

**Content warning: “About Mental Health” contains sensitive materials and possibly cause triggers.**

**Such as topics relating to depression, suicide, and self-harm.**

## The Final Product



*(fig. 1. Product of my personal project)*

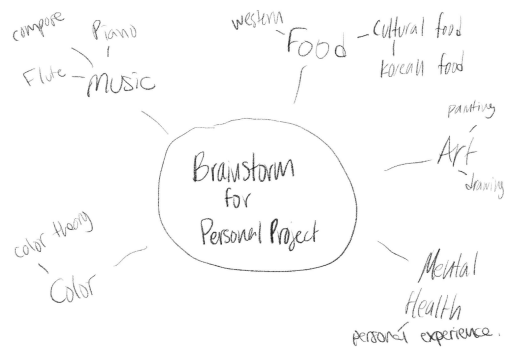
From the bottom left, the mental disorder is represented by the order of OCD, ADHD, bipolar disorder, schizophrenia, anxiety, eating disorder, and depression. OCD, short for obsessive-compulsive disorder, displays a human head with a skinless neck shown in a bone figure wrapped with branches and branching out from the head. People who experience OCD experience recurring, unwanted thoughts such as intrusive thoughts repetitively, causing them to lose control of their brain. Therefore, I wanted to express that conquered feeling of mental health disorder over the human brain by using branches that grow out of control. Next, ADHD, which is above the OCD hexagon, is short for Attention-Deficit/Hyperactivity Disorder. Individuals with ADHD undergo hyperactive/impulsive behaviors causing them to have difficulty in concentrating. I wanted to express the feeling of not being capable of focusing on multiple tasks because of hyperactive behaviors, so I painted multiple error tabs. Once an error tab starts it will sequentially lead to more and more error tabs, in which the computer becomes abnormally active. Third, is Bipolar disorder. There are two types: mania and depression. Generally, it causes unusual shifts in mood, energy, activity level, and concentration, causing dramatic mood swings. In mania, you show feelings of being a God and are unable to differentiate reality and fantasy. In depressive, extreme tiredness and restlessness causes lack of feeling moods. In the artwork, I described mania and depressive bipolar disorder as a blue person sitting down and an angel-like figure within the air. Next, Schizophrenia is a mental health disorder that causes hallucinations, delusions, and disordered thinking. Schizophrenia

On the left, this is the final product from my Personal Project. The artwork has a black background to amplify the 8 different mental health disorders and the cause and effect of mental health disorders. On the top of the artwork, the black background presents a smoggy and cracking effect to represent the fall and withdrawing feeling of mental health disorders. Moreover, each mental health disorder, except social anxiety, is presented within the hexagon shape. The hexagons represent a beehive, and the eyes represent social anxiety. The artwork carried a representation of bees and bee hives because of the aggressiveness of bees when their boundaries are in crisis, similar to how people with mental health disorders tend to feel in their life, instability.

changes the way a human thinks, feels, and acts. In the artwork, I produced two colorful figures stuck to each other representing the loss in identity and mentioned changes by various colors. Anxiety causes excessive worry, nervousness, rapid heart pulsation, and trembling due to nervousness. By painting the eyes to represent anxiety, the water flooding them represents the nervousness. Next, Eating disorder is the corruption of the relationship of a person and food because of certain thoughts, emotions, or insecurities. It is expressed as a comparison of two different cokes, one in a can and another in a bottle. Coke has been selected as the representative figure of eating disorders because not only people who struggle with eating disorders fear coke, but it also reflects back to the body image that people struggle with. Depression is the constant feel of sadness, worry, and loneliness. People who struggle with depression not only mentally but also physically dominate themselves. For depression, a girl sinking deep into nowhere is the image that I wanted to deliver. Lastly, social anxiety is the fear of being judged or watched by others. To deliver the sense of being judged and watched around the different mental health disorders I included different angles of eyes floating in the background. The black irregular stripes represent self-harm from mental illnesses. Within the arms there are different figures such as skeletons, relationships between humans, cigarettes, and more. These represent the cause of mental health such as fear of death, abuse in relationships, suicide, stress from school, addiction, etc.

## **Learning Goal**

Mental health disorders appear when an individual experiences traumatizing or disturbing/stressful events. Developing an understanding of mental health disorders is difficult, however, the route of experiencing mental health illness is very easy. The learning goal of my personal project is *to adopt a deeper understanding of mental health disorders by exploring and researching different types of mental health*. Depression, social anxiety, and an eating disorder has dominated me in the past, and the experience is draining, traumatizing, and irritating. Life was meaningless, it was like swimming into a black hole. The end didn't shine bright, calling out for help was impossible. It was just me swimming in life not knowing what I am doing, where I am, and having no idea if I am doing better or worse in life. The aim of this project is to shine a light for those who struggle. Making the impossible possible, showing hope. Developing an understanding of mental health disorders is the priority of my personal project.



(fig. 2. Brainstorm of ideas from grade 9 core class)

I stumbled across this topic during my grade 9 core class. The objective of the class was to set foot on our personal project. Of my passions and personal interests, mental health was the closest, meaningful, and most representative of me. Furthermore, the personal project aims to explore, investigate, and build relationships to learning and personal interest. While I lack knowledge in mental health disorders while experiencing it, mental health disorder was the ‘bingo’ for my topic.

## Product Goal

Art has always been part of my life, it was a hobby I could do extremely well compared to other activities. My interpretation of art is an expressive skill representing thoughts, beliefs, understandings, etc. Expressing myself has always been a struggle, especially the past 4 years of me battling with mental health issues because of the scars that remained inside of me from people, and art was my tunnel and a door to escape reality, the only time that I didn’t think life was meaningless and could see hope in my future. The intended product of my personal project is to produce an artwork reflecting my understanding of mental health disorders through research. The product contains 8 different mental health disorders and identifies the cause and effect of mental health disorders. The product goal states, *reflecting on the understanding and knowledge collected, present an art piece based on mental health. Specifically, the art pieces display the cause and effect with eight different mental health on a canvas*. To develop a representative artwork displaying mental health disorders with the required details, I constructed 7 success criteria to follow.

Topic	Relevance to product, research, and goal	Requirement to meet (detail)
Function	Function is an important factor in creating the product. The function takes the job of reflecting back onto the research conducted against mental health disorders. In the product, the function must reflect the concept and the cause and effect of the 8 different mental health disorders.	<ul style="list-style-type: none"> <li>• Must contain the concept of how it feels like to struggle with this mental health</li> <li>• Must show the cause and effect of mental health <ul style="list-style-type: none"> <li>◦ Should be educational for people who did not acknowledge mental</li> </ul> </li> </ul>

		<ul style="list-style-type: none"> <li>health <ul style="list-style-type: none"> <li>○ Could be related to itself or its surroundings</li> <li>○ Could be having different perspectives within the concept</li> </ul> </li> </ul>
Aesthetics	Aesthetics are relevant to the product because based on the topic given the aesthetic could be altered. The aesthetic should have a reasonable and appropriate vibe based on the concept expressed. Under the topic of mental health, the aesthetic would rather have an uneasy vibe.	<ul style="list-style-type: none"> <li>● Must be my own style of art</li> <li>● The texture must be textured for oil painting and acrylic paint</li> <li>● The texture for watercolor must be smooth and have soft strokes of paint. <ul style="list-style-type: none"> <li>○ Overall art must have a theme like daydreaming</li> <li>○ The art style should be unique, as in shapes and colors, the overall image, and the theme.</li> </ul> </li> </ul>
Section	Section is relevant to the product and the product goal. Connecting both product and product goal, it is needed to show 8 different mental health disorders, but also display the cause and effect of mental health disorders. By showing a clear division of different elements of the artwork, it will meet less confusion.	<ul style="list-style-type: none"> <li>● How are the cause and effect within the boundary of mental health?</li> <li>● Does 8 mental health individually show?</li> <li>● How well does the individual show or represent from research or product?</li> </ul>
Budget	Budget is relevant to a personal goal. Budget is set to a certain limit because I'm still a student. Additionally, managing budgets will be controlled and limit the materials utilized. Resulting in producing better and more effective choices.	<ul style="list-style-type: none"> <li>● 300,000won <ul style="list-style-type: none"> <li>○ Should not go over the budget</li> </ul> </li> </ul>
Quality	Quality is relevant to the product and goal. Quality is a significant factor in this personal project. Maintaining a high-quality product will indicate the amount of passion I have for this project. This reflects the definition of the personal project. Quality in goal reflects back to the product and how well it is made.	<ul style="list-style-type: none"> <li>● Art should be neatly displayed</li> <li>● Organization of art <ul style="list-style-type: none"> <li>○ How thoroughly does each element or figure show</li> </ul> </li> <li>● The art should be high in quality <ul style="list-style-type: none"> <li>○ Any unevenness should be cleaned or fixed</li> </ul> </li> </ul>
Knowledge	Knowledge is relevant to the product and research. Knowledge is the information collected and verified by research. Presenting well-researched information will result in producing and displaying knowledge onto the product.	<ul style="list-style-type: none"> <li>● Is my knowledge well delivered through text and image?</li> <li>● Is the information collected accurate?</li> </ul>
Relationships	Relationship is relevant to the product and product goal because the motivation of this project was to connect to the product and give a sense of comfort. The relationship is the most important success criteria that is used in this project. The audience should be able to build understanding and knowledge through this product.	<ul style="list-style-type: none"> <li>● Accessing if people who view my art understood and made a connection to the product</li> <li>● Accessing if people were able to make connections by experience or by informing</li> <li>● Receiving meaningful feedback</li> </ul>

Function, aesthetics, section, budget, quality, knowledge, and relationships are the 7 relevant criteria assisting me to develop a successful product. The 7 success criteria assess the connection between my learning goal, product goal, product, and myself.

## The Planning

In the planning of my personal project 7 success criteria were considered.

Deadlines	Task	To-do	Relevant Success Criteria	Progress notes
2021				
June 24th	Find reference for initial ideas of the product.	Find artworks related or referring to all of the different mental disorders	Knowledge/Aesthetics	Completed on June 25th, 2021
June 25th	Complete sketch for the product.	Skim over the artworks I have created from the past Sketch the 8 different mental disorders, according to my art style	Function/Aesthetics	Completed on June 26th, 2021
June 26th	List materials needed for the artwork	Analyze different materials used in the reference List materials needed for the artwork on a piece of paper All the materials should be around or under the budget that is set for specifications	Budget	Completed on time
June 27th	Additional research on each mental health disorder	Research on interviews of individuals that have experienced mental health disorder Video presenting or talking about mental health disorder Collect information from articles such as news, blogs, or thesis proposals Social media accounts that support mental health disorder Collect all of the information and write it in the process journal	Knowledge	Completed on time
June 28th	Begin on the first two artwork- oil painting	Oil paintings will represent social anxiety and OCD Start with painting the background color Social anxiety will be painted black OCD will be painted red	Function/Aesthetics	Completed on time
June 29th	Work on watercolor artworks	Watercolor artworks will be collaborated with pen Start with painting the background color Eating disorders will be painted in shades of red, depression and schizophrenia will both be painted in multiple colors.	Function/Aesthetics	Completed on time

July 1st	Work on acrylic paintings	Paint the backgrounds of the artworks Anxiety will be painted in a darker shade of red ADHD will be painted in a mixture of blue and white Bipolar disorder will be painted in yellow and blue	Function/Aesthetics	Completed on time
July 5th	Second session to work on oil paintings	Sketch out the figures that will be implied on top of the background of social anxiety and OCD	Function/Aesthetics	Completed on time
July 6th	Second session to work on watercolor artworks	Add details with watercolor in the background Consider the artistic elements and principles such as adding value, or certain pattern	Function/Aesthetics	Completed on time
July 8th	Second session to work on acrylic paintings	Add simple details in the background Consider the artistic elements and principles	Function/Aesthetics	Completed on time
July 19th	Third session to work on oil paintings	Add details as in figures that describe the mental health disorders Consider the artistic elements and principles that can be implied into the artworks	Function/Aesthetics	Completed on July 27th, 2021
July 20th	Third session to work on watercolor artworks	Add simple figures Collaboration of pen and watercolor Consider the artistic elements and principles	Function/Aesthetics	July 28th, 2021
July 22nd	Third session to work on acrylic artworks	Add simple figures and details Consider the artistic elements and principles	Function/Aesthetics	July 30th, 2021
July 27-30th	Finalize product	Organize any unevenness in the artwork	Function/Aesthetics/ Quality	Completed on August 2nd-5th, 2021
August 9-12th	Organize process journal	Finalize the process journal over the summer Collect and organize all of the information during the process of the project Produce a mind map for the report		Completed on September 7th, 2022
September 17th	Receive feedback from an art teacher	Feedback received from an art teacher at the school, solely on artistic elements and principles	Relationships	Completed on time
September 26th	Conduct research on sculptural art	Research on sculptural arts related to mental health	Knowledge	Completed on time

		<ul style="list-style-type: none"> <li>- Reference photos</li> <li>- Blogs or articles about sculptural art and mental health disorders</li> </ul> <p>Research on the cause of mental health disorders</p> <ul style="list-style-type: none"> <li>- Do different ages have different causes of mental health disorders?</li> </ul> <p>Investigate on how to use clay</p> <ul style="list-style-type: none"> <li>- Specific skills</li> <li>- Keeping clay moisturized</li> <li>- Keeping smooth texture</li> </ul>		
October 16th	Buy supplies for product	Buy supplies such as <ul style="list-style-type: none"> <li>- Clay</li> <li>- Sculpture tools</li> <li>- Flare surface</li> <li>- Paint</li> <li>- Brushes</li> </ul>	Budget	Completed on time
October 23rd	Working with the sculpture	Building sculpture that support and corresponds to the theme of the cause of mental health Spray paint the sculpture with the color black	Function/Aesthetics	Completed on time –However, the product broke at school.
October 25th	Meeting with supervisor	Discuss the final stage of the process journal and product Discuss on the report	Relationships	Completed on time
October 26th	Combine the product	Combine paint and sculpture	Function/Aesthetics/Quality	Completed on October 23rd, 2021 –Once again, I broke the product at school, accidentally.
December 28th	Develop new idea for another version of the product	New product must correlate to the original learning goal and product goal Brainstorm new ideas based on research conducted		Completed on time
December 30th	Buy materials for the new product	Buy size 20 canvas for the new product	Budget	Completed on time
2022				
January 1st	Start sketch	Sketch basic elements <ul style="list-style-type: none"> <li>- Two arms</li> <li>- 8 different mental health</li> <li>- Cause of mental health</li> </ul>	Function/Aesthetics	Completed on time

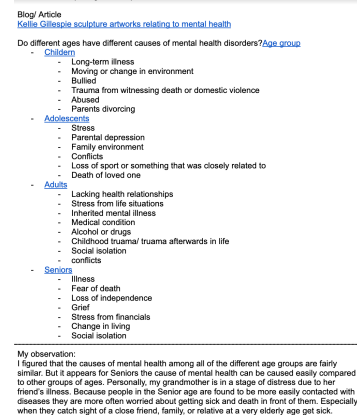
January 3rd	Work on the artwork	Paint... social anxiety Cause of mental health	Aesthetics	Completed on time
January 5th		Start painting elements that represent... Bipolar disorder Depression Anxiety	Aesthetics	Completed on time
January 8th		Start painting elements that represent... OCD ADHD	Aesthetics	Completed on time
January 10th		Start painting elements that represent... Schizophrenia Eating Disorder Start painting backgrounds of OCD Anxiety Bipolar Disorder Depression	Aesthetics	Completed on time
January 17th		Finalize with painting backgrounds of... Schizophrenia Eating disorder ADHD White space in the canvas  Details should be finalized Making fine edges Clearing up white spaces Adding more value	Function/Aesthetics/Quality/Knowledge/Section	Completed on 1/17/22 to 2/19/22

### ATL skill used in learning goal

Information literacy skills from the Research ATL skill was the most efficient ATL skill used in connecting learning goals to the project. The project contains a lot of fields of research, therefore, information literacy skills from the research ATL skills were the most necessary application to the learning and the product. It exemplifies the capability of identifying the need, how, where to collect information, and using and evaluating information effectively(*Hasa*). The learning goal states, the student is able to *adopt a deeper understanding of mental health disorders, by exploring and researching pieces of information about different types of mental health issues*. Information literacy skills supported the connection of the learning goal and the project by skills such as



making connections between sources of information, collecting and analyzing data to identify solutions and make informed decisions, and collecting, recording, and verifying data. The image beside is an example of making connections between sources of information. The research was based on if different age groups show different causes of mental health disorders. For this research specifically, I used 5 different websites to collect information based on the research question. The image also demonstrates collecting, recording, and verifying data. I



(fig. 3. Captured figure from process journal)

have collected data from multiple sources and recorded data briefly in bullet points. The data verification is shown by doing OPVL on one of the sources.

OPVL	<p>The article following the name of “What is Causing the Rise in Adolescent Mental Health Issues?” is a secondary source because it contains an analysis of the cause and the reason for increasing cases of mental health issues in adolescents. The article was produced by a website named Turning Point of Tampa on February 22, 2021. The article was produced to inform readers on what factors are increasing mental health issues among adolescents. The target audience of this text are towards parents and adults who have access to supporting adolescents struggling with mental health disorders. The article was produced to inform readers on different reasons for the increasing number of mental health issues among adolescents such as risk factors. Furthermore, the article additionally links to COVID-19 and the impact of mental health among adolescents. The text consists of information on the relationship between social media use and mental health issues. Moreover, warning signs of suicide in adolescents are also provided at the end of the article with resources and tips for parents for cases of emergency. This article is factual because the article contains multiple supporting evidence and information provided in the article is sourced from journals, National Suicide Prevention Lifeline, World Health Organization, etc. The source is biased in the statement increasing adolescents with mental health issues. For example, all of the resources utilized in the source to support their claim contain specific terminology such as risks, increase, adolescents, or mental health issues. The blog does not contain the following conventions of name of the author, invitation to comment, and interactive comment sections.</p> <p>“What Is Causing the Rise in Adolescent Mental Health Issues?” <i>Turning Point of Tampa</i>, 22 Feb. 2021, <a href="http://www.tpoftampa.com/increase-in-adolescent-mental-health-issues/">www.tpoftampa.com/increase-in-adolescent-mental-health-issues/</a>. Accessed 26 Sept. 2021.</p>
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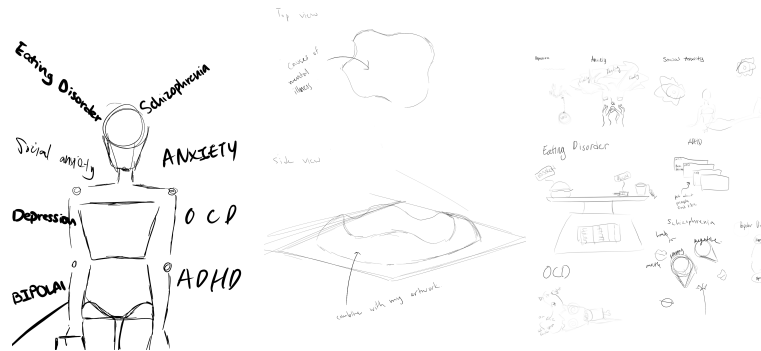
(Fig. 3. Captured figure from the process journal)

Collecting and analyzing data to identify solutions and make informed decisions was demonstrated in the image above, completing with an observation to support my product and learning in the personal projects.

### ATL skill used in product goal

The creative thinking skill clusters were utilized in the process of creating my product. Creative thinking skills were applied in the learning goal and product because thinking creatively is essential in art. This is

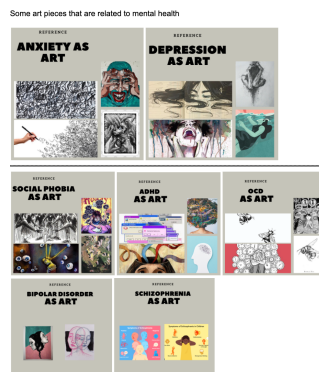
because art is a tool to express thoughts, ideas, etc. I used skills such as brainstorming and visual diagrams to generate new ideas and inquiries, make unexpected or unusual connections between ideas, use existing works and ideas in new ways. Brainstorming and visual diagrams to generate new ideas and inquiries were presented in rough drafts of the artwork.



(fig. 4. Visual diagrams on ideas of product version 2 and 1)

The above images show rough drafts and sketches of my idea on the product to create forth on. The first image presents the second version of my artwork on one canvas. The second image produces the idea of the sculpture of the first version of my product. Lastly, the image shows a collection of all sketches for the first version of my product.

In the product, I made unexpected or unusual connections. An example of this is the representation of eating disorders. In the artwork, I portrayed eating disorders as cokes. The cokes convey metaphorical meaning of body figure reflected from people who struggle with eating disorders.



(fig. 7. Collage of referenced arts captured from process journal)

Create original works and ideas; use existing works and ideas in new ways were demonstrated in the

process journal. The image on the right displays a collage of art interpreting each mental health disorder into a form of artwork from other artists. The existing artworks assisted me in developing new ideas and creating original work.

## Evaluation

While progressing through the project, I was still struggling with bad mental health. However, when working with a product I was capable of being comfortable and less draining. It was a time that I could express the relationship between my guest and me, or other people who also struggle with their guests sitting in their heads all the time.

January 17th, 2022

School Started and I have been gaining a lot of stress. I lost a lot of motivation to do work also in today's session of working on my product. However, when I was working on my product, I was unaware of my surroundings and art has helped me express my mental health. I feel very empty every time I put a stroke on the canvas. Personally, I think art requires a lot of concentration causing me to forget things at the moment. It feels like magic.

*(Fig. 8. Captured excerpt from process journal)*

The above image is a written journal based on January 17th of 2022. This project has enhanced my mental health wellbeing. Exploring mental health disorders has helped me grow in the areas of life and humanities, which the understanding has been produced as art. Personal Project was a starting pistol of my journey in expressing mental health as art. As I walk in life forth on, I will research and dive deeper into the fields of mental health disorders.

## Survey Evaluation

The table indicates different grade guidelines for product evaluation achievement levels. The grade below guidelines assess the level of achievement by the specific descriptors for the success criteria as a whole.

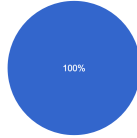
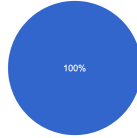
Achievement Level	Descriptors
0	The product does not achieve the success criteria.


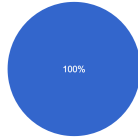

1-2	<p>The product:</p> <ul style="list-style-type: none"> <li>I. Briefly outlines the success criteria.</li> <li>II. Briefly outlines the learning goal or the product goal</li> </ul>
3-4	<p>The product:</p> <ul style="list-style-type: none"> <li>I. to some extent shows the success criteria.</li> <li>II. to some extent shows the learning goal or the product goal.</li> </ul>
5-6	<p>The product:</p> <ul style="list-style-type: none"> <li>I. Indicates and presents the success criteria.</li> <li>II. Indicates and connects to the learning goal and the product goal.</li> </ul>
7-8	<p>The product:</p> <ul style="list-style-type: none"> <li>I. Performs the success criteria evident to the learning goal and the product goal.</li> </ul>

Achievement Level	Success Criteria	Description
8	Function	In the product, the function has been performed by showing the concept of the struggle of mental health with the cause and effect. It was also evident to the learning goal and product goal because the function reflected the understanding of mental health by the research conducted on 8 different mental healths.
6	Aesthetics	In the product, the success criteria, aesthetic, has been indicated by creating the product with a unique art style conducted from my art skills. However, the product had only one medium used which was oil painting. It did not show the smooth and softer strokes of watercolor but indeed, showed from the oil painting. The student presents the texture of oil painting through heavily rough strokes.
8	Section	In the product, the success criteria, section, was performed well. The artwork shows a clear division and individuality of the cause and effect and 8 different mental healths that were significant in this project.
0	Budget	Budget was not achieved in this personal project. The requirement for the budget was 300,000won. However, after producing two versions of the product, the budget has surpassed the requirement. I have failed to perform this success criterion for the product.
6	Quality	In this project, quality was indicated and presented in the product. The quality assesses the neatness and organization of the artwork. Additionally, it also assesses the level of mastery. The elements in the artwork present neatness, the overall artwork shows organization through division in the artwork. However, it was unable to paint on the sides, the unseen parts, of the canvas. Furthermore, there is a comparative difference between the organization of the upper and lower section of the artwork.
6	Knowledge	In this project, knowledge was well presented. Individuals were able to detect different mental health disorders and their causes and effects. This also satisfies the learning goal and product goal stated in criteria a strand i. Accuracy of data is a requirement in achieving this criterion. It was able to show accuracy supported by medical, mental health professionals, and mental health organization websites. However, accuracy was not directly presented in the

		product.
5	Relationships	Relationship was performed in receiving meaningful feedback in order to create a healthier artwork. However, the number of respondents were limited for my evaluation to be accessed in reliability.

Extending perspectives on evaluating my product, I have solely focused on accepting responses from the mental health club and students who have experienced mental health disorders that agreed to take the survey. As mental health disorder is a sensitive topic, the survey was limited in responses and evaluation of the product. However, this also emphasizes the target audience and aims for success criteria relationships.

Success Criteria	Areas of strength/development	Justification
Function	According to the survey, all of the respondents were able to identify the function of my personal project. Therefore, my product was capable of defining the concept of mental health disorders and the cause and effect of mental health disorders.	<p>Do you think the artwork demonstrates all of the 8 different mental health disorders? 5 responses</p>  <p>(fig. 9.1. Excerpt from a survey on how well my product demonstrated 8 different mental health disorders)</p> <p>Do you think the artwork demonstrates the cause and effect of mental health disorders? 5 responses</p>  <p>(fig. 9.2 Excerpt from survey on cause and effect of mental health disorders)</p>
Aesthetic	Some respondents stated their opinion on aesthetics with key terms such as gloomy, disturbing, dark, etc.	<p>What do you think about the aesthetic of this artwork? 4 responses</p> <p>This artwork gives me a feeling of shock, reminiscence, fear, gloom, a very dark and melancholic feeling. I think the colors are well used in this artwork, although there are bright and saturated colors in it, but they don't give me a very bright and positive feeling. The use of a lot of color enriches the whole work and make this painting not monotonous.</p> <p>I feel like it is really great! You managed to put everything in 1 big picture, combining all the disorders</p> <p>The aesthetic of your artwork seems to be intentionally disturbing, which is portrayed very artistically, in order to convey the seriousness and heaviness of mental health.</p> <p>The overall aesthetic of this artwork is really dark.</p> <p>(fig. 9.3. Excerpt from survey in short paragraph form about aesthetics of the artwork)</p>

Section	All of the respondents from the survey answered that the artwork was able to demonstrate all of the 8 different mental health disorders.	<p>Do you think the artwork demonstrates all of the 8 different mental health disorders? 5 responses</p>  <p>(fig. 9.4. Captured figure from survey on assessing the 8 different mental health disorders)</p>
Budget	Unable to identify from survey	N/A
Quality	From interviews conducted with consent from a student who is struggling with mental health disorders stated, the bottom half of the artwork is very organized compared to the upper half of the artwork.	<p>Feb 19, 2022 With consent from my friend who struggled with mental health, she evaluated my artwork. She stated that the artwork represents mental health. Questions I have asked:</p> <ul style="list-style-type: none"> <li>- From my artwork, do you think I demonstrated well the theme of mental health disorder?</li> <li>- After viewing my artwork, can you make connections to your experience with mental health?</li> </ul> <p>Answer: From the two questions she briefly answered yes and additionally she stated...</p> <hr/> <p>The artwork shows a lot of anxiety, depression, and a dark mood. Especially, she thinks it's very interesting how I have included the topic of self-harm and the symbolism of the general cause of mental health. Additional comments: The edges of the hexagon shapes are very neat. However, there is a comparison between upper and lower division of the artwork. The upper division of the artwork is very giving foggy and smoky vibes. While the lower division of the artwork is very neatly organized, especially, the edges of the hexagons.</p> <p>(fig. 9.5. Captured figure on interview for evaluation)</p>
Knowledge	All of the respondents responded that they are capable of recognizing the knowledge on mental health disorders on the artwork.	<p>Do you think my knowledge on mental health disorder is displayed well onto the artwork? 5 responses</p>  <p>(fig. 9.6. Captured figure on accessing knowledge through the survey)</p>
Relationships	Some respondents were able to make relationships with the artwork. Most certainly because all of the respondents have experienced mental health disorders. Furthermore, some respondents shared similar experiences shown from the artwork.	<p>Have ever experienced mental health disorder? 5 responses</p>  <p>(fig. 9.7. Captured figure on the target audience)</p> <p>How does this artwork approach you? Can you relate to this artwork? If so, how? 3 responses</p> <p>When I first saw this artwork, in the lower left corner I saw the parent seems like he/she is going to slap someone and the child cowering next to him. It reminded me of the many reprimands I received from parents, teachers and other elders when I was a child and the physical and mental damage that they caused me.</p> <p>The suicidal feelings, being lonely</p> <p>(fig. 9.8. Capture figure on short answer based on relationships with the audience)</p>

In conclusion, my personal project has ended successfully. From the evaluation table for my

success criteria and evaluation of the survey, I was capable of reaching precise and detailed marks in each of the 6 success criterias. However, some areas to develop are collecting surveys in a wider range of target audience and the 'budget' success criteria. One of the success criteria 'budget' was unreachable because the amount of cost of materials were inadequate to the settled amount of budget for the product. This project revealed the significance of mental health disorders and has increased my passion towards art. Furthermore, personal projects were a valuable learning experience that explored the interests. It also motivated me to reach the undesired learnings such as researching in detail and specific information about each mental health disorders.

## Works Cited

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