRACTIONS:**

- Laptop
- Phone
- Television
- Other Books
- Other Assignments
- Other Tasks: Cooking, Laundry

**ACTIVITY: READING** (Book: "Wired to Create")

I chose reading as the activity I would (attempt) to do without distractions because I have always found it hard to focus when I read.

As soon as I hear notifications from my phone or watch, I immediately lose focus and begin imagining what or who the notifications might be from. Because I'm so used to having my phone on all times, turning it off felt like I was cutting myself off from the world, and I worried what might happen if there was an emergency and someone was trying to contact me.

I also get distracted by other tasks that I know I have to do. Since I had 4 other assignments due this week, and a test, I found it very difficult to focus on reading (distractions present, or not). This being said, I only lasted about 30 minutes before I turned my phone back on. I managed to read about 10 pages.

For me, trying to focus on one activity can cause a lot of anxiety because I like to switch from one activity to another, and getting things done that way. In this sense, I am more productive when I am more distracted. When I am focusing on one activity for too long, I start to get anxious because I feel as though I am dedicating too much time to that activity. I find that it is especially important to switch between projects when I am working on a creative assignment, rather than trying to complete the creative assignment within a certain allotment of time. The reason for this is because I need to step away from my creative work and ideas multiple times in order to be able to re-evaluate them. However, I do understand the importance of being able to focus on a single task, and am actively trying to improve my ability to do so.
CHALLENGE YOURSELF

STARTING TO WONDER, DID I INVEST CORRECTLY IN MY FUTURE GOALS?

THE UNCERTAINTY OF WHAT WILL MAKE ME HAPPY IS UNSETTLING.

STARING AT THE SUN WILL BLIND YOU FROM WHAT YOU HAVE FOCUS ON THE PATH.

THE WORLD IS CHANGING INTO SOMETHING THAT NEEDS HOPE. THIS COULD ALL END NOW.

BEING IN HIS ARMS CANNOT COMPETE WITH SELF LOVE ON MY OWN IS HOME.

I JUST WANT TO SLEEP AND DREAM AND READ AND DRINK TEA IN MY SOFT WARM BED.

(I THINK THAT MAYBE I HAVE SOME ANXIETY ABOUT THE FUTURE.)
IMAGINATION CHALLENGE:

BEING ABLE TO AFFORD LIVING ON MY OWN.

WHAT IF.....

• I won the lottery? • I got a full-time job?
• I received enough OSAP funding to afford it?
• I used my life savings to put a down payment on a condo? • I knew someone who owned a condo building and they could give me a discount? • My parents offered to buy me a place? • I met a rich guy who was willing to support me? • I robbed a bank?
• I started a GoFundMe page, and people actually donated? • I inherited a house from someone? • I bought a car and lived in that? Or even better: I won a car, and lived in that? • I built my own house in the woods? • I found an abandoned house in the woods? • I had the abilities to refurbish an old bus or truck so that it is livable?
I've been meaning to do this for awhile. Since noticing how wasteful it is to recycle magazines, I've been trying to find other creative uses for the images and photos that they hold. Last year, while trying to throw away all of my old magazines, I noticed how beautiful some of the ads are, in terms of colored background and photography. If you're looking for them, magazines are full of beautiful images. I thought it would be cool to make collages out of the colored paper from magazines. I just recently decided to make a collage using some of the coloured backgrounds from the magazine pages that I collected. On the opposite page you can see an image of the final product.

I used my imagination by finding random images, and colors, and creating a landscape out of them with no particular image in mind. It felt like I was doing a puzzle, without an image of the final product, which was incredibly freeing, and allowed me to feel more open to playing with different arrangements of form and color. That being said, this image was created using my subconscious, which is very interesting, as it has political and environmental undertones.

I think I should definitely continue doing activities like this in order to develop my creative confidence. It is important for me to do things where I have a certain lack of control in order to free myself from the constraints that I put on myself.
Today I went to the IT Desk not as an exploration, but because I needed help boot-camping my laptop. Because it is a long process, I ended up having a chance to really talk to the people at the IT Desk and get to know them as people. I think oftentimes we take the people who work at service points in the building for granted, and forget that they also live complicated and interesting lives. We talked about so many things—from politics to diets, to exercising, to funny stories about their childhoods.

They went on to tell me that the beginning of the semester is always the busiest for them, but usually it is quite slow at the desk. They all seem to genuinely enjoy what they do, and are great at their jobs (likely as a result of their genuine enjoyment). I also learned about services that I have available to me as a student which I was not aware of! Even though I went under stressful pretenses, I left feeling much more hopeful and positive because I opened myself up to people who typically wouldn't.
HARUKI MURAKAMI BIG "C" CREATIVITY

GENRES: Surrealism, Magic Realism, Science Fiction, Short Stories, Novels, Poetry, Nonfiction

CREATIVE OUTPUT FICTION SHORT STORIES NOVELS
I find Murakami's creative process very interesting because it is not what people would envision a stereotypical creative writer's process to be. He has a very systematic way of doing things, and yet still manages to create incredibly inventive imaginary worlds and characters.

Most of what I've learned about writing I've learned through running every day. These are practical, physical lessons. How much can I push myself? How much rest is appropriate, and how much rest is too much? How far can I take something and still keep it decent and consistent? When does it become boring or pointless and inflexible? How much should I be aware of the world outside, and how much should I focus on my inner world? To what extent should I be confident in my abilities and when should I start doubting myself?

His daily writing process includes combining healthy life choices with systematic routine:

"When I'm in writing mode for a novel, I get up at dawn and work for five to six hours in the afternoon. I run to ten kilometers or swim for fifteen hundred meters (or do both), then I read a bit and listen to some music. I go to bed at 9 pm. I keep this routine every day without variation. The repetition itself becomes the important thing; it's a form of mesmerism. I mesmerize myself to reach a deeper state of mind. But to hold to such repetition for so long—six months to a year—requires a good amount of mental and physical strength. In that sense, writing a long novel is like survival training. Physical strength is as necessary as artistic sensitivity."
HARUKI MURAKAMI'S

ADVICE FOR YOUNG WRITERS

**OBSERVE:** "Before you start writing your own

start, make a habit of looking at things

and events in more detail. Observe what is going on around

you and the people you encounter as closely and as

deeper as you can."

**REFLECT:** "Reflect on what you see. Remember though that to

reflect is not to rush to determine the rights and

wrongs or merits and demerits of what and whom you are observing.

Try to consciously refrain from value judgments—don't rush to conclu-

dions. What's important is not arriving at clear conclusions but retaining

the specifics of a certain situation... I strive to retain as complete an image

as possible of the scene I have observed, the person I have met, the expe-

rience I have undergone, regarding it as a singular sample, a kind of test-

case as it were. I can go back and look at it again later, when my

feelings have settled down, and there is less urgency, this time inspecting

it from a variety of angles."

**FOCUS:** "Although I compose essays as well as works of fic-

tion, unless circumstances dictate otherwise, I

avoid working on anything else when I am writing a novel... Of

course there is no rule that says that the same material

can't be used in an essay and a story, but I have found

that doubling up like that somehow weakens any fiction."

**MAGIC:** "The key component is not the quality of the materials—

what's needed is magic. If that magic is present, the

most basic daily matters and the plainest language can be turned into

a device of surprising sophistication. First and foremost though,

what's packed away in your garage. Magic can't work if your garage is

empty."
I included the advice that Murakami dispenses to young writers because as demonstrated below, his creative traits are revealed through this advice.

**CREATIVE TRAITS**

HARUKI MURAKAMI

**"OBSERVE"**

**OBSERVANT, FOCUSED.**

Capable of concentrating attention on one activity. They understand the importance of "flow" or getting into the "Zone."

As described in the previous pages, Murakami is extremely disciplined when it comes to his craft and he understands the importance of giving one's complete focus to the task at hand: "Once I start writing, I go somewhere else. I open the door, enter that place, and see what's happening there. I don't know where I'm at, or if it's a realistic world. If it's an unrealistic one, I go deeper and deeper, as I concentrate on writing, into a kind of underworld." Murakami's "Observant" trait is highly evident in his dialogue. He creates with his characters that makes them both believable and relatable, despite the strange worlds he places them in.

**"FOCUS"**

(Creative Traits): OBSERVANT, FOCUSED

**"REFLECT"**

**OPEN-MINDED**

Open to trying new things, and open to experiencing both inner self and the outer world. Tend to have broad interests.

"I'm a realistic person, a practical person, but when I write fiction, I go to weird, secret places in myself. What I am doing is an exploration of myself. Inside myself. If you close your eyes and dive into yourself you can see a different world. It's like exploring the cosmos, but inside yourself. You go to a different place, where it's very dangerous and scary, and it's important to know."

**"MAGIC"**

(Creative Traits): IMAGINATIVE

**IMAGINATIVE**

likes to play. Understands that humor and fun are the ultimate creative act.

Murakami creates new worlds and invents unique characters with complex and highly realistic emotions and stories. His novels mostly delve into the realm of magic realism, science fiction, and surrealism which means that he needs to dig deep into his imagination to create worlds he is not familiar with.
"I think that my job is to observe people and the world, and not to judge them. I always hope to position myself away from so-called conclusions. I would like to leave everything wide open to all the possibilities in the world."

- Haruki Murakami
4. This is when I start my brainstorming process. I'll start off by doing a brain-jump of headline ideas, and visual ideas. I find this step to be quite difficult, as I have to learn to be non-critical of my ideas and write down everything that I can think of. I'll use the information gathered in steps 1-3 for this step.

5. Once I have exhausted all of the ideas I have in that moment, I'll do a mind map according to the brand or key words in the brief, as another form of brainstorming. This allows me to use word associations to gather more ideas.

6. I will also bounce ideas off of my friends, family, and they will usually have great ideas too, or will suggest things that spark ideas for me. This step is important because it allows me to view my ideas from a fresh perspective.

7. I will then create hand-drawn roughs which I will get feedback on from peers and instructors.
I mentioned earlier in my journal that being involved in extracurricular activities has allowed me to expand my portfolio. I was asked to design a logo for a new project we are working on through Enactus Sheridan called Project Hive. When creating logos, the process is slightly different, in that I prefer to first decide on a single idea, and work from that. However, there was a lot of experimenting with multiple fonts, layouts, and colors before I decided on the final version.

With the new insights I have gained from others, I will then edit my roughs, and create digital roughs.

I will then get feedback on these digital mock-ups from my peers, friends, and family, by posting them on social media. By doing this, I'm able to run online focus groups, by encouraging my friends to "like" their favourites, and comment with their input. With this feedback in mind, I will make any necessary changes, and finalize my ideas.
Recentl, I worked with some classmates in this space, on an individual assignment we all had, and it was easy to share ideas and work on the same problem. The tables and booths allow for many of us to sit together and easily discuss ideas. We can also show each other what we were working on and work together.

I enjoy writing in the Creative Zone in the HMC Baja Library because it provides me with a space where I can comfortably work while being provided with all the resources I need such as outlets, research materials, Wi-Fi, research help, and most importantly—comfortable chairs. Needless to say, I’m a fan of the tables as well.

Since so many people in my program work in this space, it also exists as a place where impromptu collisions happen as well, and where I often hang out with peers from different classes together as a group. This allows for even more diversity of ideas.
CREATIVITY BLOCKS

EMOTIONAL: →
Fear, self-doubt, lack of motivation, or focus.

ACTIVITY 4a

JOURNAL ENTRY

WEEK 4

Like most people, my main creative block is emotional. I mainly struggle with self-doubt and lack of motivation when it comes to consistently creating things and practicing creativity.

I think I also fear wasting my time, and so when I do work on something, I am afraid to fail.

Although I know that failure is important in order to produce creative work, I still cannot fully overcome the fear of it, which is something I am constantly struggling with.

because I view failure as a waste of time, when really it might be the most constructive use of my time.

In order to overcome this fear, I plan to sketch something every day, regardless of how I feel. Even if I am tired or overwhelmed with school, I will draw something/anything.

Rather than sketching things that I like drawing, I will purposely draw and seek out subject matter that I know I struggle with, such as architecture, perspective, transparency, etc.

I'm also actively trying to seek out more experiences that scare me, as I realize that fear is a large factor in my creative block.

Overcoming my fear of public speaking.

Compelling in a regional marketing competition is also something that I have never done before, so it was a valuable experience as well, and shows that I am trying new things even if there is a high chance of failure.

Presenting at Enactus Regionals was definitely an experience that taught me...
Something that I am intrinsically motivated to do is organization.

Although it can be argued that this has a positive effect on my grades, and is thus externally motivated, it is also something that I genuinely enjoy doing.

I love staying organized and finding different ways of keeping my life organized.

Whether it be the way I organize my books on my shelf, or my art supplies, or scheduling, I can spend the whole day organizing things and it feels extremely satisfying because I am being productive as well.

It helps to have some sort of structure in place, because I suffer from anxiety and need to know exactly what needs to get done on a certain day. Making to-do lists is relaxing for me because I know that I am addressing the things that will need to get done.

It could be argued that organizing one’s life is the opposite of fostering creativity.

However, by organizing myself, I feel more free to create a mess (figuratively and literally).

When my life is too chaotic, I cannot get into the right headspace, because I cannot focus on one thing.

Organization gives me the clean slate I need in order to create.
WHAT IS ALL THE INFORMATION THAT YOU KNOW ABOUT THE SITUATION?

I need to have a book/portfolio in order to be a viable applicant at any creative agency.
I have not started working on any ads specifically for my book.
I have some ads that I have made for causes that I could possibly use in my book.
I still need to learn how to use Adobe InDesign and Adobe Illustrator to maximize my creative ideas visually.

It makes me feel very anxious and stressed, because I realize that there is an urgency for me to build my portfolio. I have already missed the window for internships this year, but next year I want to apply to creative agencies and in order to do that, I need a strong portfolio. I also realize that even if I do come up with some ads and ideas, there is a chance that someone else in that company may also come up with better ideas before I have a chance to show them to a potential employer.

I feel very guilty for not starting on my portfolio as I know I have plenty of time to get started on it.

WHAT ARE SOME ISSUES OR CONCERNS?

I won't have enough time to work on it this summer, because I will need to work full-time (or 2 part-time jobs) in order to support myself.
I won't have any motivation to work on it.
The people who have offered to coach me will not be available.
I am not in a creative advertising program, or in a design program, and I will be competing against people who have spent 4 years in such programs.
By the time I finish my book, there will be less need for creatives at agencies because of the more digital direction that advertising is moving in towards AI, programmatic, etc.
I'm unsure if my book should focus more towards art direction, or copywriting.
THINKING

CREATING A BOOK/PORTFOLIO

• It will give me something to work on during the summer, and it will keep my mind off of other things that are happening in my life right now.
• This will be a good challenge for me, and I will learn a lot from creating this, and getting feedback from others.
• There are some individuals who have offered to coach me as I build my portfolio, and I am very grateful to them.
• I can channel all of my creative energy into this portfolio and use it as an opportunity to take risks.

WHAT ARE SOME POSITIVE THINGS ABOUT THE SITUATION?

• Self-teaching: Teach myself as much as possible about Adobe Creative Cloud programs, and find out from contacts what programs are used in the industry so that I can master them. Teach myself how to code by using the student resources available to me.
• Make a portfolio course in graphic design this summer.
• Start thinking of brands that I hold affinity with, and would be interesting to create ad campaigns for.
• Make a plan of action with a detailed step-by-step list of things I need to do (from choosing brands, researching, brainstorming to mock-ups), and give myself soft and hard timelines and deadlines.

WHAT MIGHT BE SOME IDEAS FOR SOLVING IT?

WHAT ARE SOME POSSIBILITIES?

I’m in this situation mainly because I have procrastinated and have not managed my time wisely. I have allowed fear and self-doubt to hold me back from creating something that I need for my future. I need to learn how to be more open-minded and positive about the situation in order to come up with viable solutions, because the more negatively I view it, the less likely I am to come up with realistic solutions that will motivate me.

I also want to create a habit of learning something new each day, so that I can develop the skills I need in order to become more competitive. This exercise has turned the task of creating my portfolio from something intimidating to something that is achievable.