

ART 355: Survey of Art Therapy

Final Mandala Rubric

December 2021

**Part 1- Literature:**

Describe your creative process according to the four stages of Creativity.

a. Preparation (gathering materials and ideas)

I'd gather most of my materials beforehand. Towards the end, I would seek inspiration from henna artists.

b. Incubation (becoming absorbed in the process)

I found myself progressively getting more into the process throughout the semester.

c. Illumination (experiencing a breakthrough and achievement)

I experienced a sense of achievement because I started to not care about the true symmetry.

d. Verification (adding final touches or making changes)

I would always try and define my lines before the end. It was soothing.

From the AACU rubric on Creative Thinking, pick one area of competency and specifically describe your behavior as it relates (i.e., Acquiring Competency, Risk-Taking, Solving Problems, Embracing Contradictions, Innovative Thinking, & Connecting, Synthesizing, Transforming) to your experience.

My biggest thing was just acquiring competency. In repeating the process several times, I made more and more elaborate mandalas.

Describe 3 examples of 2-D design elements.

a. Line

I used line on literally all but the second. It encased lots of design aspects, and, for the most part, I kept them the same weight and thickness.

b. Shape

Of course, in doing a mandala, I utilized shape. It was a key component of many of my designs, both organic and geometric.

c. Symmetry

While I strove for symmetry at first, I found my pieces came out more symmetrical with less effort on my end.

**Part 2- Reflection:**

What was your image-making experience like at the beginning of the semester?

Slightly stressed. It was a new experience and I am an anxious creature.

Did it change throughout the semester? If so, how? If not, why not?

It did change! I became more confident and calmed down. This was partly because I was more comfortable with the environment and partly because I had relaxed in general.

Did you try new materials? Why or why not?

There wasn't really a way to truly try new materials for me. I've got a history with almost every material available. I did try new brands for slightly new experiences, though.

Are there any similar images or themes that emerged throughout the semester? (i.e., personal archetypes or universal archetypes)

Most definitely, it was my floral symbols equaling growth. With each mandala, I incorporated more and more floral things, and I continued to grow as a person.

What was it like to create imagery in a group setting vs. creating alone?

When creating art, I am usually a fairly social creature, but I found myself enjoying the creation of mandalas by myself. The group setting was very quiet and had a time-restraint. That concept alone made me nervous.