

By Lucky Lovan

SELF

What Does Value Mean?

10/30

- Something that someone finds important and live by.
 - Inspires you to be the best version of yourself
 - Has worth
 - Morals - right/wrong, rules
 - Values - do's / don'ts, opinions
- * Just because the title of this project is Self doesn't mean it has to be about yourself.

Self - Artists

- James Luna
 - How society views him
 - Part Mexican American / Part Native American
 - Mugsnot
 - See's Native Americans as past not present
- Artifact Piece
 - He's his own artifact
 - Labels describe him - favorite things
 - People see him as an exotic thing
 - We see someone how we want
 - Death of a culture
- Take a picture of a real Indian
- America likes to name film festivals by sacred dances
- America likes to name cars and trucks by names of tribes
- changed appearance three times ceremonial, regular clothes, and cloth
- Purpose: Show people what they expect and don't expect. Alienating himself.
- Asked people to take pictures

- Disrespectful
- Taking away of culture
- Conflicted to take photo w/ him
- America likes romance over truth

*

JEFF KOONS

- Took something private and made it public
- Big, loud, in your face
- "Made in heaven"
- Disturbing, in your face

Image of Jeff w/ Family

- Wearing white, pure = reborn
- Family and kid posing with sculptors
- Zeus Sculptor represents power, knowledge, strength, etc.
- Jeff Koons comparing himself to Zeus
- Kids and mums are separated and assume triumph position.

Sue De Beer

- Black Sun

- Dream like Sequences

- Like she was a little kid

- Tapping into memories

- Video split into two sides

- Horse on one side and Sue on the other

Story in 10 minutes

Born October 18, 1996 @ 6 pm to Rachel Loran.

I have two triplet sisters named

Jamarcia and Lexus. I grew up in Des Moines,

Iowa and currently live in Urbandale. I'm

1st generation Asian-American. My mom was

born in Laos and came to the US when she

was in 5th grade. My mom and dad divorced

when I was two or three and my mom

has been with my step dad Jeff for 18 years.

I remember crying to my mom that I'd

tell my dad when I saw my mom and Jeff

kissing. Growing up I went Mount Zion School

for headstart then Jackson Elementary

for Kindergarten through 2nd grade. I moved

to Urbandale and completed Elementary

School at Valerius Elementary, then

Urbandale Middle School, and finally

Urbandale High School. Growing up

I wasn't really active in sports but my

step dad put me in basketball when I was

in third grade. I sucked so much.

Then I tried ice hockey and fell in love. I started in fourth grade and played until 8th grade. It turned out I was really good at soccer and excelled quicker than other kids. Soon I'd be playing in house league and then practicing with traveling team because I was good.

First time I understood Ownership

As soon as I came into this world, I was born into a low income family that came to the US in search of a better life. That being said, money was hard to come by and not being white made things more of a challenge because we were not privileged. My whole life I've been in search of ownership and one day I'll be a home owner, be married, have a nice car. My family and I had to work for everything we have. I first realized at a young age that nothing is handed to you. At the age of 8 or 9 was when I had to grow up faster than other kids. I remember going to my best friend's mom's house and it was so big and pretty. It made me sad to go back home because I knew compared to their home, my apartment was not as nice. This mindset and drive to have nicer things through hard work continues.

SELF from Biology

11/6

- Think of life
- Cell - basic unit of life
- If cell dies, we die
- Group of cells = tissue
- Group of tissues = organ
- Group of organs = organ system
- Organ systems = organism (which is us)
- * Biology standpoint: we are an evolved animal
- Brain divided into four parts
 - Brainstem: keeps you alive, respiratory + heart beats
 - Diencephalon: "puppy brain" limbic system deep survival instincts
 - Cerebrum: higher functions (human brain)

* Road to Insight

Neurologist had stroke

She was different after

how much of your body is you?

Idea:

Stain glass of brain

9

* Read My Lobotomy

- Chris had difficulty controlling behavior
- Had lobotomy - ice picks in eyes and messed w/ frontal lobe
- We use drugs to treat today but they didn't have those in the 20th century.
- Olfactory lobe, in sheep, dog brain is bigger than in human brain
- B/c they need it to survive
- Dogs sniff butts to say hi
- You can dissect body and brain but you don't know where the Soul is
- Brain can heal and adapt to trauma depending on age and development
- Brain can cover other parts of brain due to adaptations from trauma

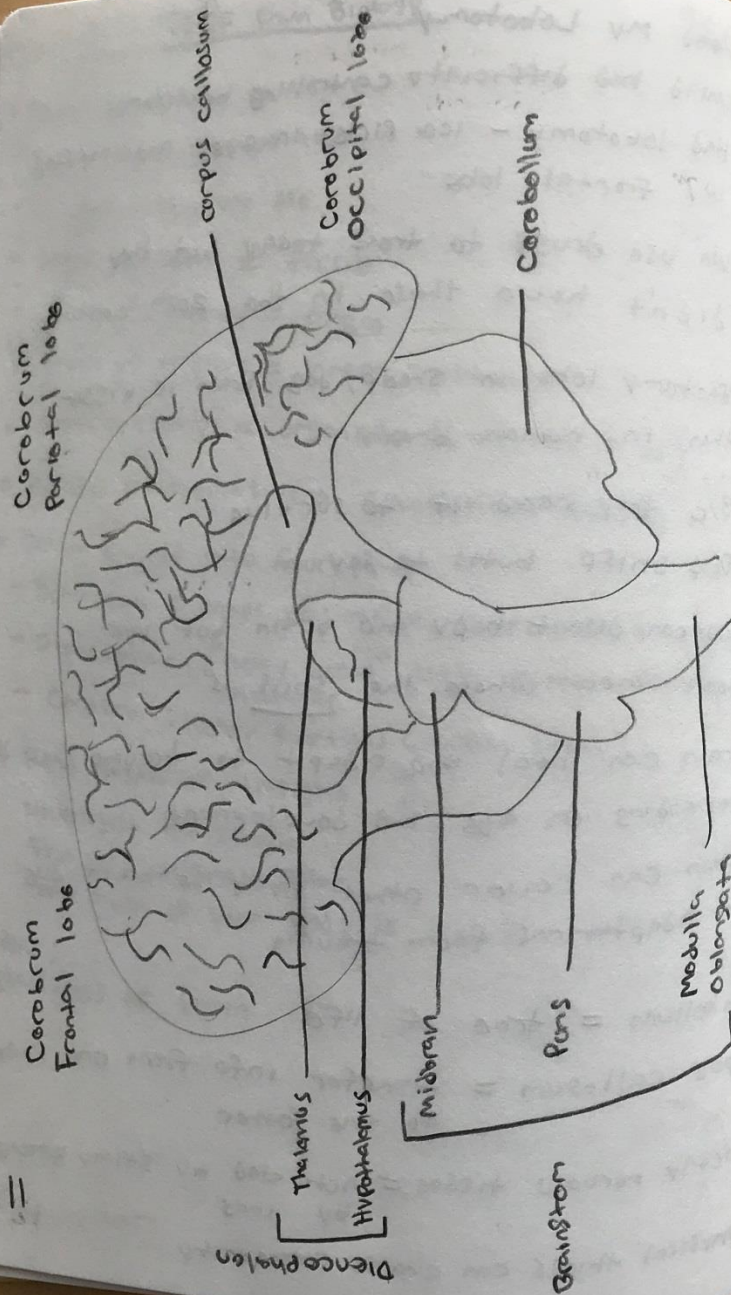
Cerebellum = tree of life

Corpus callosum = transfer info from one side to the other

• Strictly nervous tissue = activated by stimulations by ions

* Physical things can change personality

10

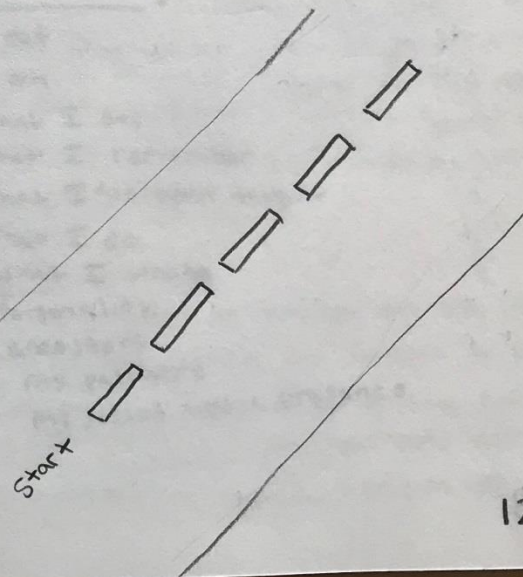


Who Am I ?

- Brother
- Son
- Student
- Athlete
- Leader
- Boyfriend
- Lover
- Motivator
- Son of God
- Worshipper
- Family member
- Friend

Who Do I want To Be ?

- Physical therapist
- Husband
- Dr.
- Friend
- Son of God



11-8-17

- who am I visually?
- who am I to this person?
- Ask other people to describe me?
- How can I visually document words that describes me?
- Ask people to draw an image of me?
- Words and values that show me
- Look artist who emphasize self
 - the human body in artwork
 - Banksy
 - Health Ledger

11-13-17

Interpretation

Die Traumdeutung = interpretation of dreams

I'm not myself today.

- Today's not normal
 - I feel different
 - Intoxication - masking and excuse
- Functional
- excuse you can reach for
- Diffuse
- emotional

When you're hungry

- global
- Specific area - stomach hurts, head hurts

(close)

I am what

- ↑
- I eat
 - I am
 - What I say
 - What I remember
 - What I've been taught
 - What I do
 - What I wrote
 - Personality
 - ancestors
 - my password
 - my social media presence

totality
theological

I am my brain

Nobody notices the brain

it's overlooked

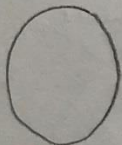
We'd miss it if it was gone

It allows us to speak, interpret info,
use technological devices

Is self Diffused or Focused?

Year: 1848

Phineas Gage



born in 1823 25 yrs old

Working on railroad in Vermont

Rod separated brain

He lived



Went off and became an adventurer

Died of alcohol and possible complications

Frontal part of brain was cut which
changed who he was

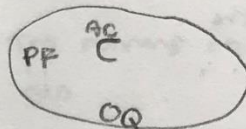
Produced radical changes in personality

15

socially remembered before

He was who he was

Was remembered b/c of our frontal brain



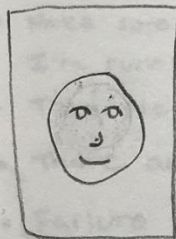
No memory

He can't smell or taste when
blindfolded

IN to find it point nose

Taste and smell are intertwined

Able to interact w/ people, do math, etc.



Use mirror to see if person
notices differences in their
face. A dot on the nose
can be seen on some people.

Phineas since he had no sense
of self, he would notice a dot
and be amazed. He wouldn't notice
a difference.

Anne Sexton Rowing

Poem - Ecce Homo

5 dimensions of personality

1. extraversion

2. agreeable

3. openness

4. conscientiousness

5. neuroticism

16

Survey monkey

Survey 10-20 people

Ask them questions about me

Use that to run a route with the word that comes up the most

Final Project Ideas:

11/15

- Use survey to collect words that people describe me with and run those word
- Try running objects or words w/o mapping run
 - Try to successfully spell out word or draw object
 - Even if I fail it shows that I'm not perfect (celebrate failures)
- Make sure to take photos or selfies while I'm running
- Take pic of watch after each run
- Think about trial and error
- Failure is a part of the journey
- Run through Lomeni or DSM

Throughout the project, I've been focused on just the final product. I've learned to trust the process and things will come together.

Even if I fail, I've gained insight and knowledge to help me push further. Although I'm a

perfectionist, I respect the beauty of failing. It shows the determination and effort you put into something. Nobody can take those two things away from you. In addition, pride is shown through the trials and errors.

I must embrace failing and know that even if it doesn't come out the way I want it's the effort and concept that really matters.

Survey Results

11/20

Words that describe me:

- Passionate, Selfless, dedicated, hard working, driven

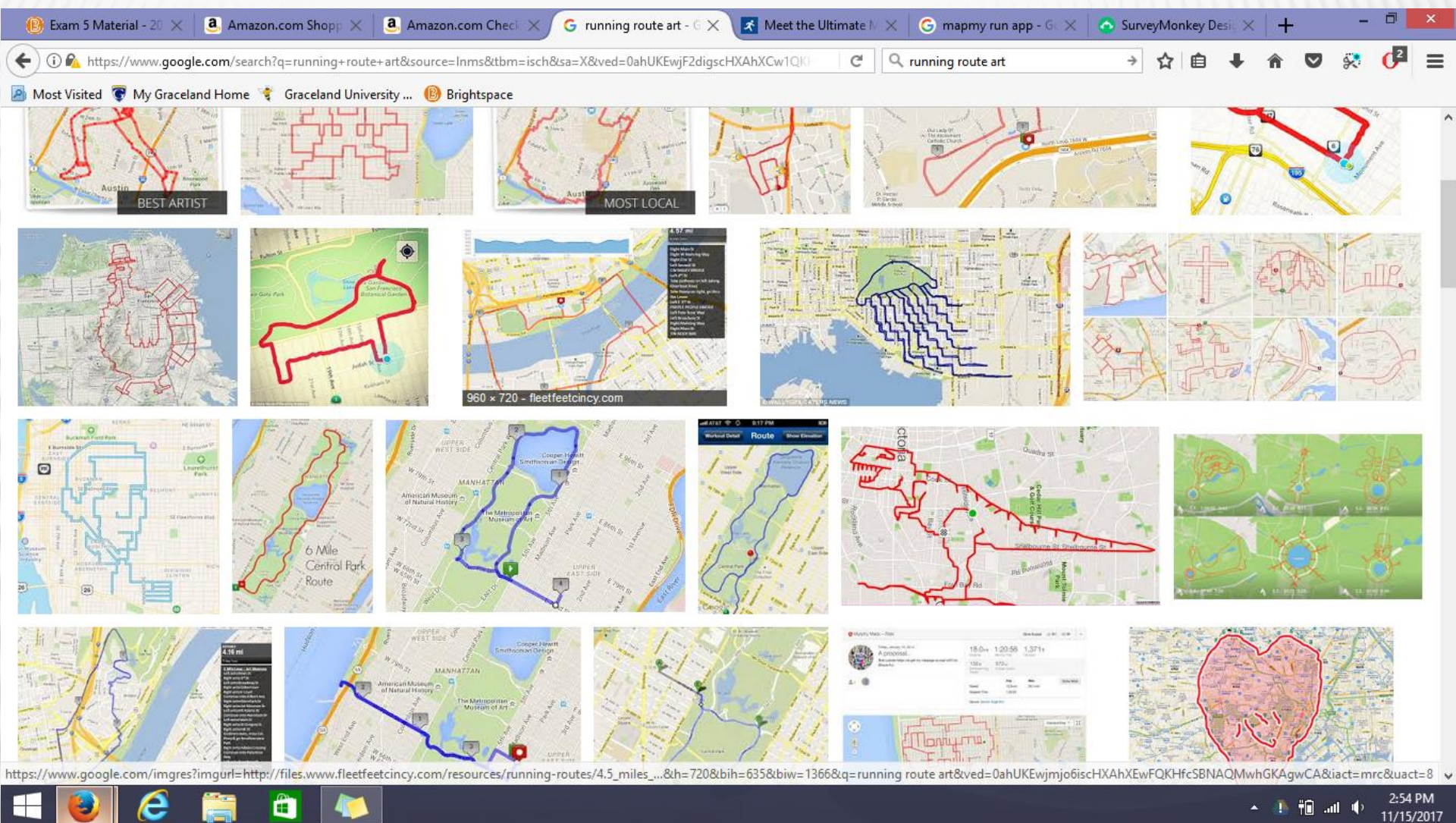


these words came up more than once

- * Need to figure out words to run, the route, and also how to present it.

Plan of Attack:

- App to track runs: Strava
- Present it: Pin it w/ bulldog pin
Save as JPEG
Canstock at CMC
upload image of screenshot of route on ppt
upload final on ppt
Scale up or down 11x17



Brainstorming ideas to do for my final project and I thought about running routes since running is a big part of my life. I googled "running route art" for inspiration.

Exam 5 Material - 20 X Amazon.com Shopp X Amazon.com Check X running route art - G X Meet the Ultimate M X mapmy run app - G X SurveyMonkey Desig X

https://www.surveymonkey.com/create/?sm=8SffMSAYQViCZjSR0uOovcwykDBqEX31JF3Wn_2FQS_2BD0_3D running route art

Most Visited My Graceland Home Graceland University ... Brightspace

Dashboard My Surveys Products Resources Plans & Pricing UPGRADE CREATE SURVEY luckylovan10@gmail.com

SELF

SUMMARY → DESIGN SURVEY → COLLECT RESPONSES → ANALYZE RESULTS SCORE MY SURVEY PREVIEW & TEST NEXT →

QUESTION BANK BUILDER THEMES LOGIC OPTIONS

Logo Quiz PRINT DELETED QUESTIONS (2)

UPGRADE

UPGRADE TO ADD A LOGO

SELF

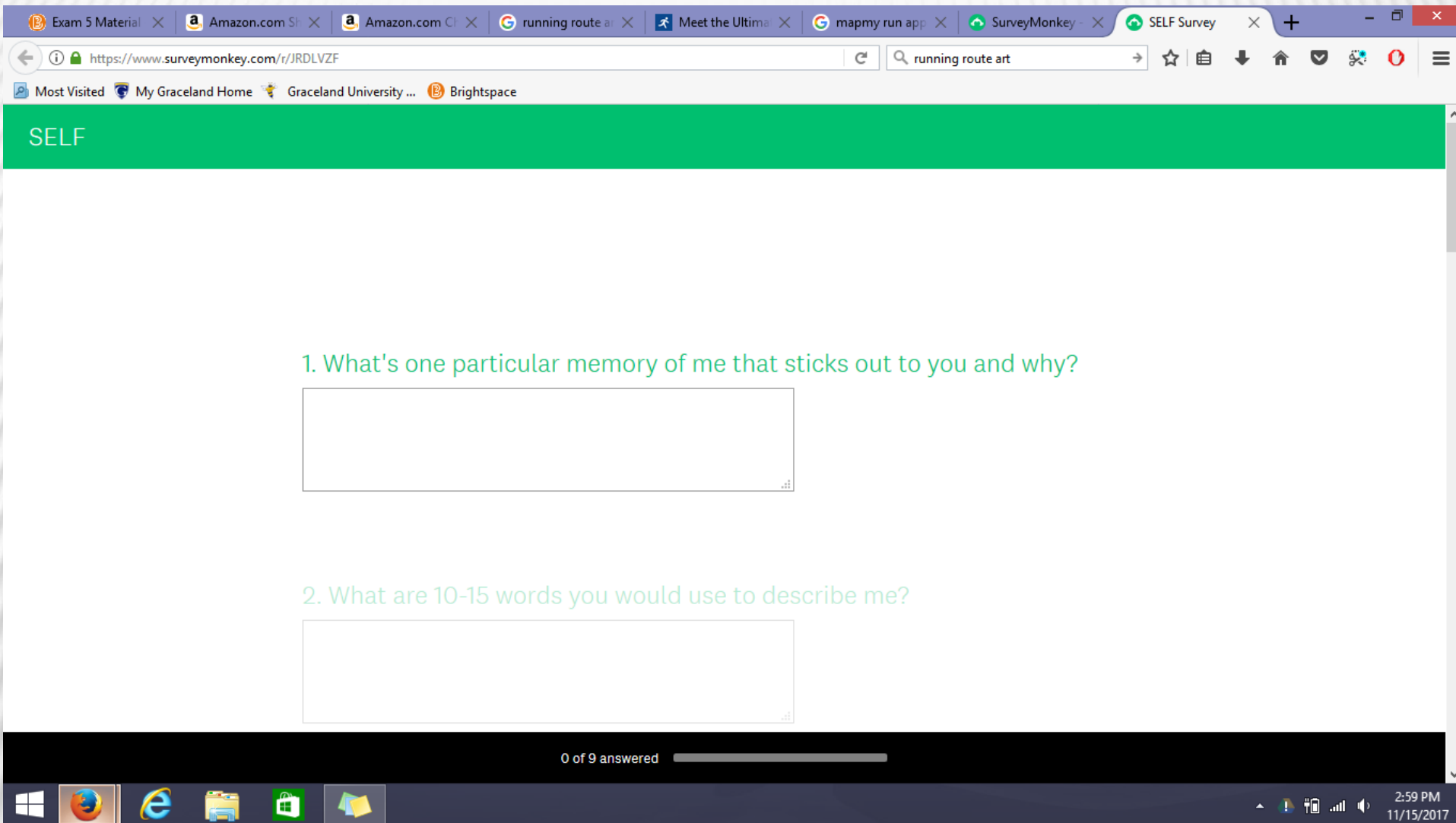
PAGE TITLE

1. What's one particular memory of me that sticks out to you and why?

Help! Feedback!

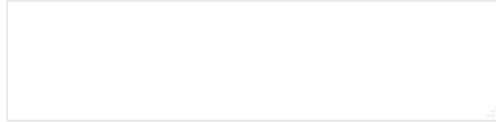
2:53 PM 11/15/2017

To have more options for my final project, Karen suggested conducting a survey in order to gather more information about myself.



Here are some of the questions I asked for my survey.

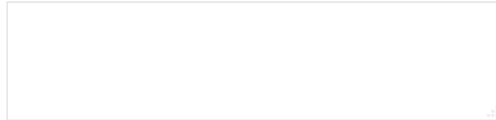
1. What's one particular memory of me that sticks out to you and why?

A rectangular text box with a thin grey border, intended for a handwritten response to the first question.

2. What are 10-15 words you would use to describe me?

A rectangular text box with a thin grey border, intended for a handwritten response to the second question.

3. In your opinion, what are my strengths as a person?

A rectangular text box with a thin grey border, intended for a handwritten response to the third question.

This was the question I used to jumpstart my final project. The intent was find words that people used to describe me and run those words and track it using my GPS watch.

4. In your opinion, what are my weaknesses as a person? How can I improve on those?

5. How have I made an impact in your life?

6. If I were an animal, what animal would I be and why?

7. What's one thing you wish you knew more about me?

0 of 9 answered

7. What's one thing you wish you knew more about me?

8. In your own words, how would you describe my personality?

9. Would you consider me and introvert, extrovert, or ambivert and why?

Q2

Export ▼

What are 10-15 words you would use to describe me?

Answered: 2 Skipped: 0

RESPONSES (2)

TEXT ANALYSIS

MY CATEGORIES

Categorize as... ▼

Filter by Category ▼

Search responses



Showing 2 responses

Hardworking, passionate, selfless, motivated, dedicated, funny, loving, driven, brother, driven

11/16/2017 6:45 PM

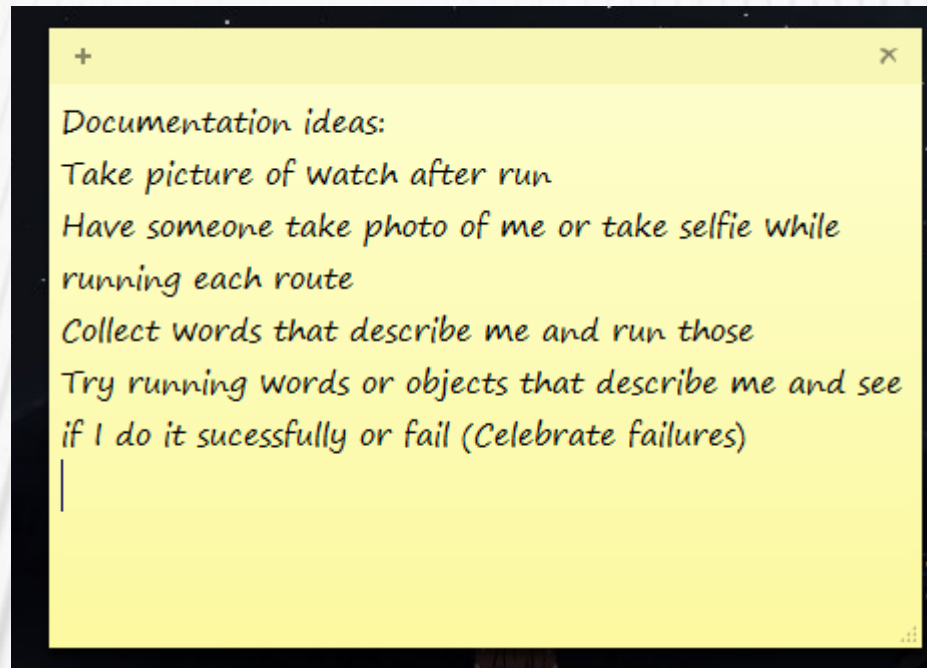
[View respondent's answers](#)

Dedicated, committed, passionate, loving, selfless, hard working, resilient, active, wise, money saver, oldest brother, oldest son,

11/16/2017 6:43 PM

[View respondent's answers](#)

Two people were able to fill out my survey. Out of all the questions I used this one to help create my final project. The idea was to find words that people used to describe me then run those words on the streets or at least attempt it.

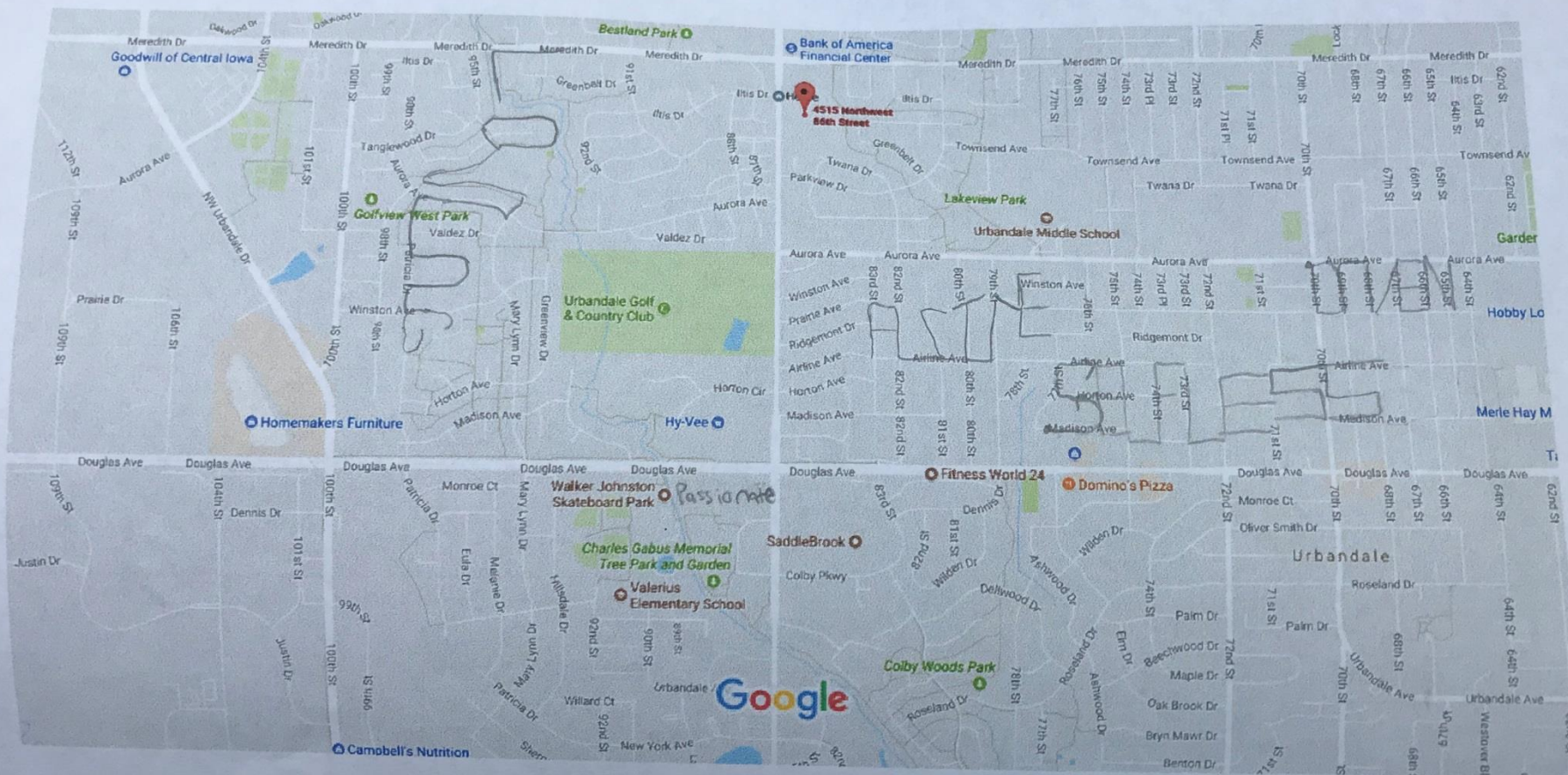


Wrote these notes down when I decided I wanted to run routes for my final art project.

11/25/2017

4515 NW 86th St - Google Maps

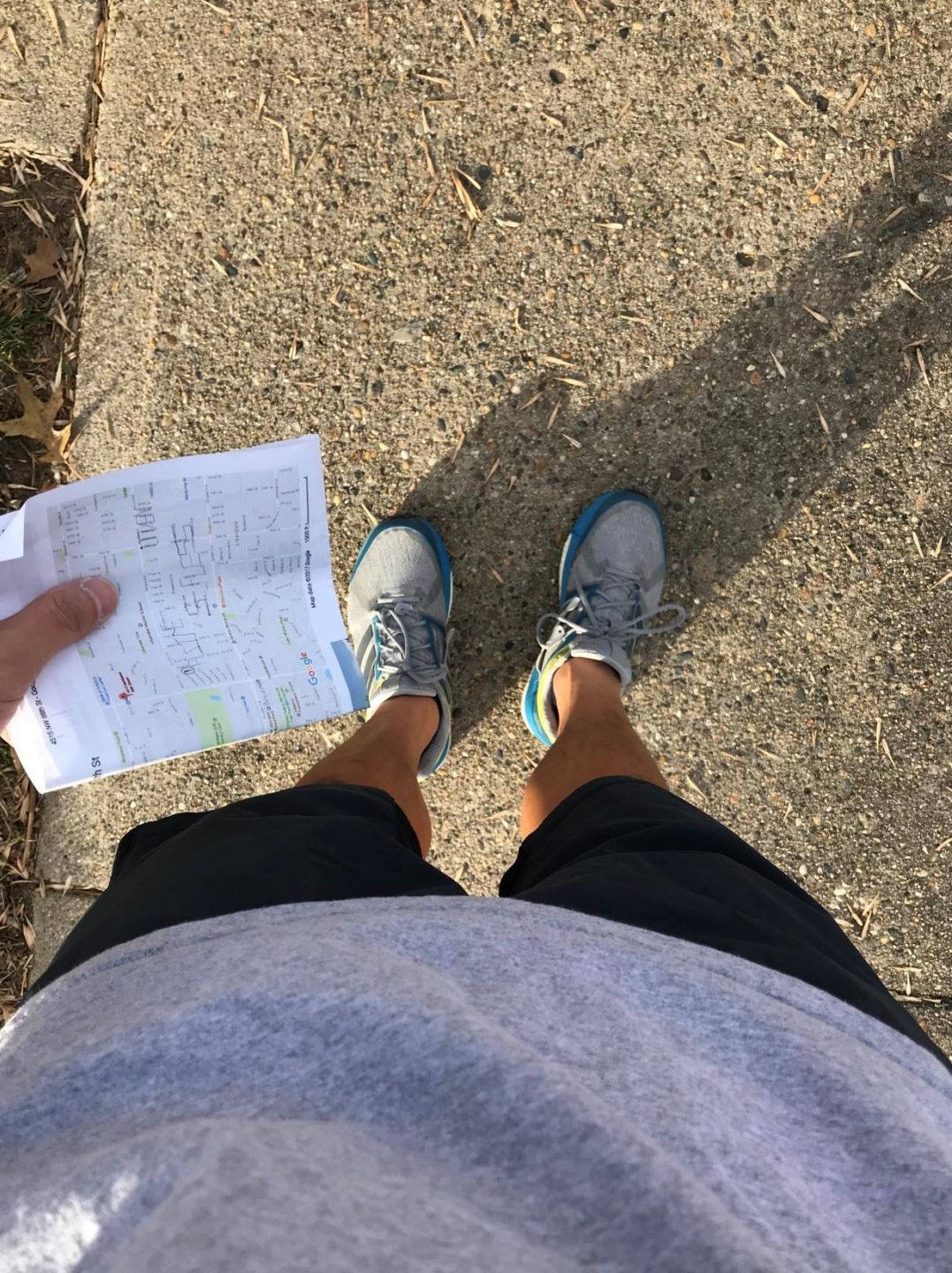
Google Maps 4515 NW 86th St



Map data ©2017 Google

1000 ft





After the first run, I was feeling hot so I had to take off my sweatpants and put on some shorts. I ran with this map the entire time so I had an idea on where I was going. The map was very helpful because otherwise I would have been very lost.



Taken during the first run.

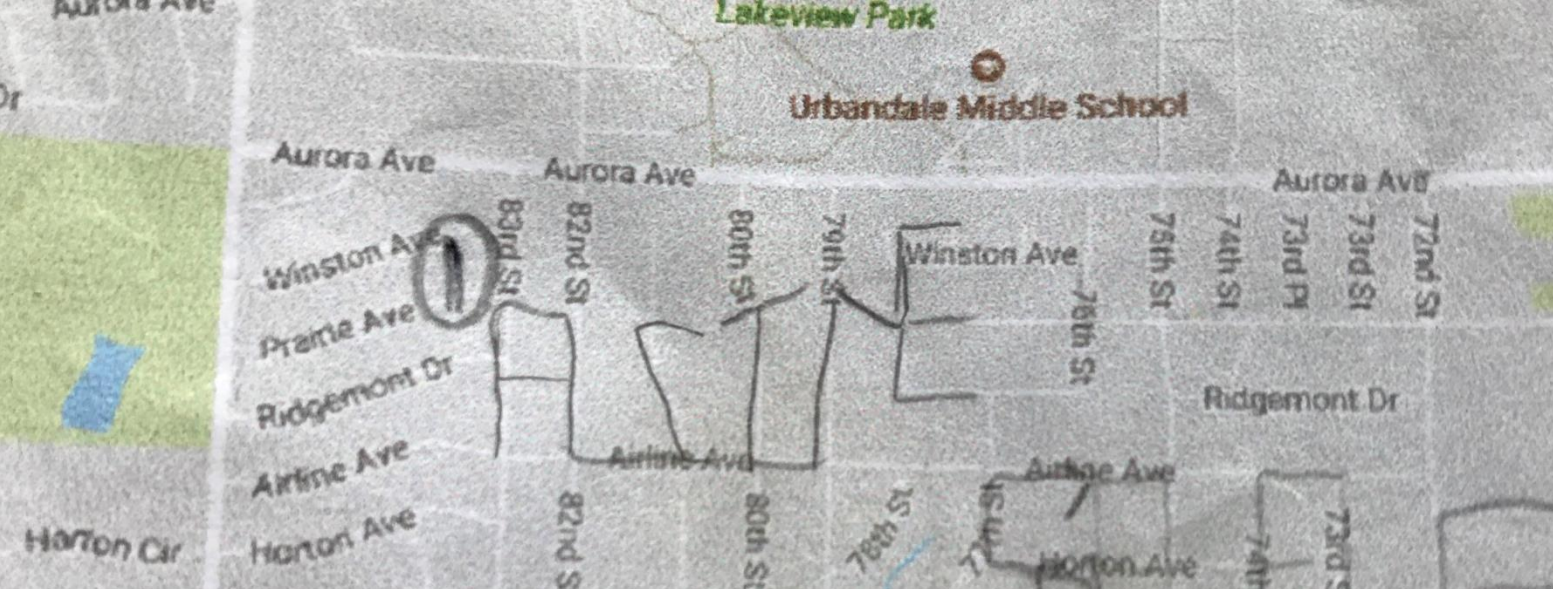


The second run was successful but it took the longest to run.



Third run I was feeling mentally and physically exhausted but I pushed through and finished it. The sky was starting to get dark after I finished ask you can see.



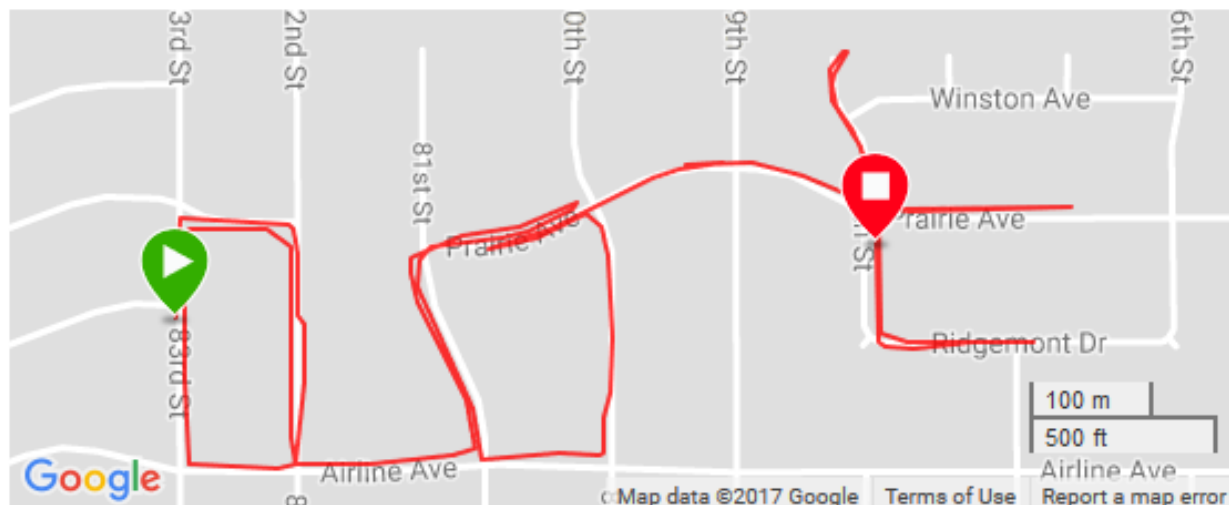


Not my final end product but I wanted to show the word I was trying to run which was "active."



Lucky Lovan

Today



Urbandale Running

16:04

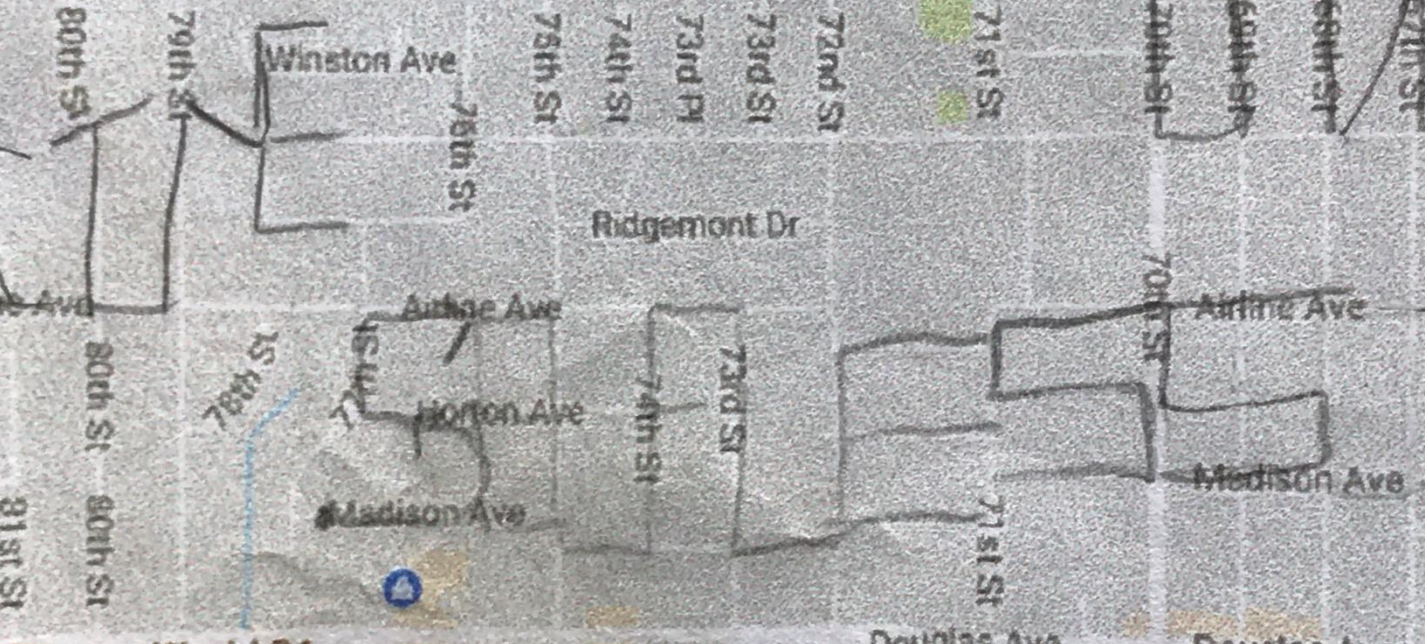
Time

2.14 mi

Distance

7:31 min/mi

Avg Pace



The next
word I
tried
running
was
“selfless.”



Lucky Lovan

Today

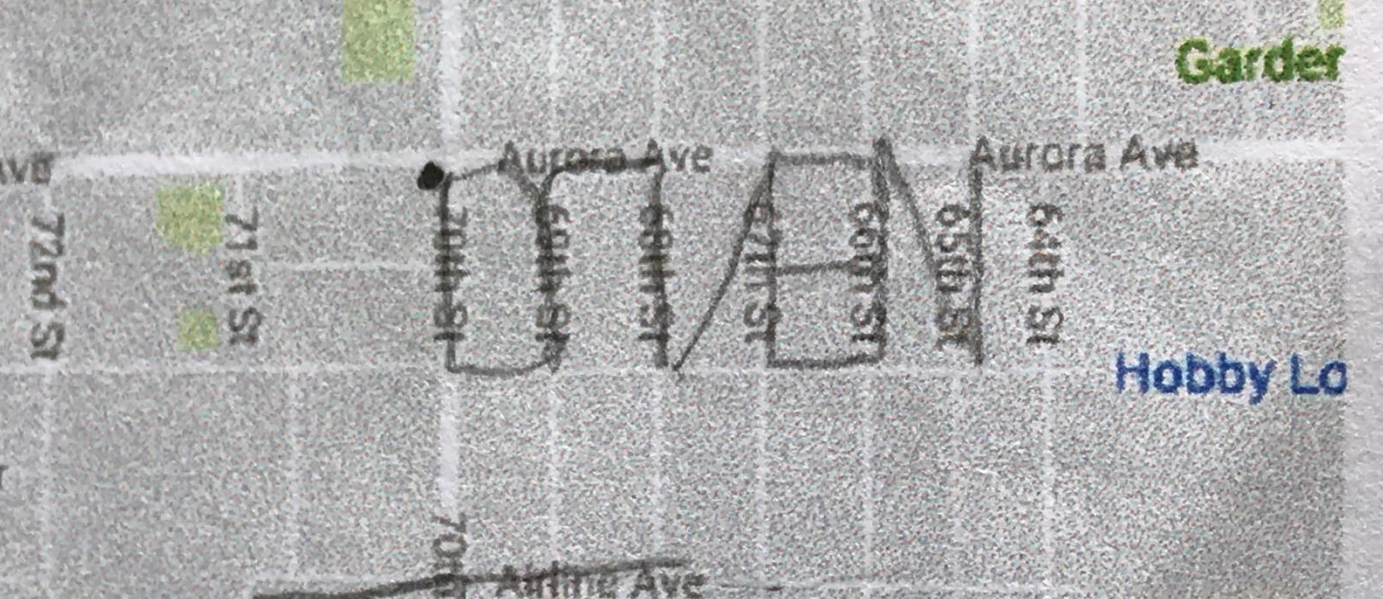


 **Urbandale Running**

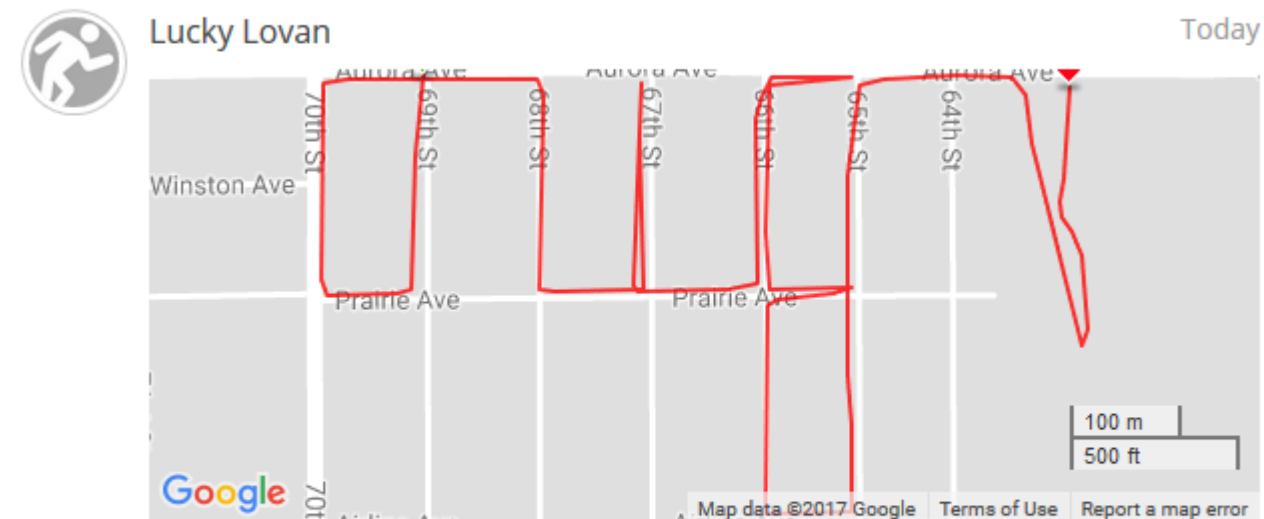
28:50
Time

3.98 mi
Distance

7:14 min/mi
Avg Pace



Last word I ran was
“driven.”



 **Urbandale Running**

14:50

Time

2.07 mi

Distance

7:09 min/mi


Avg Pace

SurveyMonkey Analyze - SELF × Afternoon Run | Run | Strava × Garmin Connect × Uploading from a Garmin device × (2) HOW TO CONNECT GARMIN × +

https://connect.garmin.com/modern/activity/2352691479 Search

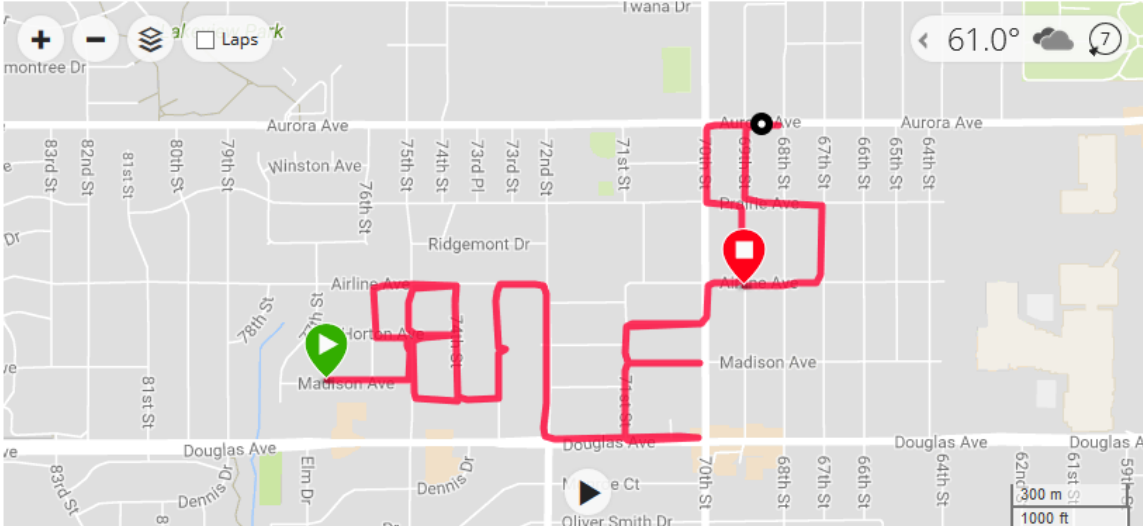
Most Visited My Graceland Home Graceland University A... Brightspace Muscle For Life

RUNNING ▾ BY LUCKY LOVAN ON YESTERDAY @ 2:29 PM

Urbandale Running  Event Type: Uncategorized ▾ Course: -- ▾ Gear: Add

3.98 mi 28:50 7:14 min/mi 98 ft 435 C

Distance Time Avg Pace Elev Gain Calories

 61.0°


Photos

Click to add photos

Notes

Add a comment.

Compare
Send To Device
Save as Course
Set as PR
Export Original
Export to TCX
Export to GPX
Export to Google Earth
Export Splits to CSV
Edit
Delete



In order to export it to Google Earth, I had to sync my watch to Garmin Connect then go to options shown here and download it.

Device

File

Manual

Mobile

Upload and Sync Your Activities

Activity Type

Run ▾

Run Type

Run Type Tagging

Commute

Treadmill

Title

Afternoon Run

Shoes

[Add New Shoes](#)

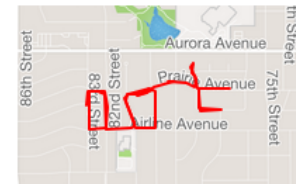
Details

11/26/17

2.1 mi

16:03

79 ft



Share to Facebook



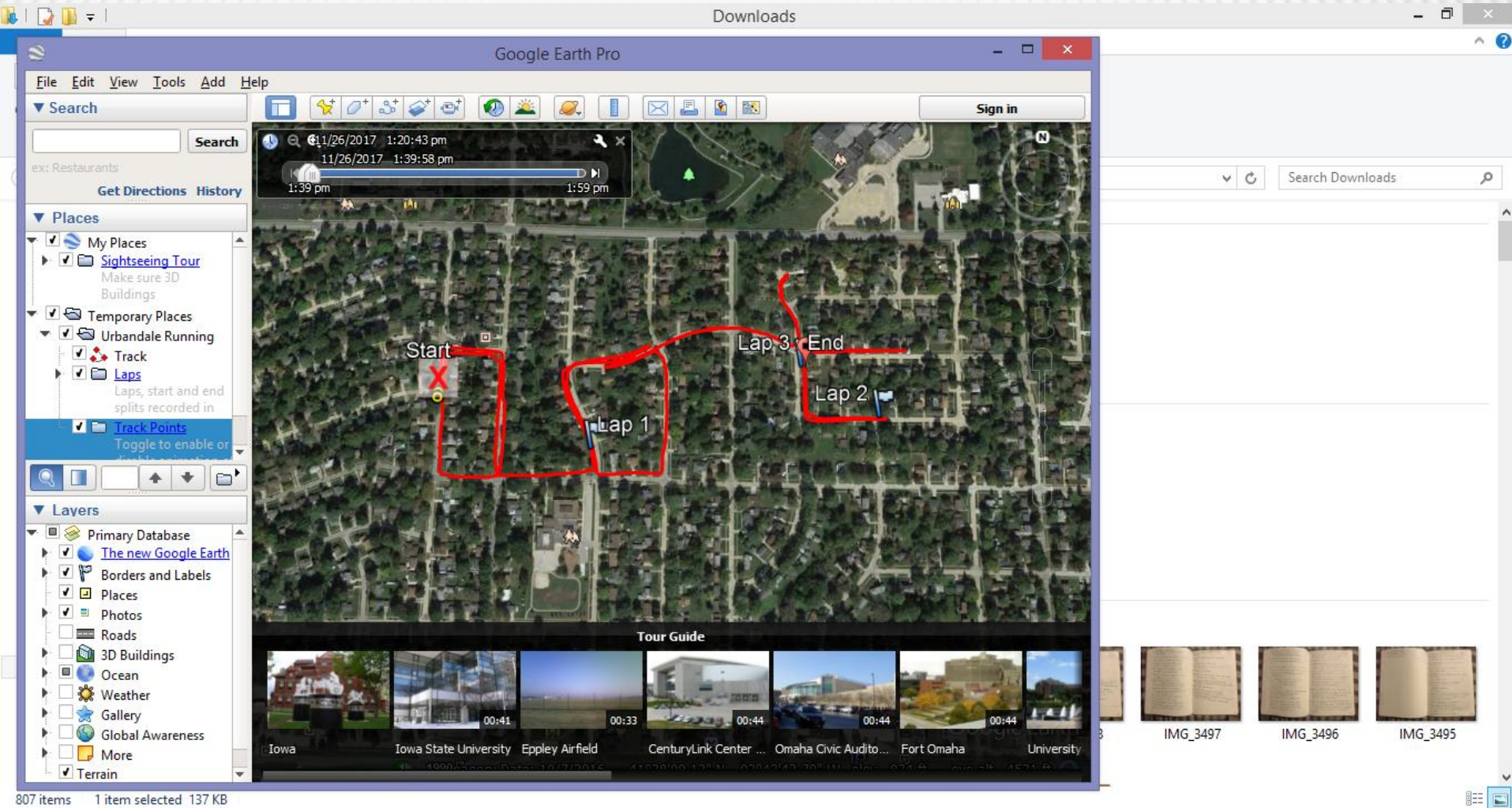
Private



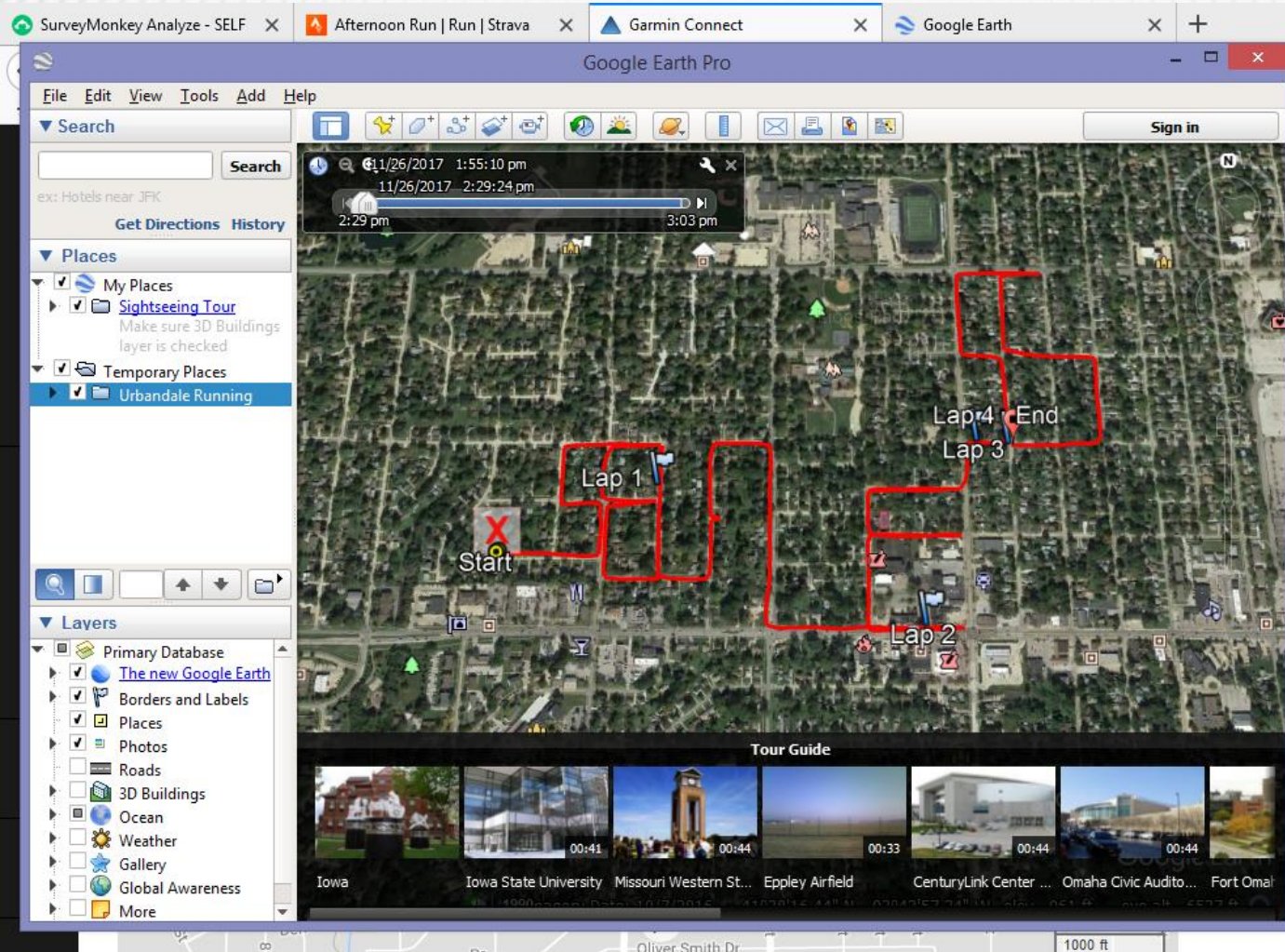
Hide from Segment Leaderboards

Save & View

My routes weren't syncing onto Strava which is the app I wanted to use to showcase my routes so I had to manually upload them each by downloading them as a GPX. I was debating on using Strava or Garmin Connect for my final so I did both and compared how each map on both apps.



I downloaded the routes I ran on Google Earth so that you could see the neighborhoods and obstacles I had to go through in order to complete this project.



Click to add photos to your activity.

Add a comment.



SurveyMonkey Analyze - SELF x Afternoon Run | Run | Strava x Garmin Connect x Google Earth x

Google Earth Pro

File Edit View Tools Add Help

▼ Search

Search

ex: Pizza near Clayville, NY

Get Directions History

▼ Places

- My Places
 - Sightseeing Tour
 - Make sure 3D Buildings layer is checked
- Temporary Places
 - Urbandale Running

▼ Layers

- Primary Database
 - The new Google Earth
 - Borders and Labels
 - Places
 - Photos
 - Roads
 - 3D Buildings
 - Ocean
 - Weather
 - Gallery
 - Global Awareness
 - More

11/26/2017 3:11:54 pm
11/26/2017 3:29:07 pm
3:29 pm 3:46 pm

Start

Lap 1

End

Lap 2

Lap 3

Tour Guide

Iowa Iowa State University Missouri Western St... Epley Airfield CenturyLink Center ... Omaha Civic Audito... Fort Omaha

500 ft

Click to add photos to your activity.

Add a comment.



Microsoft PowerPoint (Product Activation Failed)

File Home Insert Design Transitions Animations Slide Show Review View

Clipboard Copy Paste Format Painter New Slide Layout Reset Section Slides

Font Paragraph Drawing

Find Replace Select Editing

Slides Outline

1 2 3

Click to add notes

Slide 1 of 3 "Office Theme"

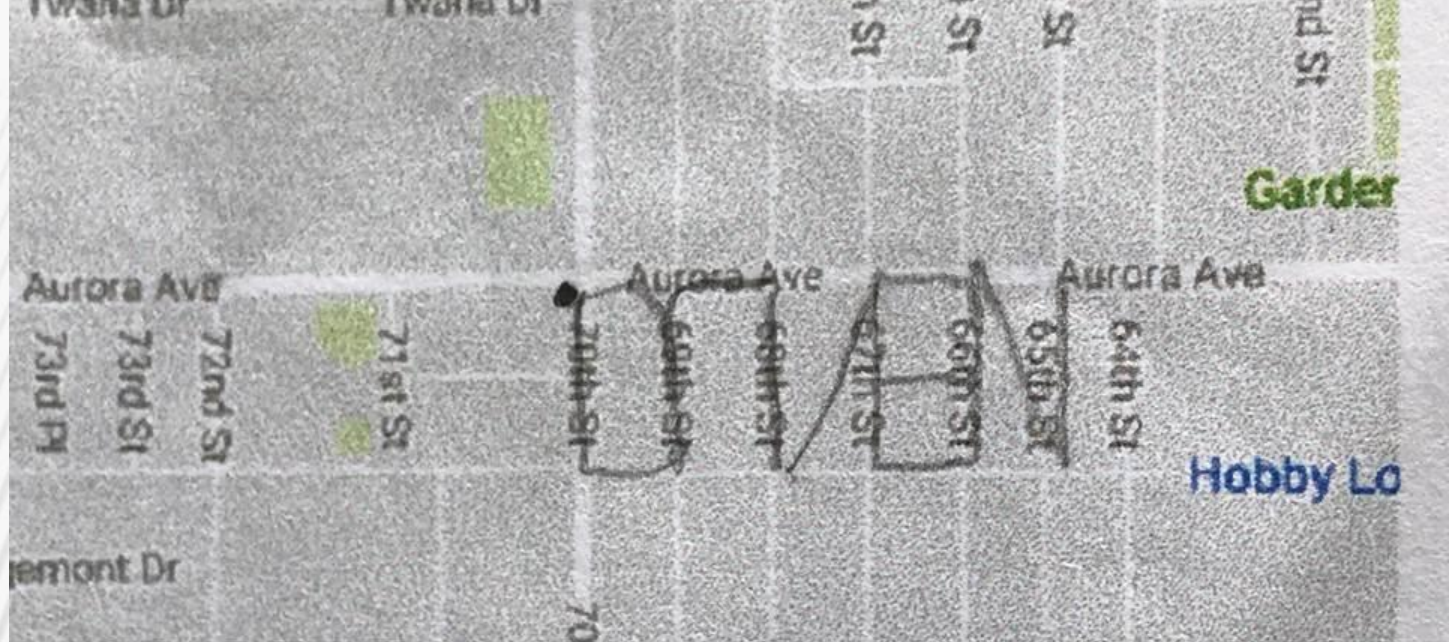
51%

10:01 AM 11/28/2017

2.07 mi Distance 14:50 Time 7:09 min/mi Avg Pace 8 ft Elev Gain 223 C Calories

Map data ©2017 Google Terms of Use Report a map error

Decided to go with Garmin Connect since it showed my stats for each run and looked clean. Here's a screenshot of my final project. It's a 10x10 image of the word/route I wanted to run and what I actually ran when I went out and did it. The words I ran were driven, selfless, and active.



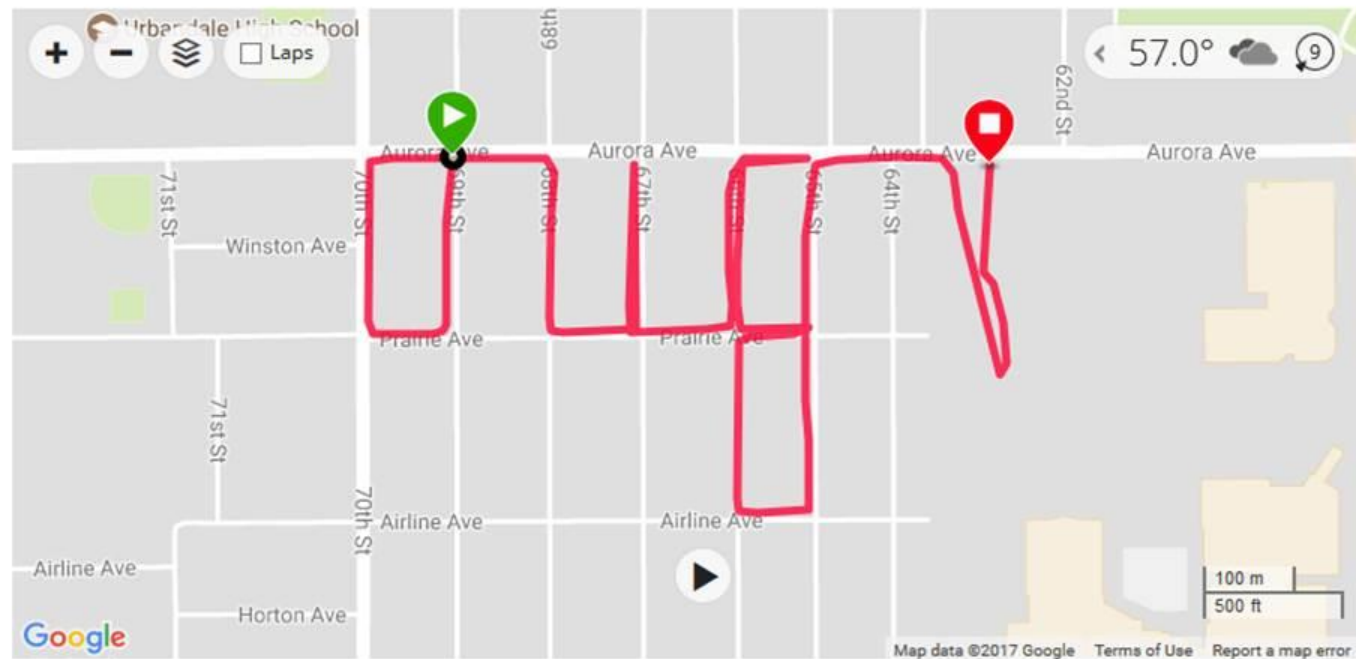
2.07 mi
Distance

14:50
Time

7:09 min/mi
Avg Pace

8 ft
Elev Gain

223 C
Calories





3.98 mi

Distance

28:50

Time

7:14 min/mi

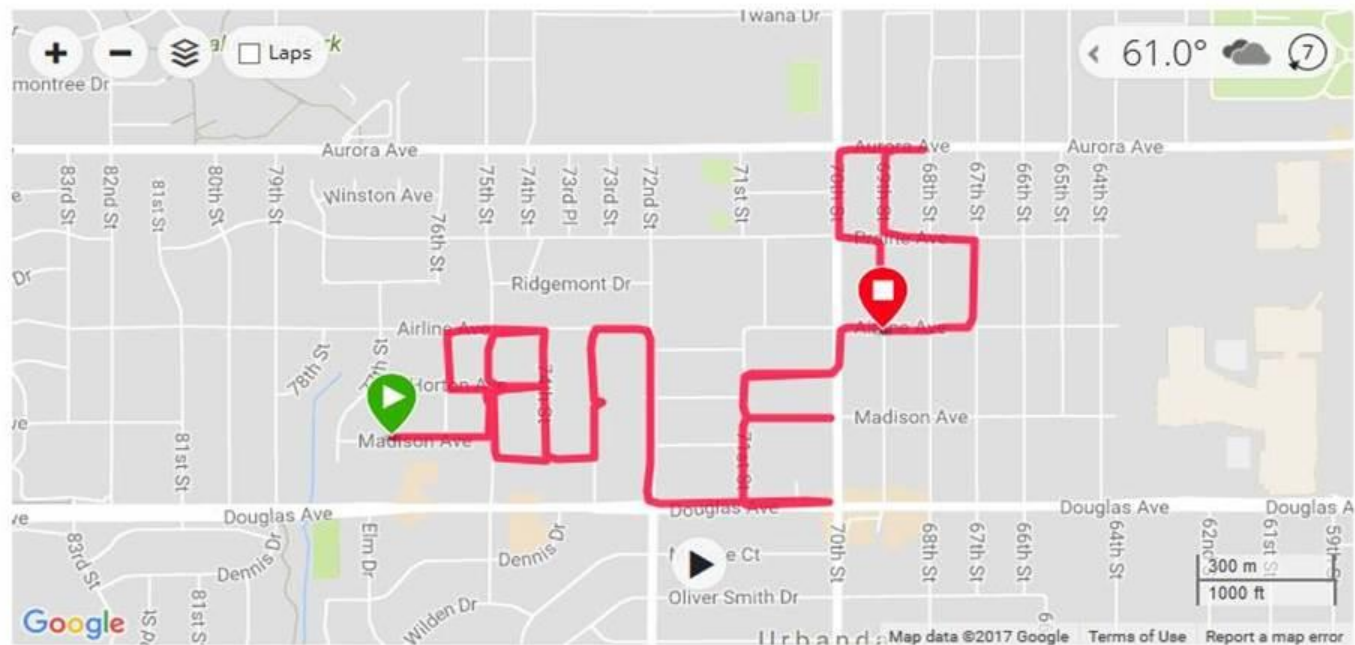
Avg Pace

98 ft

Elev Gain

435 C

Calories





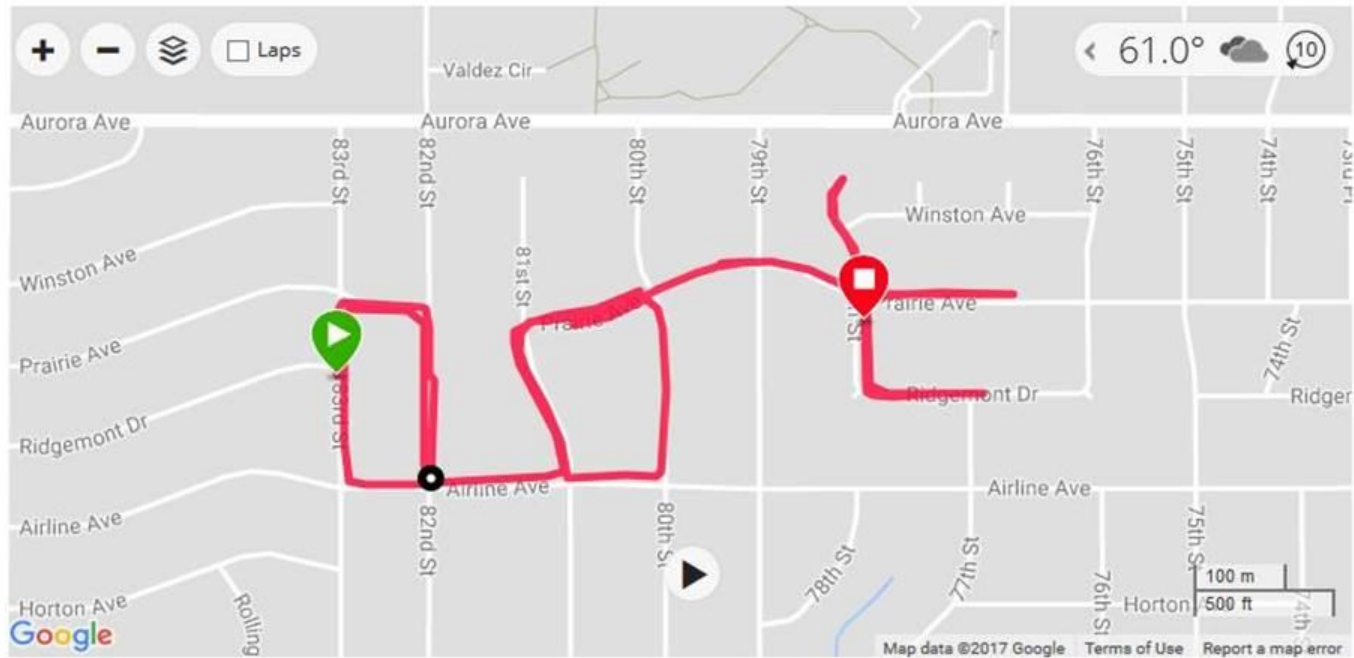
Distance

Time

Avg Pace

Elev Gain

Calories



Self:

- Project topic + theme
- Writing assignment due next week (Wednesday)
- Alice Walker reading + Podcast due for next wed.
- Cookbook due Wednesday
- Final project due Nov. 29

Final Exam - bring in all 3 projects, not have a discussion w/ Karen

I have not followed the guidelines given. I've only done what I like.

Childhood apparel:

There exists one photo in which I wear my rainbow dress - a school photo. I've been told that I wore just about as much as I possibly could. But my parents told me to wear something else. It was made of flannel cotton, with large rainbow colored stripes. I could wear around in it while still feeling pretty. I recall the colors sketching across my skirt and I would run around the playground.

Rainbow Dress
But perhaps that is a false memory

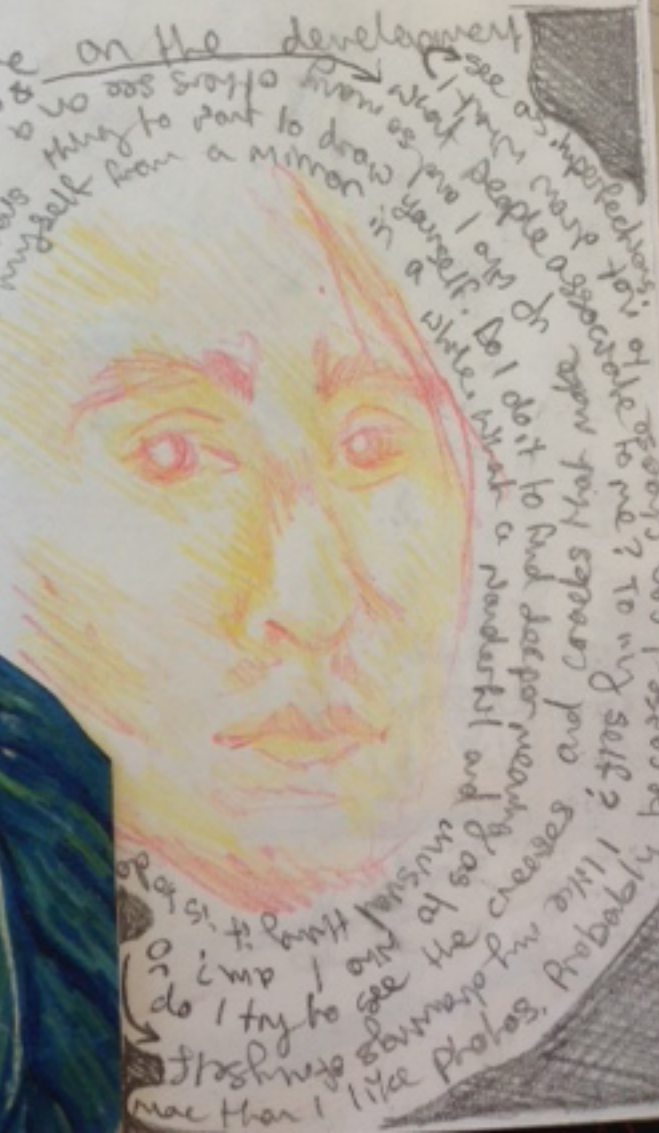




How would you be if you had no
color, heritage, race, gender, sexual orientation,



Nurture on the development → see



The previous page is childish, what does that mean to dislike that, Maturity v. childish



SELF-PORTRAIT

Nov. 1, 2017

15-20 min.

choice of appearance:
- Drawn towards edge
that can be softened
and cute

- That which seems / looks
dark and harsh can
continue to be calmer,

more collected, and personable
• NOT dangerous as
may be judged to
be

Expression of self
through clothing, hair,
accessories, and
actions

- How you want to be

Why do we draw figures
or representations of
the self? A neutral
reference for a person,
BUT does it truly capture
the nature
of the self?
It's not
its history
etc.?



"We are taught you must blame your father, your sisters, your brothers, the school, the teachers - but never blame yourself. It's never your fault. But it's always your fault, because if you wanted to change you're the one who has got to change."

- Katharine Hepburn, Me



"My soul is a hidden orchestra; I know not what instruments, what fiddlestrings and harps, drums and tamboura I sound and clash inside myself. All I hear is the symphony."

- Fernando Pessoa, The Book of Disquiet

The "self" is perhaps a human concept the brain has developed to separate the environment and surroundings from what IT is.

[MODERN foci + descriptors in relation to SELF] Can we truly be always self-aware? conscientious??

- narcissist
- meditation
- selfie + selfie culture
- portraiture v. selfie
- mindfulness
- self-absorbed



YOU ARE NOT YOUR Emotions

Why does anger = male, and most other emotions = female?



When "Me" turns to "we"

Individual

parent + child

partners

When another person comes into your life, do you retrain yourself or your identity, or do you become 'we'? Is it possible to have both?

BROOKE SUTHERLAND

- wrote an article on how having a daughter as a single mom changed her mindset of self from 'me' to 'we'. Did 'we' go at? What do 'we' need?
- She recalls even referring to herself as 'we' when her daughter wasn't around. Making care of themselves, her mind shifted to simply include her daughter as a part of her. Her identity, her self.

RECENT

Found it a bit off putting, as I hadn't been considered as part of such an intimate 'we', outside of my immediate family.

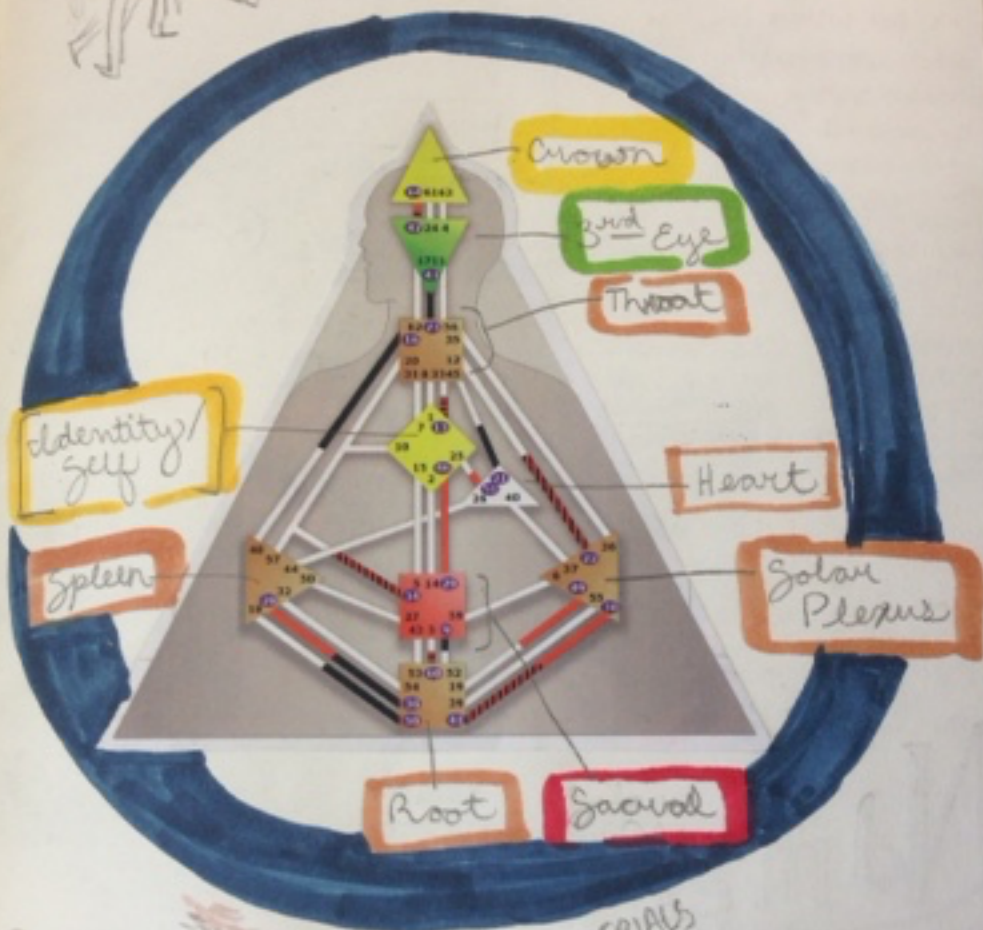
- I've recently entered a romantic relationship, and have accidentally referred to myself and my boyfriend as "we" and "us" without thinking about it.
- We view couples as a single self or entity, and refer to them as them: why isn't so + so here?
- I was asked whether myself and my boyfriend could help at church a while ago. The person seemed to ask me to answer for two individuals as if only the 'we' existed.

PRIMARY Colors

- Nearly all colors derivation the three primary hues
- Self can be developed similarly through varying tints and shades of characteristics and identifiers



can be seen as individuals from
varying perspectives, but
a "one" identity at others



Physical structures ← MATERIALS

with green wrap
pinking +
marking
mixing of
colors inside
water color



SPIRIT ANIMAL

to
Straw, Anselm
Mirrors addresses the search
for identity
purity of identity, identity
USA USA

• a pop culture way in
which we identify
ourselves using
the abstract
or animalistic

• Taken from
Native
Prostitution
and has
been
morphed
into pop
culture

Egg v. the Race

Ideas of identity progress

RACE

• A race of
people moving
where the more advanced need
the end and others are just
getting started. A gradual
development
with an end goal
in mind

Consumption

Progressive

Constant w/ variance

EGG (pg. 10-11)

An egg can be
"dashed, scrambled,
or poached" or
made it
into a
dozen
different kinds of omelette.
BUT, it's still
remains an egg
essentially.

WHO WILL YOU BE ON YOUR DEATH BED?
HOW WILL YOU WAS YOUR LIFE THEN? WHY?

Names

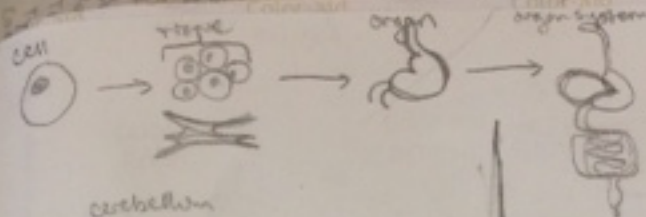
• Names are given w/ great intention by the
parent/namer. Hopes or dreams for
individual can be set in a name (16)
• Name bearer can choose whether
they will embody those descriptors
associated with their name,
or pull as far away as
possible (16)

• Women's lost name change
to take on a new self as a
wife is an example, sign of
submission, or merging of self?

• "to define, or determine a thing, is
to mark its boundaries" (pg. 10)

• Identifiers/names clarify how we
should be interacted with

- efforts in new social
manners
- child should be given special
attention or use modified
/ simplified manners of talking



Teri Foster:
Anatomical +
Biological studies
of the 'self'
classroom lesson

"A stroke of weight"
- change of self: has much
is really you

Septicemic Brain

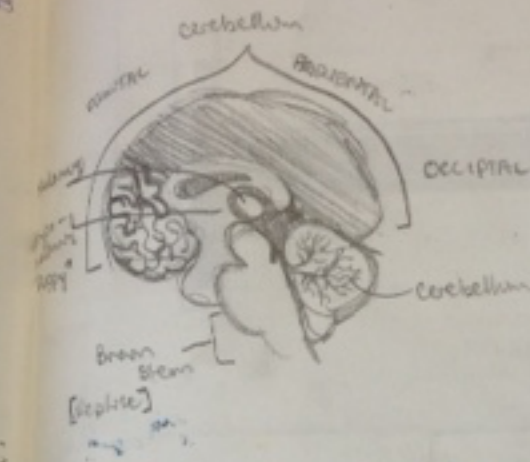
- Refers to 2 brain stem
- Basic survival functions, such as eating, breathing, heat regulation, etc.
- 'Midbrain' due to comparison to the structure of the reptilian brain - less dev. & the cerebellum or higher functions, section of the brain

Penyakit

- development of the emotional aspect
- Pers, happiness, love (??)
- developed from here!
- works here

Ceolastrium

- more control
- the "self" is
- more ~~able~~ in ~~the~~ ^{the} ~~self~~ ^{self} ~~is~~ ^{is} ~~greater~~ ^{greater} ~~mental~~ ^{mental} ~~higher~~ ^{higher} ~~mental~~ ^{mental} ~~functions~~ ^{functions} ~~processes~~ ^{processes}



Which folks have control?
Is there an equal balance that
should be achieved, or is it
okay to lack "exact" balance?
Groups representative of
different classes / pools of
energy - each with a different function

Alison = a fantastic handlettering artist
beautiful chyle, klas, flows, and
fluidity

Will you live on your DEATHBED?
Will you view your life then? Why?

a thing, is
" (pg. 11)
glacac
with
social

over special
matters
of talking

Charles
Eric
Melissa

I am I am I am I am I am
I am I am I am I am I am
I am I am I am I am I am

am.



Penelope's box
for people to place
"I am" statements in.

A visual campaign project? Posters, surveys,
etc.

Am I what I am not?

Is that a way to identify and specify
myself?

I am Amal who I say I am?



How does one LOSE THEMSELVES?



Photos of
others -
to see myself
in others?

Collage of other
faces to create
from my own
of all different

Who am I in colors?



GU

Lamoni

Multi
cultural
w/ white
majority

classmates

Martin	Riley	Alex
Margaret	Kayla	Bailey
Sarah	Blair	Avery
Beth	Grace	Madeline
Jo	Ally	Abby
Stephanie	Clay	Isabel
Bradley	Brianna	Connor
Jason	Nicole	Colton
Tanner	Nicole	
Tyler	Jessica	
Andy	Charles	
Nicholas	Erie	

teachers

Lyn	
Carol	
Sharon	
Clark	Beth
Danny	
Conner	
Elliot	
Colleen	
Carpenher	
Pitt	
Melissa	

Develop ~~strong~~ healthy life habits

1. Have a balance between self, social, education, partner, work, and have aspects

2. Be able to learn from every moment

3. Use the knowledge you know, and leave for others to use it how they wish

4. Know that you ~~are not~~ ~~never~~ ~~right~~, not that

5. You never be right, but recognize when you are.

6. Don't look down from what you believe in

* Ask yourself before doing a job: Will my actions match and help w/ my intentions? Does it help anyone else?

* Practice, people, Recreate

1. Appreciate the present, it is good to be present, plus look and reach for a good future for yourself and others

2. Just because you think others won't have/don't have

3. Accept gifts & say sign to express that others see value in you and what you are doing

4. Change things may be comfortable with - you are valuable, so is your time, your work, your education, and your investments

5. Even as is beautiful

6. Stop looking out of just the outside.

7. Protect others and in you so it or act it yourself

8. Treat your body with care of violence, disrespect, and disrespect

9. Make stuff for the

10. Please very little with the sun

11. Know that it is a

12. Know an inner object - decide to act in the face of fear

13. But also know as you can. You only have one lifetime to do it

14. Look at friends over know everything

15. Know that have meaning and value to you, and to others

16. Try to keep a promise without harming others, or breaking rules.

17. Don't forget, if you

18. Apologize for your mistakes

19. Know that you do



$\leq 1\%$ B



$90+ \%$ W



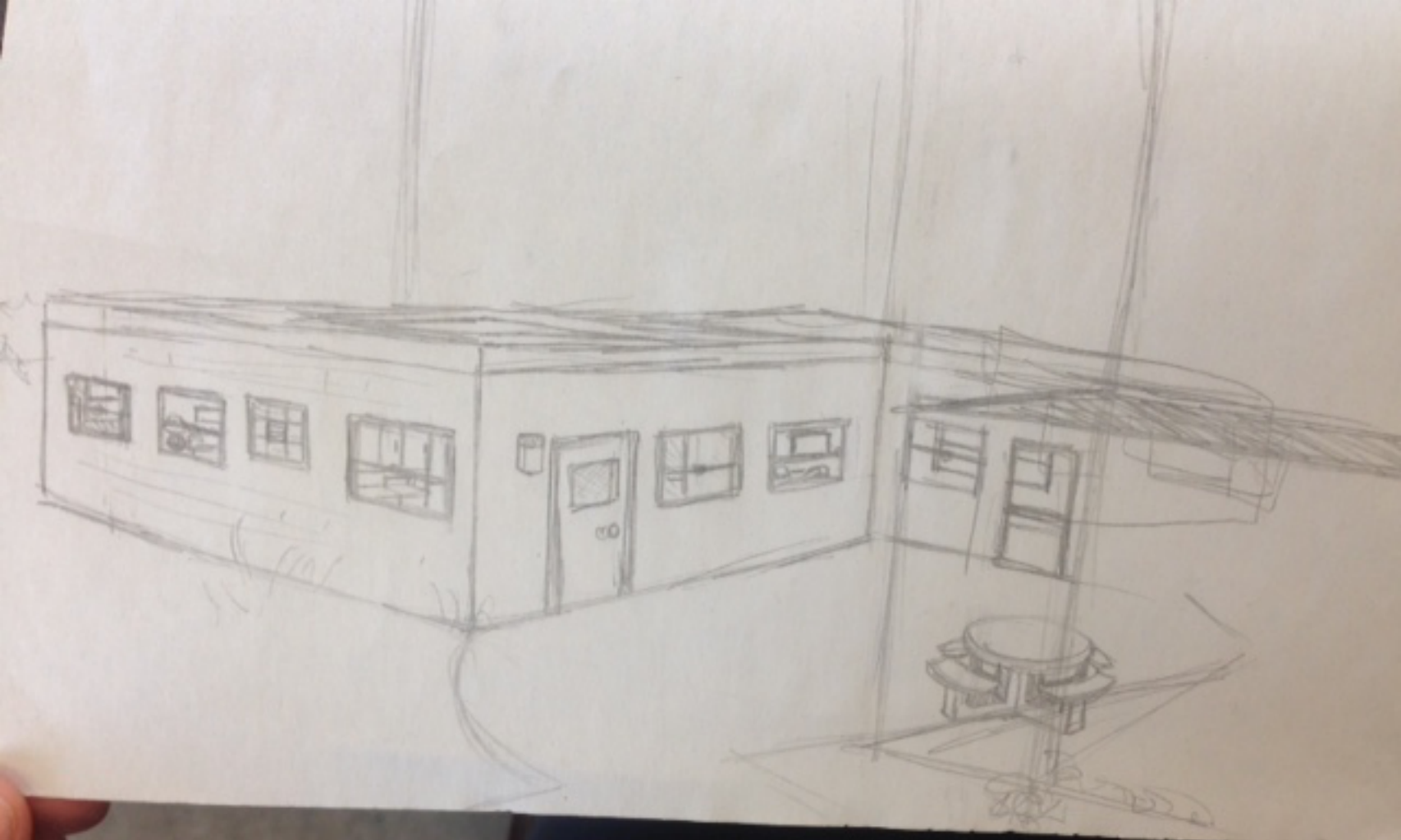
$\leq 1\%$ H



Bural

- Everyone has the right to speak
 (17) Different backgrounds create different people - respect that
 (18) Be on time as much as possible.
 (19) Better yet, be early and prepared!
 (20) Always give credit where it is due
 (21) Be considerate and respectful of others' boundaries
 (22) Love and see all animals + plants + nature as equals in life
 (23) Make each hug, kiss, and sign of love count, as they always will if you put in the effort
 (24) Put in the effort
 (25) Take time to formulate a response - figure out whether it's possible, and whether you want to make it possible
 (26) Take the time to take in beauty in its many forms
 (27) Have moments to just not think and simply be
 (28) Life is complex - acknowledge it, come to realize it, and know it can be okay
 (29) Step out of your comfort zone in healthy ways
 (30) Stop when asked to do so, and accept every response at face value. Then judge whether your actions are okay, and helpful and appreciated
 (31) Know and listen to other perspectives in the world
 (32) Use everything to its fullest extent
 (33) Be conscious of decisions, actions, and thoughts
 (34) Practice mindfulness. Always.
 (35) Take breaks when you need them.
 (36) Always say please and thank you.
 (37) Hold the door when the opportunity arises
 (38) Practice spontaneous acts of kindness - even in moments when you think you can't
 (39) Clean up after yourself, and sometimes others
 (40) Lend a hand whenever you can, and have the energy to do it
 (41) A body is not just an object - treat it with love and respect
 (42) Always ask permission ~~unless it is a danger or a helpful progress~~
 (43) The world is alive, treat the world as such
 (44) Life is tough for everyone. Give people a break. I recognize you are tired

- (45) Do as
 (46) Strive
 (47) Stand for
 (48) Put your
 (49) Don't be
 (50) Apologize
 (51) Acknowledge
 (52) Take care
 (53) Put off
 (54) Be a little
 (55) Agree to
 (56) Be effective
 (57) Be the j
 (58) Do your
 (59) Treat ot
 (60) Know th
 (61) Learn fr
 (62) Everywa
 (63) Stand a
 (64) Speak u
 (65) All things
 (66) Be on th
 (67) Family
 (68) Stop p
 (69) Be kind
 (70) Be wor
 (71) Don't h
 (72) Act out
 (73) value
 (74) Time is
 (75) The pas
 (76) No one
 (77) Everyo
 (78) No one
 (79) No one



PHENOMENAL WOMAN by Maya Angelou

Pretty women wonder where my secret lies
I'm not cute or built to suit a fashion model's size
But when I start to tell them,
They think I'm telling lies.

I say,

It's the reach of my arms,

The span of my hips
The stride of my step.

The curl of my lips.

I'm a woman

Phenomenally.

Phenomenal woman,

That's me.

I walk into a room.

Just as cool as you please,

And to a man,

The fellows stand or

Fall down on their knees.

Then they swarm around me,

A hive of honey bees.

I say,

It's the fire in my eyes,

And the flash of my teeth,

The swing in my waist,

And the joy in my feet.

I'm a woman

Phenomenally.

Phenomenal woman,

That's me.

As strong in her self as a woman,
Is without contradiction, forward, and
energizing! A positive sense of
self not often regarded or felt.

Angelou, Maya. "Phenomenal Woman by
Maya Angelou." Poetry Foundation, Poetry
Foundation. www.poetryfoundation.org/poems/43985/phenomenal-woman.

Men themselves have wondered
What they see in me.

They try so much

But they can't touch

My inner mystery.

When I try to show them,

They say they still can't see.

I say,

It's in the arch of my back,

The sun of my smile,

The ride of my breasts, &

The grace of my style.

I'm a woman

Phenomenally.

Phenomenal woman,

That's me.

Now you understand

Just why my head is not bowed.

I don't shout or jump about

Or have to talk real loud.

When you see me passing

It ought to make you proud.

I say,

It's the click of my heels,

The bend of my hair,

The palm of my hand,

The need for my care.

'Cause I'm a woman

Phenomenally.

Phenomenal woman,

That's me.

campus.

SELF: Devont's Discussion

Interpretation - "Die Transcendental"
spectral here = funny, shadowy, true?

WRITING OUT OF PHRASES:

- I'm not myself today
(I am acting differently than my
average character/character)
- (It is possible to be yourself, and
to not be yourself)
- (Idea of blaming trouble to
uncharacteristic action for
being one's 'self')
- (An excuse when you're not as
good as you should have been)
- (Self is functionality)
- (Possibility of multiple selves)

I am what
claims me to be

I eat

I say

I am

They say I am

They see

I hide

I am kind to

I think I am

I claim to be

I remember (anterior)

I was thought to be.

The label has volume to be.

I know

I do / I've done

I've written/said
my message

1948

Phineas Gage

- Railroad accident @ 25 yrs
- Did not take paper safety these
symbol police got into danger.
- Personality through self
- Personality was said to have changed
- more loud, coarse, rude
- became highly recognizable

Refracted Cortex } part of brain
Anterior cingulate } associated with
insula } SELF
Hippocampus (recent memory)

Anne Sexton (poet)

"Raving"

Ecce Homo - I am a person Friedrich Nietzsche

cultural difference in choices???

Lose yourself
No body notices your brain

DIFFUSED self v. FOCUSED self

And so it goes.

- Kurt Vonnegut

can't use mirror point as part of the
project?

99 sand + brown in here

THE SELF

[Interactive Poster Series
(can't write + learn as well?)]

Interactive Poster Series
(campus wide + Lamani as well?)

• Have the public explore their self identities, who they are, what it means to be themselves, how they relate to the world around them.

The "I am" campaign series.
"i am."

I am. [...]

Bathrooms or public spaces as main locations where you are confronted by who you are, yourself.

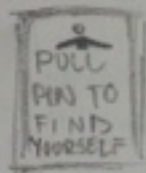
creation / use of mirrorlike paper materials in posters, want to use multiple layers to express depth of people.

Final collection creates a booklet of responses to the statement "I am" or "who am I" or "who are you"

Exercises in 'self'



Who are you?



Can I use mirror paint as part of the project?

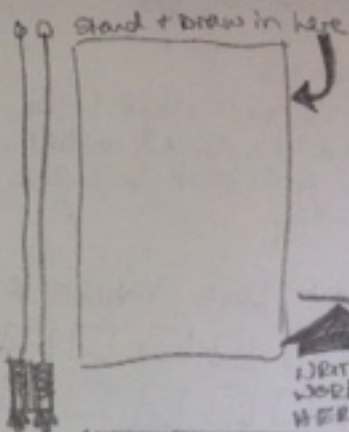
The SELF EXPERIMENT

- ① Outline what you love about yourself in blue.
- ② ^{outline} what you hate about yourself in red.

③ Using the color of choice for feeling, write one word ~~that~~ represents that you are.

{ Do you love yourself? }

- Take a photo and
- ① Smile for 'no'
 - ② Smile for 'yes'
 - ③ Smile if you don't know
 - ④ Email photos to ^{campus board} to be displayed on wall.
 - ⑤ Do you hesitate to send it? Why?



Dear you,

Now, me,

- ① Write a letter to yourself. about your self.
- ② Mention how you make you feel.
- ③ Take the number in the bottom right hand corner, and write it on the back of this card.
- ④ Mail it. It will go to someone randomly on campus.

Do you love yourself?

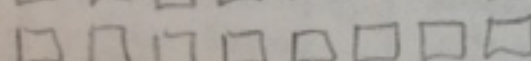
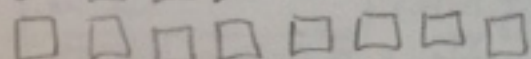
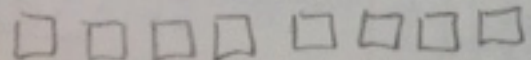
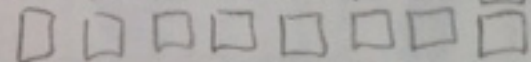
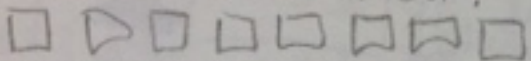
Take a photo of yourself w/ the following.

① straight face for 'yes'

② smile for 'no'

Send photo to Chae Woon to be printed and displayed on Dec. 1 in the Helene. Photos will be taken down after one day.

DO YOU LOVE YOURSELF?



... WHO LOVES THEMSELVES?

SOLF MATH / FINANCE

marina Abramovic & the artist is present
(pre-cup from the library)

NABH.5.A27 M38 2012

Performance Art: from futurism to the present

Roselee Goldberg

NX456.5.P38 G66 2001

Storycorps inspiration:

- Intention / focus on listening to and learning about individuals
- setting aside the time and energy to do that
- talking about the self can help you learn about yourself

{ways to record interview experience:}

- write a description pertaining to it (on the back of advertisement posters)
- Time cards (name of people, time talking to them)
- Photos or video of talks, hands making gestures, holding talking prompts, audio w/ photos or video
- Ask for a token to signify time spent together (link, lip stick marks, paper, pencil, etc.) high five, verbal confirmation, etc.

FINAL PROJECT

Time: 2:30 - 5:00pm
Tuesday, Nov. 28

Location:

Materials: bowl (probably see-through)

- Question slips of paper
- Sign explaining what to do
- Directional signs (posted around)
- Tape (for north?)
- Clothing (
- Phone/camera for evidence
- Evidence box
- Markers or mark makers

Final: To sit during set time, and listen to the self (s) of others. Questions can be chosen/taken, and then participants told.

"Take a question" signs? Have them take leading up to it
• get posted tonight!! (Mon. Nov. 27)

What defines YOU? ^{total} _{me}

- Age	- Social class
- Sex	- Family
- Gender	- Interests
- Religion	- None
- Ethnicity	

The Collective SELF of the Student Body

- telephone paper: "Take what you need" - type papers
- Placed all over campus, w/ different topics to respond to by leaving the papers
- Each paper has a different response
- Posed questions, statements to agree or disagree with

Take what you need:

- self confidence

Do you believe in your self?

Y or N

Who are you?

What has defined who you are the most?

- Family
- Friends
- Television
- Social media
- Ethnicity
- ~~Social~~ Social Class
- Where you are from
- Money

Do you think you ~~are~~

Have you defined

what your name ~~is~~ ^{is} or how your name defined who you are?

- ① Do you love yourself?
- ② Take a photo of yourself w/ the following.
- ③ smile for 'no'
- ④ Send photo to Noel

Norma Abramowitz (the artist is present)
(pick-up from the library)
Nov 28, 5:00 PM 2012

What do you think is your spirit animal? Why do you think that?

Based on the first name that comes to your head, what one song do you think defines who you are as a whole

Describe your childhood home to me.

Where and when did you feel most like 'yourself'?

Who do you think everyone sees you as?

What is a self?

Who are you?

How much self do you need in 'self-confidence'?

What do I think about myself? dariusforox.com/selfawareness/

What word you like people to say about you after you die?

What do I value the most about myself? Why?

~~What experience~~

Tell me about an experience that has defined your sense or development of self.

Who do you try to emulate your self / life after? ~~it~~

What about yourself are you most proud of?

Tell Me about You

A “self” experiment

1. Sit across from me. Get as comfortable as you can.
2. Take a piece of paper from the bowl on the table OR
if you took one from one of my posters, take it out.
3. Read the question out loud.
4. Talk to me about your answer. I'll be listening to everything you have to say.

5. a) Leave the table, and continue with your day.
5. b) Take out another question from the bowl, and answer.

You can stay for as long as you'd like until you are satisfied,
or until you don't want to talk anymore.

Tell Me about You

A "self" experiment

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2. Take a piece of paper from the bowl on the table OR
if you took one from one of my posters, take it out from where you are keeping it.
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[illegible]

Tell Me about You

A "self" experiment

TODAY, Nov. 28, 2:30 - 5:00 p.m.

Internet Cafe

1. Sit across from me. Get as comfortable as you can.
 2. Take a piece of paper from the bowl on the table OR if you took one from one of my posters, take it out.
 3. Read the question out loud.
 4. Talk to me about your answer. I'll be listening to everything you have to say.
-
5. a) I leave the table, and continue with your day.
 5. b) Take out another question from the bowl, and answer.

You can stay for as long as you'd like until you are satisfied, or until you don't want to talk anymore.

Where and when did you feel most like 'yourself'?

Who do you try to emulate your self/life after?

Do you think who you are is set in stone, or do you think you can change who you are?

What do you think about yourself?

What do you think is your spirit animal? Why?

When did you first lie (if ever), and what was the lie about?

Describe an experience that you feel has helped define who you are.

Which has defined you more: your genetics or your experiences?

What would you like people to say about you after you die?

Describe your childhood home to me.

Tell me about who you want to be in 10 years? Your career, your beliefs, your actions, etc.

Tell me one ability or characteristic you wish you had.

What was your favorite activity to do as a kid?

Right now, do you wish you were someone else? Why?

Tell Me about You

A “self” experiment

TODAY, Nov. 28, 2:30 - 5:00 p.m.
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Right now, do you wish you were someone else? Why?

Where and when did you feel most like 'yourself'?	Where and when did you feel most like 'yourself'?
Who do you try to emulate your self/life after?	Who do you try to emulate your self/life after?
Do you think who you are is set in stone, or do you think you can change who you are?	Do you think who you are is set in stone, or do you think you can change who you are?
What do you think about yourself?	What do you think about yourself?
What do you think is your spirit annimal? Why?	What do you think is your spirit annimal? Why?
When did you first lie (if ever), and what was the lie about?	When did you first lie (if ever), and what was the lie about?
Describe an experience that you feel has helped define who you are.	Describe an experience that you feel has helped define who you are.
Which has defined you more: your genetics or your experiences?	Which has defined you more: your genetics or your experiences?
What would you like people to say about you after you die?	What would you like people to say about you after you die?
Describe your childhood home to me.	Describe your childhood home to me.
Tell me about who you want to be in 10 years? Your career, your beliefs, your actions, etc.	Tell me about who you want to be in 10 years? Your career, your beliefs, your actions, etc.
Tell me one ability or characteristic you wish you had.	Tell me one ability or characteristic you wish you had.
What was your favorite activity to do as a kid?	What was your favorite activity to do as a kid?
Right now, do you wish you were someone else? Why?	Right now, do you wish you were someone else? Why?

Tell Me about You

A "self" experiment

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1. Sit across from me. Get as comfortable as you can.
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3. Read the question out loud.
4. Tell me about your answer. I'll be listening to everything you have to say.

5. A) Leave the table, and continue with your day.
5. B) Take out another question from the bowl, and answer.

You can stay for as long as you'd like until you are satisfied, or until you don't want to talk anymore.

Where and when did you first meet the "person"?

What do you like to watch on your favorite show?

What do you think is the best way to be a parent?

What do you think is the best way to be a parent?

Where did you first see the "person"?

Describe an experience that you had that helped define who you are.

What is the most difficult part of your job?

What is the most difficult part of your job?

What would you like people to say about you after you die?

Describe your childhood home to me.

Tell me about the person you want to be in 10 years?

Your career, your beliefs, your actions, etc.

Tell me one ability or characteristic you wish you had.

What was your favorite activity to do as a kid?

Right now, do you wish you were someone else? Why?

Approved by HSC Staff
Please Remove By

Tell Me about You

A "self" experiment

TODAY, Nov. 28, 2:30 - 5:00 p.m.

Internet Cafe

1. Sit across from me. Get as comfortable as you can.
2. Take a piece of paper from the bowl on the table (If you took one from one of my posters, take it out.)
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5. a) Leave the table, and continue with your day.
b) Take out another question from the bowl, and answer.

You can stay for as long as you'd like until you are satisfied, or until you don't want to talk anymore.

Where and when did you feel most like "yourself"?

Who do you try to emulate your self/ta who?

Do you think who you are is set in stone, or do you think you can change who you are?

What do you think about yourself?

What do you think is your spirit animal? Why?

When did you first be if sport, and what was the be about?

Describe an experience that you feel has helped define who you are.

Which has defined you more: your genetics or your experiences?

When would you like people to say about you after you die?

Describe your childhood home to me.

Tell me about who you want to be in 10 years!
Your career, your beliefs, your actions, etc.

Tell me one ability or characteristic you wish you had.

What was your favorite activity to do as a kid?

Right now, do you wish you were someone else? Why?

362

351

363

352

364

353



Tell Me about You

A "self" experiment

TESSIE, Nov. 28, 2:00 - 3:00 pm
Internet Cafe

1. Do you know how to use a computer mouse?
2. How many of you know the word "Internet"?
3. How many of you know how to use a computer mouse?
4. How many of you know how to use a computer mouse?
5. How many of you know how to use a computer mouse?
6. How many of you know how to use a computer mouse?
7. How many of you know how to use a computer mouse?
8. How many of you know how to use a computer mouse?

How many of you know how to use a computer mouse?



Tell Me about You

A "self" experiment

TODAY, Nov. 28, 2:30 - 5:00 p.m.
Internet Cafe

1. Sit across from me. Get as comfortable as you can.
2. Take a piece of paper from the bowl on the table OR if you took one from one of my posters, take it out.
3. Read the question out loud.
4. Talk to me about your answer. I'll be listening to everything you have to say.
5. a) Leave the table, and continue with your day.
b) Take out another question from the bowl, and answer.

You can stay for as long as you'd like until you are satisfied, or until you don't want to talk anymore.

"Self" Experiment Log

2:30 – 3:00

No one has approached the table as of yet. As I walked around the building to check on my posters, I noticed that none of them had yet to have a question taken. Somehow filled and empty at the same time. I did not take into consideration my lack of sleep, and how without interacting with people, how difficult it can be to stay awake. My personal guidelines for the project include the following:

1. Do NOT go on your phone until the allotted time I've set in place is up (5 p.m.).
2. Try not to do any homework or activity outside of being present for people to talk.
3. Don't ask for people to come to the table. The idea is for others to choose the activity – not force it upon them (though I'm beginning to think that would help bring more people to the table).

Realizations so far:

Set up experiment much further in advance, and spread out how I advertise (social media, posters, various buildings, bathrooms, etc.)

Make space for talking much more noticeable, such as a larger sign, minimalist decoration, etc. Could perhaps consider locating into the middle of the MSC to create sense of privacy and publicity.

3:00 – 4:15

Two Graceland employees that work in the MSC have approached me about how the project is going. One sat down momentarily to ask me about the project, as well as for information regarding the Canadian holiday of Boxing Day. Two students have had time at the table and responded to questions – both of them friends of mine. The first talked to be for nearly half an hour, just catching up after Thanksgiving, before they pulled a question from my bucket.

Q: "Describe an experience that you feel has helped define who you are".

A: The person, Dalton, explained how his choice to stay at Graceland over returning home to attend school back in Pennsylvania helped define his desire and characteristic of independence. How having to set goals and care for himself helped him understand that he doesn't need as much to meet his needs or to make him happy. He mentioned how a high school friend of his had gone to school in California for a year, but ended up returning home due to home sickness. Dalton expressed how he felt stronger and more defined in his independence through this experience.

The second individual was the guy I am dating, Shane. He came to see how I was doing, and told me how his day had been. Shane expressed some stress over an essay he had been working on all day, and how he would need to rewrite a portion of it. After that, he decided to respond to two questions.

Q: "Where and when have you felt the most like yourself?"

A: Big Man of his freshman year was his moment. In high school, Shane discussed how it felt like a lot of people judged you for liking "contradictory" or dissimilar things, i.e. playing sports and being smart, being quiet and enjoy taking part in theatre, etc. For him, he felt restricted in generally expressing himself. When he was asked to be his house's Big Man, he

jumped at the opportunity to over act, dress up, and go all out in something meant to get smiles and laughs. That made him feel like he could be whoever he wanted to be.

Q: What do you think is your spirit animal? Why?

A: He exclaimed that his animal would have to be a bear, claiming direct inspiration from "Brother Bear". The strength and imposing sense of the bear mixed with their caring tendencies rang true for Shane's personality, according to him.

4:15 – 5:00

I had two visitors come by. Christopher Ortiz, though he did not grab a question from the bucket, asked me about the project and interviewed me on KBUZ with intentions of helping spread the word of what I was doing. Shortly after he left to return to his KBUZ related work, Sam Clegg from Info Central came over and responded to two questions.

Q: "Describe an experience that you feel has helped define who you are".

A: For Sam, becoming a parent was a self-defining experience. He expressed that once you have kids, your idea of yourself and your characteristics gets "flipped upside down". For him, he saw that having kids gave him a new identity for himself to take on – the "dad" part of himself that he would go to every time he is with his kids. When I asked whether he felt this "dad" self was a different identity from his "Sam Clegg" self, he said no – that they are one and the same, but just a little different from one another. He expressed how having kids was like having your own horcruxes (in a good way). That they are a part of yourself that you get to love and protect for the rest of your life. We then both laughed over how weird and wonderful it must be to literally have a part of your DNA walking around that has its own identity, which comes from you (all this in reference to what kids are)!

Q: Describe your childhood home to me.

A: One of the first clear descriptors that came from Sam's mouth was "poor". Cracked walls and a too small kitchen made up parts of his childhood home, with an attic left untouched by his sight. Not much else was talked about from there.

The evening wrapped up with Chris' return to the table to take a try at one of the questions in the bucket.

Q: "Tell me about who you want to be in 10 years? Your career, your beliefs, your actions, etc."

A: Chris' answer was immediate – a ventriloquist. He explained that he had become friends with America's Got Talent ventriloquist winner Terry Fator before he had gained fame on the television competition, and that he was now a successful ventriloquist in L.A. – headlining shows while owning his own theatre. This personal connection to someone who made ventriloquism their career, and made it big inspired Chris to seek out this passion of his. Thus, his ultimate goal is to be taking up this form of puppetry for his work path within 10 years.

Upon completing his question, Chris and I talked about the project, and he expressed interest in either having me try the project again in the future for a longer period of time, or using the project as a possible bit for KBUZ radio. This thought was expressed by one or two other people as well. Though few participated within the two-and-a-half hours I allotted to the project, I felt

something was gained by both myself and others. Sitting with the intention to just listen to another person talk about who they are helped me develop a deeper understanding of what makes each individual them. And with having one or two people expressing interest in the project, and possibly having the project repeated, I feel that this is something worth attempting again.

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Q: "Describe an experience that you feel has helped define who you are".

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Q: "Where and when have you felt the most like yourself?"

A: Big Man of his freshman year was his moment. In high school, Shane discussed how it felt like a lot of people judged you for liking "contradictory" or dissimilar things, i.e. playing sports and being smart, being quiet and enjoy taking part in theatre, etc. For him, he felt restricted in generally expressing himself. When he was asked to be his house's Big Man, he

jumped at the opportunity to over act, dress up, and go all out in something meant to get smiles and laughs. That made him feel like he could be whoever he wanted to be.

Q: What do you think is your spirit animal? Why?

A: He exclaimed that his animal would have to be a bear, claiming direct inspiration from "Brother Bear". The strength and imposing sense of the bear mixed with their caring tendencies rang true for Shane's personality, according to him.

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Q: "Describe an experience that you feel has helped define who you are".

A: For Sam, becoming a parent was a self-defining experience. He expressed that once you have kids, your idea of yourself and your characteristics gets "flipped upside down". For him, he saw that having kids gave him a new identity for himself to take on – the "dad" part of himself that he would go to every time he is with his kids. When I asked whether he felt this "dad" self was a different identity from his "Sam Clegg" self, he said no – that they are one and the same, but just a little different from one another. He expressed how having kids was like having your own horcruxes (in a good way). That they are a part of yourself that you get to love and protect for the rest of your life. We then both laughed over how weird and wonderful it must be to literally have a part of your DNA walking around that has its own identity, which comes from you (all this in reference to what kids are)!

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Q: "Tell me about who you want to be in 10 years? Your career, your beliefs, your actions, etc."

A: Chris' answer was immediate – a ventriloquist.

Tell Me about You

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Personal Guidelines for the Project

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These guidelines were created to ensure a space was made that would allow any participants to felt heard, and to give them the attention they deserved.

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Dalton

Q: Describe an experience that you feel has helped define who you are.

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Shane

Q: Where and when have you felt the most like yourself?

A: Big Man of his freshman year was his moment. In high school, Shane discussed how it felt like a lot of people judged you for liking "contradictory" or dissimilar things, i.e. playing sports and being smart, being quiet and enjoy taking part in theatre, etc. For him, he felt restricted in generally expressing himself. When he was asked to be his house's Big Man, he jumped at the opportunity to over act, dress up, and go all out in something meant to get smiles and laughs. That made him feel like he could be whoever he wanted to be.

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Q: Describe an experience that you feel has helped define who you are.

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Chris

Q: Tell me about who you want to be in 10 years? Your career, your beliefs, your actions, etc.

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Final Notes + Considerations

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